



THE NA UNITY

Carrying the message of recovery, not the disease.

INSIDE THIS ISSUE	
Doing the Footwork and having Faith	1
And Find a New Way to Live	2
No Matter What...	2
Recovery Through the Pain Sponsorship	3
Clean Time Celebrations Higher Power	3
Service and Activities Memory of Toni S	4
MEETINGS NEED SUPPORT	
<p><i>How</i> Local 900 Wed 4:30pm 38200 Michigan Wayne, Mi. <i>Enter at rear off</i> Wayne road</p> <p>ALIVE AND FREE Mon. @ 3pm Aldersgate Church 10000 Beech Daly Redford</p>	

Giving Back

Many of our shared experiences are the same. Quite a few of us got our first taste of our fellowship in a jail or institution. There was some recovering addict that gave of his time and came to speak to us about their experience, strength, and hope.

This act of kindness was actually our primary purpose at one of its highest degrees. Carrying the message of recovery to the addict who still suffers. But it is so much more than that. We know as people in recovery, that we can only keep what we have by giving it away.

Right now, we are at a precipice of needing to give back. We need your experience, strength, and hope. Out H&I panels need volunteers to carry our message to addicts who can not get out to a physical meeting. We need men and women to step up and share their message to an addict who can not make it to our physical meetings.

If you have the required clean time of 6 months and would like to take the workshop for H&I. Please contact Brian S so he can coordinate a workshop to initiate the process of getting you prepared to share your experience, strength, and hope with an addict in an institution. If you have taken the workshop previously please reach out, we are always in need of panelists.

So, please give back what was so freely given to you. For information and instruction on you can participate contact Brian S. CHAIRPERSON of H&I @ 313 673 5500. Thanks for getting involved.

GIVING IT AWAY

As we develop this newsletter in a new format we need participation from our members. Your experience strength and hope is important. It helps to fulfill our primary purpose, to carry the message to the addict who still suffers.

You may feel that you can not articulate exactly what you want to say or that you can't say it in the correct way. Our team will help edit and put out a wonderful message on your behalf. We will edit it for grammar, spelling, and content. We will help you in any way, to represent you and your story to give back what was so freely given to you.

Your story is more important than you know. Your words could save the life of that next addict who still suffers. Its time to start giving it away!

MEDS; USE OR NOT TO USE?

This is a question that I had to ask myself over and over again early on in my recovery when I was going to go through two different surgeries. My first surgery was done four and a half months into my recovery due to a deviated septum in my nose. The second surgery was a bit more serious. I had a second hip replacement. This surgery was completed on November 1, 2014, sixteen months into my recovery process. Both surgeries usually are followed up with some kind of narcotic pain relievers. Because of my past history with addiction to pain killers since 1977, I knew this was going to be a major problem for me. I knew that I didn't want to end up like before, so I started to share my concerns at the tables in NA, and had discussions with my sponsor and other recovering addicts. A lot of people don't realize early on that **we** do have a choice whether or not to take certain medications. .

One of the suggestions from my sponsor, and other recovering addicts, was to try non-narcotic medications. My sponsor also told me to read the chapter in our Basic Text called "We Do Recover", and read the white and green pamphlet called "In Times of Illness". These suggestions really worked for me and I would like to pass them on to all of you, because these two readings really put my mind at ease. What is suggested in these two readings is that we need to make sure that all doctors that are included in the process know that we are in recovery and what our concerns are.

Now I'm not talking about other types of medications that people need to take for other conditions or problems such as high blood pressure, cholesterol, heart, bi-polar symptoms, etc. **If you have any questions, make sure that you consult your doctor before you decide whether you want to stop taking them or not. This is a very important matter.** With both of my surgeries, I expressed to my doctors that I didn't want any type of narcotic medication during and after each procedure.

And they were willing to oblige me. Luckily I didn't need any such medications after the first operation. The second operation (my hip replacement) was altogether different. Once I awoke after surgery, and was up in my bed, and the anesthetic wore off, it was a whole different ball game. I had tears running down my cheeks because the pain was unbearable. So I humbled myself and asked the doctor for something for the pain. He told me that it was a one-time shot that he would give me in my I.V. That's all I needed, and after that I didn't need anything more. Remember, **we** do have a choice!!

In conclusion, I would like to say thanks to all of the members in NA, especially my sponsor, for their suggestions. Also thanks to my higher power for helping me get through it all, and for those who gave me rides to meetings when I couldn't drive.

I'm Ric M. A very grateful recovering addict

GRATEFUL

Thank you Narcotic's Anonymous: my recovery journey is short at this time, about 7 months. But the gifts that I have received are already plentiful. I was fortunate to make it back through the grace of the God of my understanding. This time I am taking the suggestions I am given. I pray to the God of my understanding every morning, I ask for help when I need it. I read my literature basic text, Just for Today and IP's. I call my sponsor and other recovering addicts everyday. I go to meetings, I get involved. I chair meetings, do step study, and just get out of myself and give back what is being given so freely to me. Today I seek to be a better version of myself each day and that is a direct result of doing the next right thing. I will just keep coming.

Thank you so much! Kevin M

LET THE TRUTH BE TOLD (THE JOURNEY)

IT'S 5 O'CLOCK IN THE MORNING
I'M ALL ALONE
I'M SCARED OF DYING, DON'T KNOW WHAT TO DO
I'M STILL ALONE.

WASTED MY MONEY, COMMITTED MY CRIME
DIGGING MY GRAVE, ONE DAY AT A TIME

IT'S 5 O'CLOCK IN THE MORNING
I LOST IT ALL
ALL I NEED IS JUST ONE MORE
WHO CAN I CALL
MY HANDS ARE TREMBLING MY BODY ACHING
I'M LOSING MY SOUL, MY SPIRIT IS BREAKING

SO LET THE TRUTH BE TOLD
NO LONGER DENY
STOP RUNNING AWAY
STOP LIVING A LIE
LET THE TRUTH BE TOLD
NO TEARS LEFT TO CRY
HAVE TO MAKE A CHOICE
OR IT'S TIME TO DIE

TRIED SO MANY TIMES, IN SO MANY WAYS
RESULTS ARE ALWAYS THE SAME
HOW DID INSANITY GET SO FAR
WHO CAN I BLAME
MY WILL HAS FAILED, MY EXCUSE AS A LIER
MAYBE IT'S TIME, TO FIND A POWER THAT'S HIGHER

SO LET THE TRUTH BE TOLD
NO LONGER DENY
STOP RUNNING AWAY
STOP LIVING A LIE
LET THE TRUTH BE TOLD
NO TEARS LEFT TO CRY
HAVE TO MAKE A CHOICE
OR IT'S TIME TO DIE

GIVE ME THE STRENGTH, PLEASE GIVE ME THE POWER
TO LAST ONE MORE DAY, TO LAST ONE MORE HOUR
TURNING IT OVER, DON'T FAIL ME NOW
HIS WILL MIGHT SHOW ME, THAT I KNOW HOW

IT'S 5 O'CLOCK IN THE MORNING
CAN'T SEEM TO SLEEP
JUST READ A PAGE ABOUT SURRENDER AND WILL
COMING TO BELIEVE BUT IT'S STILL 5 IN THE MORNING
I FOUND A GLIMMER OF HOPE
I JUST MADE A CALL, I PRAY THAT HE'S HOME
PLEASE DEAR GOD, LET HIM ANSWER THE PHONE

CAUSE WHEN THE TRUTH GETS TOLD
WE NO LONGER DENY



CLEAN DATES

Dale L 3/5 7yr
Dan S 3/7 7yr
Pam A 3/13 12yr
Rob W 3/13 3yr
Stasha P 3/14 17yr
Tim B 3/17 8yr
Katrinse 3/19 1yr
Mike MC 3/21 7yr
Melissa S 3/22 5yr
Tom J 3/26 14yr

CONGRATULATIONS!

WE STOP RUNNING AWAY
WE STOP LIVING A LIE
WHEN THE TRUTH GETS TOLD
WE FIND SOMETHING TO GIVE
WE ALL MADE A CHOICE NOW IT'S
TIME TO LIVE

With love
Willie G

**DEDICATED TO THOSE WHO DIED,
SO THAT WE COULD LIVE!**

JUST FOR TODAY INTERPRETATION

Every morning after I pray and meditate, I read my daily meditation and send my take on it to some of my friends and sponsees. I have always felt it would be unfair to tell some one you sponsor to read the literature, call and text other people. When you do not do it yourself. This is also a way that I apply the 5th Tradition into my life on a daily basis. I will share some of these when content is needed for our newsletter. Sometimes I mention the passage from our basic text which the Just for Today writer was commenting on or IP's etc., But you will have to read the Just for Today for yourself. This is not work it is recovery.

FEBRUARY 17TH CARRYING THE MESSAGE, NOT THE ADDICT

I am guilty of doing this. I want recovery for every addict I meet. I want them to have what I have, but the truth of the matter is, I am powerless over them. No one can make another addict recover. It is impossible. This quote comes out of our third tradition "the only requirement for membership is the desire to

Continued on pg 4

Area & Sub-Committee Mtgs.

Admin Meeting: 1:30pm **New GSR Welcome:** 1:45pm **Area Meeting:** 2 pm
Second Sunday of the month: Meets on Zoom 742 772 6689 password NA1953
Chairman Mel R MEL55016@Yahoo.com,

Co-Chair Stacy P petestac1983@gmail.com,

Secretary Jessie D WWASCSECRETARY@gmail.com,

Treasurer April M CATWOMAN1869BLACK@gmail.com

Co-Treasurer Jeff M science_jeff@yahoo.com

Activities: Chairman Dan S SMITHSOND252@gmail.com, Meets last Sunday of the month at 7pm at Westland First Free Methodist, 1421 S. Venoy, Westland

Helpline: Chairman Michael B Mrwbailey1119@gmail.com not currently meeting

Hospitals & Institutions: Chairman Brian S 6:30 pm 3rd Sunday of the month on Zoom 742 772 6689 password NA1953 briansomerville@sbcglobal.net

Literature: Chairman Jenna H 11:00am Second Sunday of the month on Zoom 428 859 3161 PASSWORD INFO jendheard@gmail.com

MSO Rep: Stuart L clean1183@yahoo.com

Newsletter: Chairman John C jcolton049@gmail.com

Outreach: Acting Chairman Don B donaldjburke@hotmail.com

Policy: Chairman Lauren B Meets on Zoom 406 066 4540 password policy Meets first Sunday every month at 5:30 laurenbailey93@gmail.com

Public Information: Chairman Rob C Hcerto@gmail.com

Web Servant: Chairman Brandon V wwca.webservant@gmail.com

Workshop: Chairman: OPEN

Ad Hoc: Chairman Mick H mickhartman@me.com

RCM Region: Jeanie W jeaniebug@gmail.com

RCM Alt: Jim P Naservicework@gmail.com

***SERVICE WORKS !
THANK YOU ALL!***

ACTIVITIES UPCOMING EVENTS

**PICNIC June 6th Garden City Park
11am until 5pm Merriman and Cherryhill**

**PICNIC Sept. 11th Garden City Park
11am until 5pm Merriman and Cherryhill**

**CAMPOUT June 17th, 18th, & 19th
WOLVERINE CAMP GROUNDS
YOU MUST RESERVE SITES ALL SITES
MUST BE PAID IN FULL. Lake front sites
\$107.00 3 nights, non lakefront sites 2nights \$43,
3nights \$62 NO REFUNDS AFTER JUNE 14TH
CONTACT Stuart L. 313-937-0095 for details**

Continued from pg 3

Stop using". Desire being the key. But not using is only a part of the problem. We still believe we can manage our own lives. Even when we act like children, when asked by our sponsors to do something, or another member gives us a suggestion. See, we are supposed to be changing ourselves with the help of the literature, a sponsor, and the fellowship as a whole. But when we continue to do only the things we want to do. It shows how filled our lives are with reservations. Believe me or not, it is these reservations that will eventually be your downfall. Seek the help the program has to offer. I am just an addict. I can not get clean for you. I can only show you my experience, strength, and hope. Your journey begins and ends with you. I love you guys. Peace

A loving addict named John C

A SIMPLE WAY

The following text on Tradition One is excerpted from The Voice of NA, Volume 2, February 1968. The Voice of NA was our fellowship's first newsletter. In its first issue, the editor wrote, "We hope this newsletter will enlarge on one of our basic beliefs—that the best hope for any addict is the practice of personal freedom in abstinence and the maintenance of a simple spiritual program."

Maintenance of recovery is based on a spiritual foundation whose main aspect is service to others. Haphazard methods can bring no lasting results. Lack of a unified group purpose for our common welfare could soon end in individual effort with self-seeking reward as its goal...

What are we willing to give or give up that will have meaning in life or living? Our pride of self in accomplishment? Our bias that says, "I'm different?" Our closed mind that says, "Mine is the right and only way?" Are we willing to give others the right to their voice and opinion and see if experience proves them, one way or the other? Are we willing to try new ideas wholeheartedly? Are we willing to apply to others and the group the same tolerance and patience we show ourselves when we fall short of our personal ideals? Are we willing to do in concerted effort what we cannot do alone? When things do not go well, even when we have tried well, do we scatter to lick our wounds and nurse our grudges, or can we pick up the pieces and, with more understanding, build in a better way?

We are neither saints nor geniuses but if we pool the talents, great and small, that we all do possess, we can change the course of our history and the lives of many we have yet to meet.