



# THE NA UNITY

## **Using my Higher Power**

### INSIDE THIS ISSUE

Using my Higher Power	1
F.E.A.R.	2
Step 4	2
What is active addiction	3
Clean Time Celebrations	3
Service and Activities	4

Western Wayne Area of N.A. needs your support! All members are welcome to attend. Open service positions available with minimum of one year clean. Day, location and open positions are located on pg. 4.

Our symbol states, "Goodwill is best exemplified in service; proper service is "Doing the right thing for the right reason.""

Symptoms of my addiction express themselves in every area of my life, in many different forms. Some obvious and some not so obvious. Some of the most noticeable are obsession and compulsion. Obsession is defined as an unhealthy extreme interest. Compulsion is defined as an irresistible urge. Together they can equal a deadly combination for me.

Step one in our Basic Text states that "our inability to control our usage of drugs is a symptom of the disease of addiction." Meaning when I obsess over drugs to the point, I give in to the compulsion I can't control it. "We are powerless over our addiction, that's why we need the help of a higher power." That is the most obvious obsession and compulsion we experience. Not so obvious is when I take out that word "drugs" and replace it with any other word, such as, sex, gambling, food, emotions, cigarettes, caffeine, etc. That's when I start to see some other areas of my life affected by the disease of addiction.

Insanity and unmanageability may also express itself in every area of my life in many different forms. The most obvious is the repeated use of drugs to the point I destroy my life, lose my job, neglect responsibilities, go to jail, ruin relationships etc, based off the destructive behavior patterns that come along with the finding ways and means to get more and then repeat that cycle even though I know the consequences.

The not so obvious that I experience, even in Recovery doesn't involve the obsession to use drugs. A simple to understand example that can be applied to every area of my life through identification is binge watching t.v. I can get lost in a t.v. show to the point I neglect my responsibilities. I can stay up later than normal even though I know I got work the next morning and either miss work completely or be so tired I can't function. Then tell myself I'm not gonna do it again because its not healthy, and then end up repeating that same cycle. The obsession to watch t.v., so I give in to the compulsion and can't stop to the point it becomes unmanageable and I repeat the cycle even though I know the consequences.

For me, that's how I would describe other areas of my life affected by addiction that aren't so obvious. I must stay vigilant. I understand my powerlessness over addiction today and that's why I seek the help of my higher power. I am no longer misinformed about the nature of my addiction. For me, a power greater than myself can come in many forms but I have only one higher power who works direct, and indirect through people places and things.

It's only through understanding and application do I receive the benefits this program has to offer. Today I seek the help of my higher power to see myself coming. To recognize those not so obvious symptoms of my addiction that are still active so I can treat them to the best of my ability. The process of coming to believe has given me hope that one day this program, along with my higher power can arrest my disease of addiction. More will be revealed...

Brandon R.

## My Saboteur

### **False Evidence Appearing Real**

## FEAR

*In the name of... Tracy...*

Tracy is a cool, slick chick, dressed in black skinny jeans with a jacket that matches. A ribbed sleeveless black turtleneck and knee high black leather boots. She wears a Angela Davis afro with a black head band on top to keep that fro perfectly in line. Her skin is a caramel color, her skin is smooth as butter and her eyes are as red as rubies.

When she walks by everyone shudders. No one can hear her speak except me, even when she whispers her voice screams in my ears songs of negativity, sabotage, resentments and loneliness.

“Girl, what you think you doing?”

That is the phrase that rang in my head over and over. If things were going good they went bad, and if they were bad they got worse. As a child, I had many dreams. Dreams of being a chef, a teacher, a realtor, even a business owner. Through the years...

“Girl, what you think you doing?”

Began to get the same answer, “nothin I guess,” and anything I was working towards stopped, or I allowed something or someone to get in my way. Where I could have gone left, I went right. And where I could have gone right, I went left instead.

There were so many faces of fear that Tracy took. Men, drugs, friends, family, up and down, all she wanted was to have me **Dead**, but not six feet under in a box, Tracy was more sinister than that. She would rather I live walking around emotionally, physically, mentally and spiritually broken, and I was for many years, until one day things began to change...

“Girl, what you think you doing?”

### **Face Everything And Rise**

Tracy has been suppressed for many years now...

### **For Ever And RIP**

Lisa E.

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### **It Works How And Why, Step Four**

“By working the first three steps, we have formed a solid foundation for our recovery. Our active addiction cannot remain arrested, however, unless we build upon this foundation. As we worked the third step, many of us were puzzled: How can we make sure that we are really turning our will and lives over to the care of God? The answer is simple: We work the remainder of the steps, starting with Step Four.”

## **WHAT IS ACTIVE ADDICTION?**

I know that our literature says, "The only way to keep from returning to active addiction is not to take that first drug." It also says in our literature that "our inability to control our usage of drugs is a symptom of the disease of addiction." Now, if the former is the case, wouldn't that lead one to believe that we're only caught up in active addiction when we're using drugs?

I am of the opinion that addiction can show up in many ways that have absolutely nothing to do with drugs. If, for any period of time, I am consistently living my life based on unprincipled actions, then I am caught up in active addiction. This is not to imply that we become perfect. I know better. But I do believe that there have been times in my recovery when I've had freedom from active addiction in all areas of my life.

The real question is: How free do you want to be? I believe that our program will give us unlimited freedom, just for today. I know that it gives us the opportunity to exercise choice.

One day at a time, we never have to use drugs again. That is, in and of itself, a blessing, but achieving a complete personality change offers so much more. On the occasions that I've been able to experience the freedom that our steps allow, well, words cannot describe the level of conscious contact I feel with my Higher Power.

To limit the level of freedom that can be attained in NA to freedom from using drugs only places a limit on the recovery each of us receives from the God of our understanding. We cannot afford to be confused about this. It is available to us all.

*Marilyn W, Ohio* NA Way 1998

### **I Never Knew How**

I never know how, to give love to anyone,  
Just like a little scared kid, I would always run,  
For you to know me, was too much for much for me to reveal,  
Because love was something, I thought I could never feel,  
So if I let myself go, then who would guard my heart,  
Because if broken in two, then where would I start,  
I was nervous and alone, but I wanted to fit in,  
I want to be loved, but I just won't give in,  
Being strong as a lion, is the only thing that I knew,  
I want to be loved, but I just don't know what to do,  
So I'm gonna try to love other people more, and I know it will be ok,  
I'm gonna try and be the best I can, each and every day,  
So have a little patience, and accept me for who I am,  
Because I do make mistakes, because I'm only just a man...

Robert L.

## **One Member Shared...**

"When my disease tells me to go get one, I tell it, you go, I'm staying here, and when you get back tell me how that went for you"

"I was never even able to plan a hour ahead and now I'm planning exotic vacations. I'm just so grateful for this program"

"Help me save me from myself. I need help and I can't do this alone"

"Life is gonna happen, it's gonna be a roller coaster. All I can do is strap on my seat belt and enjoy the ride."



## **CLEAN DATES**

### **April**

April 1st: John Y, 3 years  
April 2nd: Raheem M, 18 months  
April 3rd: Sincerria L, 4 years  
April 5th: Kevin H, 5 years  
April 6th: Lynda V, 15 years  
April 7th: Mark T, 2 years  
April 9th: Dwayne S, 21 years  
April 12th: Dianna R, 38 years  
April 20th: Matt M, 1 year  
April 20th: Brian H, 1 year  
April 20th: Miriam G, 38 years  
April 24th: Irene G, 38 years

"The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom."

**Basic Text Tradition 5**

**Area & Sub-Committee Mtgs.****UPCOMING ACTIVITIES AND  
EVENTS****Admin Meeting:** 1:30 pm**New GSR Orientation:** 1:30 pm**Area Meeting:** 2 pm Second Sunday of the month:  
New Hope church. 33640 MI Ave Wayne MI 48184**Activities:** First Sunday of each month at 6:00 p.m.  
at Good Hope church. **Joe C.****Helpline:** Second Wednesday of each month at  
6:00 p.m. at Hype Recreation Center in Wayne MI.  
Chair: **Thomas S.****Hospitals & Institutions:** Third Sunday of each  
month at 6:30 p.m. at Good Hope church. 28680  
Cherry Hill, Garden City MI 48135. **Kelly M.****Literature:** OPEN**MSO Rep:** Mel R.**Newsletter:** Last Wednesday of each month at 6:00  
p.m. at Hype Recreation Center in Wayne.  
Chair: **Brandon R.****Outreach:** Last Friday of each month at 7:00 p.m.  
at St. Mary Hospital. **OPEN****Policy:** Rick C.**Public Information:** OPEN**RCM Region:** Stefan Y.**RCM Alt:** Stuart L.**Web Servant:** Jasmine S.**Workshop:** Third Sunday of each month at 7:30  
p.m. at G.O.D. group. Unity Church. **Bre N.****Western Wayne Presents**

Bowling

Saturday April 20, 2024 @ 1 p.m.  
15\$ Per Person: Includes 2 games, shoes, 2  
slices of pizza and pop  
Town and Country Lanes  
1100 S Wayne Rd  
Westland MI 48186**A MRCNA 38 Fundraising Event**

Dinosaur Days

Main speakers at 7 p.m.  
10\$ Admission but no addict turned away  
Saturday May 4th 11 a.m. - 8:30 p.m.  
2275 Platt Rd Ann Arbor, MI 48104**World Convention NA 38**August 29-September 1, 2024  
Walter Washington Convention CenterWashington D.C.  
Registration 175\$  
[www.na.org/wcna](http://www.na.org/wcna)(All submissions for the Western Wayne Newsletter  
can be directed to [duane85reece85@gmail.com](mailto:duane85reece85@gmail.com))**Right to Publish Disclaimer****This form must be filled out and submitted with any and all articles sent in for publication. Failure to do so may result in your article not being considered for publication.**

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Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_