



THE NA UNITY

"Carrying the message of recovery, not the disease."

June 2021

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LIVING THE PROGRAM

We never know the true impact we will have on other people. When we enter these rooms of Narcotics Anonymous most of us were broken. We had to find a different way to live. Our perspectives were so clouded with doubt and fear. We all had certain expectations but had no clue about the truth about our problem.

As our literature states addiction is cunning and baffling. It is a perpetual lie. Always changing and adapting to situations and circumstances. Never ending its pursuit of our destruction. We know it as a disease. But it causes such dis-ease. Try as we might, we by ourselves are normally powerless against it.

We come here and admit that powerlessness, not only about drugs but addiction itself. It is an important distinction. When we do this we have taken the first step in asking for help. Now we have to find something more powerful than our addiction. A power greater than ourselves.

Now we look to end the craziness and our uncontrollable lives. No more manipulating, lying, self-hatred, self obsession, fear and pain. We need something loving, caring and understanding. We need a spiritual rebirth. We have to find some clarity. Some honesty and truth. Serenity. We find this in a higher power. We now decide to let this power of our understanding guide and help us.

Now with a little spiritual balance, we can look back at the wreckage of our past. We look at the good and bad inside us. The external crap is so unimportant. Fixing what is broken inside is the path to true freedom. We need honesty to see us through this process, first acknowledge our past mistake, express them, then release them. If we do this thoroughly with the help of our higher power we can release ourselves from these burdens. Yes we still have to work on making right what did. Amends are necessary to continue your journey. But they open up the doors to forgiveness. Most importantly you get to forgive yourself.

Now with your baggage all packed awed you get the opportunity to work on bettering yourself everyday. You build on your relationship with your higher power. Through prayer and meditation, you talk to this power and listen for his answers. Now we get to give it all away. Give this wonderful journey to that person who just walked into our doors. Smile, get up and truly welcome them into this fellowship. That is the story of recovery, that we get to live. A LOVING ADDICT, John C

MEETINGS NEEDING SUPPORT

How

Local 900 Wed 4:30pm

38200 Michigan

Wayne, Mi.

Enter at rear off Wayne road

Dearborn Recovery

Dearborn Free Methodist Church

2801 S. Telegraph

Dearborn, Mi. 48124

GET INVOLVED

As we come out of this pandemic we need our member to once again become involved in service. Start reaching out to facilities, see when and if we can reopen meetings. Help our area sub committees. H&I is in desperate need of panel members and as more facilities reopen to us the need becomes greater. Literature is seeking new ideas to go into our newest literature. Newsletter needs content to fill its pages, we need your experience strength and hope. All of the Committee Chairman's emails are listed at the end of this newsletter. Please get involved, after all it is our primary purpose to give back to the addict who still suffers. Give back.

THE H.A.L.T.S.

In the 10th step we are introduced to another of those catchy little phrases that we use in Narcotics Anonymous. The “H.A.L.T.S.” Most addicts who have been around for a while, will tell you that it stands for being too “Hungry, Angry, Lonely & Tired.” Forgetting entirely about the letter “S.” It stands for the meaning, “Serious.”

When we hear the word “Hungry” it would stand to reason, that N.A. would most likely endorse us eating a healthy diet of food and not overindulging. But is there something that might be more akin to addiction, that may not even revolve around food as it relates to us? How about hungry as in, oh say... “A strong desire to get something?” As using addicts when we had a strong desire to get something, we often allowed our defects of character to help us procure what we were after. Lying, cheating, stealing, conning, or manipulating Anything we needed to do, to get our way! Now that we are clean and trying to practice a NEW way of life, it becomes necessary to be able to monitor our “hunger” and how we set out to get things without having to rely on our defects of character.

Angry is relatively easy to grasp, for most of us. We read about it in the Informational Pamphlet entitled “The Triangle of Self-Obsession” And yes, even “Normal” people can and do get angry from time to time. But for us, we tend to dwell in the doom and gloom of things. Getting angry is very much a part of being human. But if it is on an ongoing basis, we have another problem besides the anger. We can get stuck in a hopeless rut. A rut that may seem impossible to get out of! Not one of us got clean with a desire to be angry all the time. Practicing applying the 12 steps will get us over the rough times and show us a better way to live.

What about “Lonely.” Are we talking about relationships? Or lack of them? Possibly. After all, who wants to be alone, right? But there is another type of lonely, that can become the ruin of many an addict. That is the type of lonely where we no longer feel a part of N.A. It is often played out by us in a fashion something like this; “No one REALLY cares about me.” or how about, “I'm really not an Addict, like you” or “I just don't feel like I belong in the meetings, anymore.” Remember there is a fine line between going from being 'lonely' in Narcotics Anonymous to 'isolation' now having set in. At times like this, it becomes vital to practice the basics all over again. It becomes imperative to get back to feeling “A part of.” Another “ninety meetings in ninety days” and a renewed commitment to recovery, will help you get back on track. A conscience decision to practice living the 12 steps daily. Calling your Sponsor on a very regular basis, as well as other members in recovery will also help. Most importantly is to “NOT GO IT, ALONE” or the old saying “An addict alone, is in bad company” can become a harsh reality for us!

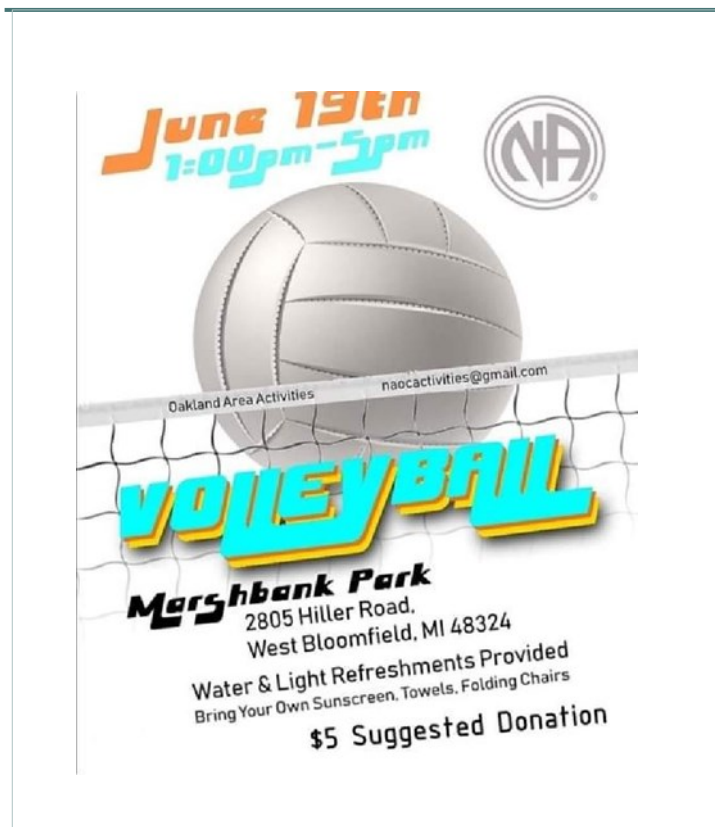
“Tired.” Again, it would seem logical that Narcotics Anonymous would endorse us getting proper amounts of rest. Surely thmore concerning the gist of “tired” as it relates to us in the H.A.L.T.S.? How about being too “tired” of recovery and doing what it takes to “maintain” that recovery. Have you ever experienced the old “I've heard everyone's story before, this is getting boring!” or how about “I don't NEED to go to a meeting tonight”, “I'm done with service” or “I can just stay clean and that's good enough, I don't have to work any steps” These are all things, that that begin to justify you no longer participating in the N.A. Way of life! We try again to do it our way, one more time. Forgetting that our way has NEVER worked. Only when we become aware that this is what is currently happening in our life, can we give ourselves the opportunity to take the corrective actions necessary, to get back on track. This also may be the best time to ask for God's help to see us over this hurdle in recovery. After all it cannot hurt any worse by just asking for help, can it? Now we can see AND understand why the 10th step is so vital to our ongoing recovery and why it falls where it does, within the 12 steps of our recovery.

OK, so this brings us to the dreaded letter “S” as in too “SERIOUS” When we are caught up in

the 'throws' of being too serious about something, it is almost as if addiction itself stands up and takes notice! How many of us at various times during our recovery have found ourselves awake in bed at the end of the night, unable to get to sleep? Reliving a particular situation “over and over again” in our heads! It begins to drain you of all your energy. Vulnerability sets in, and quite often is accompanied by a feeling that that you have become totally devoid of any kind of spiritual integrity that you may have had. We tell ourselves that “This too shall pass.” with not much comfort. You find you are now in an extremely dangerous zone. We may not even realize that obsession and compulsion are now at the forefront of our lives! We just keep reliving these past situations repeatedly in your head. And if that’s not bad enough, other defects of character want to come into the picture and play too! As they say, misery loves company! You want to get relief and freedom from the obsession that has set in desperately! Eventually, you may realize just how powerless you are. We may even beg the God of our understanding to “Please, just let us get to sleep!” But quite often we find ourselves totally enslaved by a never-ending succession of thoughts. It is as if we have blinders on and can only see what is directly in front of us. We have lost the ability to see what is coming at us, from any other direction. If we were to drive our vehicles like this, our life spans would be in grave jeopardy! In recovery, this is also, a very distinct possibility. We need to be reminded that an answer to our being too serious, is to practice staying in “Just for Today.” all over again! After all, it is in fact, a lifestyle for us and not just a cliché!

The “Halts” are a great recovery “tool” for monitoring the above things in our daily lives. It gives us an awareness that allows us to instill, “corrective actions” BEFORE the pain gets too great. Particularly when we become aware that these things are beginning to take over. Therefore, it should come as no surprise, that we get this vital tool in the 10th Step. A Step that deals with us taking an “Ongoing Personal Inventory.”

~ Guy B.



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

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,

Co Secretary Sarah L slangell355@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 jennheard@gmail.com

MSO Rep: Stuart L clean1183@yahoo.com

Newsletter: Chairman John C jcolton049@gmail.com meets 3rd Sunday of month G.O.D.

Outreach: 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: Sarge W reginal woodward00@gmail.com TBD

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!***

TIME TO GET INVOLVED

There are many opportunities to get involved in the service work that runs our community of recovery. We are asking for you to try out a Sub-Committee position for our wonderful fellowship, and give back what was given to you. This is a great way to become involved in area service. See the process that it takes to run our fellowship. There is a great need for Co-Chairs, secretaries and co secretaries in many of our area positions. No one had experience until they took that leap of faith to become involved. This is an opportunity to advance your recovery. Remember we can only keep what we have by giving it away. If interested contact any Chairperson to find out the open positions in each committee and we look forward to helping you grow in our fellowship. I thank you in advance for your participation.



CLEAN DATES

April M 4/29 8yr

Ron S 4/6 33yr

Roosevelt F 5/9 31yr

Stacey F 5/15

Matthew W 5/16 15yr

Adam G 5/23 18 mo

Jessie D 5/26 3yr

Gerald R 5/27 15yr

Dan H 5/27 33yr

Margaret F 5/28 24yr

Ashley B 5/31 5yr

CONGRADULATIONS

LIVE CLEAN

The NA way
We come in to this process
so filled with fear
We sit at these tables
It's hope that we hear,
We're looking to change,
our very bad ways,
There's hope for tomorrow,
If we stay in today
You want to find answers,
than look from within
You'll find this great power,
A new life will begin
See We're on a journey,
To get out of our mind
It's peace joy and happiness
In recovery we'll find!

John C