



OAKLAND AREA NEWSLETTER



Newsletter for the Oakland County Area of Narcotics Anonymous

MISSION STATEMENT



Our mission is to provide each member with information that pertains to the activities and service that are relevant to the operations of our NA community, while offering entertainment, creativity and unity.



KEEP COMING BACK!



IT SUCKS IF YOU DON'T

“Each time we surrender, we find once more that the desperation that drives us to our knees fuels the passion that carries us forward. When hope manifests into reality, our lives change. Our experience affirms what we believe, and belief grows into faith. When our faith grows into knowledge, the program that we once struggled to practice has become part of who we are. We find here what we were looking for all along: connection to others, connection to a Higher Power, connection to the world around us—and, most surprising of all, connection to ourselves.”

— Narcotics Anonymous, *Living Clean: The Journey Continues*



Michigan-NA.org

Note To Self

Is it worth it?

Some illusion of control

Freedom is what we offer

Every time a newcomer walks through the door

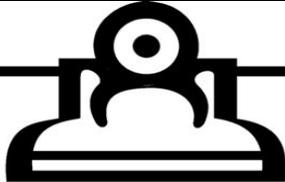
To learn to eat, sleep, breathe again

A new way to live, to learn, to be loved again.

- Anonymous



THE
NARCOTICS ANONYMOUS
STEP WORKING GUIDES



UPCOMING EVENTS!

Oakland Area Activities Presents:

SUMMER BOWLING

Location:

Waterford Lanes
7100 Cooley Lake Road
Waterford, MI 48327

Date & Time:

July 21st @ 1pm

\$11.00 - Includes Bowling for Adults/Jump House for Kids/2 Slices of Pizza & Pop for Each

MICHIGAN SERVICE OFFICE OF NARCOTICS ANONYMOUS

726 Livernois Avenue
Ferndale, MI 48220

Hours of Operation:
Tuesday-Thursday 10AM – 6PM
Saturday 10AM – 4PM

Phone: (248) 544-2010
Fax: (248) 544-3317

Email:

BoardMSO@sbcglobal.net

NEWS FROM AREA

- OPEN POSITIONS: Co-Secretary, Co-Treasurer, ASR Alternative, MSO Board Rep, Technology, Additional Needs, Literature.
 - MSO still needs general employees.
- H&I is currently entering 4 facilities and looking into Eastwood Clinic. H&I is in need of a few men that are willing to help with the OCJ meeting on Thursday nights @ 7pm. Contact nahioakland@gmail.com if interested.
- Motion 040818-01 To make Policy a part of the admin body and to appoint the position of Co-Policy was taken back to the groups for a vote.

CHECK OUT OUR SUBCOMMITTEE MEETINGS!

AREA	2 ND SUNDAY OF EACH MONTH	1:00PM	ST. JOSEPH HOSPITAL, PONTIAC, 4 TH FLOOR, CONF. ROOMS C & D
MDRCNA	LAST SUNDAY OF ODD MONTHS	1:00PM	MSO
MSO BOARD	3 RD TUESDAY OF EACH MONTH	6:30PM	MSO
ACTIVITIES	LAST TUESDAY OF EACH MONTH	7:00PM	WALLED LAKE ALANO CLUB
PUBLIC RELATIONS	1 ST WEDNESDAY OF EACH MONTH	6:00PM	CANA LUTHERAN CHURCH, BERKLEY
NEWSLETTER	2 ND SUNDAY OF EACH MONTH	6:30PM	WALLED LAKE AREA ALANO CLUB
HELPLINE	2 ND THURSDAY OF EACH MONTH	6:00PM	MSO
H&I	LAST SUNDAY OF EACH MONTH	4:00PM	HILTON OAKS BAPTIST CHURCH, FERNDALE
OUTREACH	3 RD SUNDAY OF EACH MONTH	2:00PM	GOOD SHEPARD LUTHERAN CHURCH, ROYAL OAK

WE CAN ONLY KEEP WHAT WE HAVE BY GIVING IT AWAY!

Please submit any stories, poems, pictures or content ideas to
OaklandAreaNewsletter@yahoo.com



Patience In Recovery

I have thought long and hard about what to write and then I realized that I didn't need to think hard about it... I needed to feel about it. Something I heard in my life was that "patience isn't waiting... it is how you wait". I don't remember who said it to me or when but it made a huge impact on me in my life when I actually started to apply it. It isn't just a thing that happens. I have to actively practice it. The times it is hardest for me to practice patience is when I am in a state of unrest. Filled with self-pity, doubt, and low self-esteem. It is when am not doing well in school even though I am doing my best, when I screw something up at work and feel like a failure, when I talk to a newcomer who is struggling but won't take suggestions or listen and I am scared for them, when I am in a waiting room of any kind and they are just taking too long for my standards. Which brings me back to patience isn't waiting... it is how I wait.

If I am chewing on my pen cap, tapping my foot, huffing and puffing or throwing a fit but I am still waiting, that isn't showing patience. To me it is when I am sitting quietly and listening to understand others, without judgement. When I draw a picture rather than huff and puff. When I talk to someone about their day while I am waiting in the waiting room. Patience is an action, and is shown in how I present myself. When I am feeling low and uncomfortable with myself is when I need to work on building my patience skill.

The person I have the least patience with is myself. When I don't feel good enough and am getting down on myself, it is a lack of patience for myself and my shortcomings. I would never tell someone mean things when they are having a hard time. So why would it be okay for me to say those things to myself? In recovery, I have learned that my higher power always helps me, it just isn't always on my time. The way I acquire the skill of patience is by asking my HP for the patience to deal with whatever is happening at that given time. Taking deep abdominal breaths, counting to ten, drawing, going to a meeting, doing something I love, like cuddle my cat, helps me to get centered and become more patient with myself and others. There are always going to be frustrations in life, whether they are outside me or my internal self, I won't always be good at this skill but in the end when I actively utilize it I always feel better and my HP shows me the peace that can come with it.

- Kimmie K.