



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.

H.O.P.E. – Hold On Pain Ends
Photo by Jamie L.



MICHIGAN SERVICE OFFICE OF NARCOTICS ANONYMOUS

726 Livernois Avenue
Ferndale, MI 48220
Hours of Operation-
Tuesday-Thursday 10AM – 6PM
Saturday 10AM – 4PM

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WE DO RECOVER



FALL/WINTER ANNIVERSARIES

- Zeke L. | 11/29/16 | 1 Year
- Alyssa H. | 9/27/16 | 1 Year
- Lucas R. | 11/5/13 | 4 Years
- Max Z. | 9/24/13 | 4 Years
- Dakota I. | 12/14/15 | 2 Years

“Insanity is doing the same thing, over and over again, but expecting different results.”

– Narcotics Anonymous

News from Area

Oakland County Area meets @ St. Joseph Mercy Hospital in Pontiac on the 4th floor (Conf. rooms C&D) every 2nd Sunday of the month @ 1pm

- OPEN POSITIONS are Co. Secretary, ASR Alternative, Additional Needs, and Literature.
- Motion was passed to have a welcome packet for all new GSR's that attend area.
- Motion was passed stating that all chair positions at area can be eligible for removal after 4 absences within a term, either excused or unexcused.

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	TBD	TBD	TBD
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



Michigan-NA.org

“The search for a God of our own understanding is one of the most important efforts we will undertake in our recovery. We have complete personal choice and freedom in how we understand our Higher Power. We can each find a Higher Power that does for us what we cannot do for ourselves. Because we are powerless over our addiction, we need a Power greater than ourselves to help us.”

– **Narcotics Anonymous,
It Works: How and Why**

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

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

MEDITATION

JUST FOR TODAY



Q & A Corner

Topic: Women in Recovery
Questions – Jamie L.
Answers – Kiersten J.

Q: Do you feel that women face different barriers than men in getting help with addiction? If so, what are they?

A: I really don't feel there are any gender-based barriers to getting help.

Q: Are there any particular challenges that women in recovery have to deal with that don't impact men?

A: I can't speak on whether or not men face similar issues, because I have no experience with that. However, one challenge can be finding other recovering women. Women do recover, but there are less of us.

Q: Is there any ways that you feel women recover differently than men?

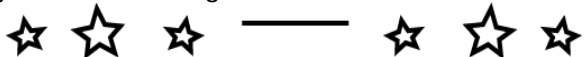
A: I feel that each of us have parallel paths through recovery, male or female. Each individual's recovery is unique. Women may have different issues to inventory, but the solution is always the same.

Q: Have you ever attended any women's meeting and what ways were they beneficial to your recovery?

A: I have not attended a women's meeting, but I have sat at women's tables. They helped me to build trust in other women - something I didn't have a lot of when I got here.

Q: Do you have any recommendations for women in recovery?

A: I know for me, I constantly worried about being judged. I had to give myself a break and have faith that the people around me really wanted the best for me - especially women. I also built strong friendships with men I trusted in the program. I believe it is beneficial to have as many perspectives as possible. Find people you trust and hang on to them.



NEW MEETING!

Ladies Night Recovery Meeting

Every Friday 6pm – 7pm

Lake Orion Methodist Church
140 Flint Street
(Slater Street Entrance)
Lake Orion, MI 48362
Rooms 123/124



IP No. 22

Welcome to
Narcotics
Anonymous

RECOVERY IS A GIFT!



HAPPY HOLIDAYS FROM THE OAKLAND AREA NEWSLETTER!

NOTE FROM THE EDITOR –

Hi Family! Thank you for picking up the recent edition of the Oakland Area Newsletter. I don't know about you, but creative expression was really important to me when I was getting clean. Once I got clean and started to feel emotions again, I didn't know how to express them at first. Before I started using, I loved to be a part of creative endeavors like writing, photography, and drawing, but that was all lost in the midst of my addiction. When I entered recovery, I slowly started to get back into these activities, but I lacked the self-confidence to follow through. Still, I

took a chance and over time my insecurities faded and I realized these projects were a great way to express my emotions in a healthy way. This is why this newsletter is very important to me. I want it to serve as a platform for people in recovery to express themselves, and I can't do it without you. Please send any recovery based writing, pictures, poetry, prose, or content ideas to

oaklandareanewsletter@yahoo.com

-Jamie L.

I got clean on the third edition revised basic text. The very last story in book II was "Up From Down Under" a powerful story of recovery in NA as an atheist. When I got clean I was a card-carrying atheist and this story helped me stay in the program. Back then we used to close our meetings with the Lord's Prayer, which gave me a hard time. Lucky for me, "we" as a fellowship stopped that and switched to the serenity prayer. It was around this time I began to use the gratitude slogan or the third step prayer to open or close meetings. Later I gave up being an atheist on my own and for my own reasons and beliefs. It was this story that gave me the courage to stay in NA when so many in it were trying to convert me to their own belief system.

A great, big thanks to my sponsor for pointing this story out to me. I found it funny that NA placed this story in the very back of the basic texts book II. Almost like putting it in the book at all was an afterthought? Either way it made it in, at some point in my recovery I saw the work of a higher power placing that story in the book at all and for having my sponsor point it out to me. There is a higher power, there is a plan, I don't get to know the plan, it's my choices (free will) that determines my serenity.

-Acceptance, Love & Faith

**Need help finding a meeting?
Call the NA Helpline @
(248) 543-7200
or toll free:
(877) 338-1188**

**PLEASE HELP US NAME
THE NEWSLETTER!**

We are considering a name change for the newsletter and we need your input. Go to the following link and vote or place name ideas!

<https://www.surveymonkey.com/r/7SCWKPX>