



# THE NA UNITY

*More Will Be Revealed*

## We Do Recover

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### GIVE SUPPORT TO THESE MEETINGS

Monday 4 p.m.  
Aldersgate Church  
10000 Beech Daly  
Redford MI 48239

Wed 12:00 Noon  
Salvation Army  
26700 W Warren  
Dearborn Heights

Friday 10 a.m.  
Hype Center  
4635 Howe Rd  
Wayne MI 48184

"When at the end of the road we find we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do?"

When I first came to the program of Narcotics Anonymous, I heard the words "We Do Recover" a lot, but never understood what they meant. I was very conflicted by those words. At the time, I thought the term "We Do Recover" was designed to be a paradox. I asked myself, "how do I recover from an incurable disease?" It wasn't until I kept coming with an open mind and began to experience it for myself that I understood it.

I remember being at a local meeting on a Saturday night and our topic was "We Do Recover." Like so many times before that, we read the chapter prior to sharing, but this time one paragraph stood out for the first time. It stated, "When we are willing to follow this course of action and take advantage of the help available to us, a whole new life is possible. In this way, We Do Recover."

That moment changed my whole perspective. It all hit me at once and I finally understood. The definition of "recover" solidified my new found hope. It states, "return to a normal state of health, mind or strength. Find or regain possession of (something stolen or lost). I began not only to believe that We Do Recover, but also had hope for myself.

We recover in many ways. We recover our life back. We recover from the insanity, we recover from the unmanageability and become responsible members of society. We recover from the pain we experienced during our drug addiction. We recover from our defects as we have them removed to the best of our ability. We recover from the obsession and compulsion to use drugs. We recover from our self-destructive patterns and way of life.

Most of all, the two biggest things I began to recover are my spirit and my humanity. I came to NA completely broken by life. My spirit was damaged and I never thought I could heal from the horrors of addiction. I thought I lost all hope, but I began to recover that as well. I slowly started to get my confidence back. I wasn't so scared of life. I began to feel safe in NA. I started to accept my past and myself, and began the process of healing. By doing so, I have begun to recover my humanity. The simple things like holding a door open for someone. Smiling at strangers in public. Being kind, loving and caring towards people. Letting my inside dictate the world around me, not the world around me dictate how I feel inside.

So today, in the process of recovery, I am grateful. I try to see the positive in everything. More will be revealed, but just for today, We Do Recover.

## **DOING THE FOOTWORK AND HAVING FAITH**

I remember those first days. I was frightened, and I had no idea what to expect. I had no hope that I could stay clean. Everything seemed so bleak. I kept my coat on and stayed near the door, ready to flee at any moment.

Everyone told me to keep coming back. I didn't understand why they were smiling. I didn't think I was going to stay, even though I wanted to. I just didn't trust myself. My track record proved that I could make promises, but I never was able to keep them.

I got a sponsor. He told me I could do it. I started making friends, and I listened. I heard about faith. They told me to develop some, to just believe.

As the days went by, a miracle happened. I started to smile. The compulsion to use had been lifted. This faith thing wasn't so bad, I thought. I only had a little, but it seemed to be enough. Each day I stayed clean, my faith got stronger. Time went by. I worked the steps. I read the literature. I did service. I used my sponsor.

Now, over four years later, I must rely on what I learned in those early days. I must have faith and believe today just as I did then.

I've been out of work for more than a month. I'm putting in the footwork, believing that my HP is taking care of me. I left my last job after months of prayer and meditation. It had become very abusive there. I was afraid of leaving, but I had to. I left, and now I am looking for a new job. My HP has taken care of me so far, and I know it will continue to if I do the footwork.

Recovery has taught me that life happens, and so do problems. My first ninety days taught me to have faith and pray. NA's only promise has been fulfilled in my life. Freedom from active addiction is just the beginning. All I need to do is show up, stay clean, and believe. Everything else will follow.

*John L, New York*

Apr. 1998 NA Way

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### **STEP 3** It Works How And Why

The surrender we experience in Step One coupled with the hope and belief we find in Step Two make us ready and willing to continue on the path toward freedom in Narcotics Anonymous. In Step Three we put our belief in a Higher Power into action, making a decision to turn our will and our lives over to the care of the God of our understanding.

Essential to working the Third Step is our willingness to allow the God of our understanding to work in our lives. We develop this willingness over time. The willingness we experience in our early recovery is valuable even though we may be willing only to a certain degree. Although this may feel like unconditional willingness, many of us have discovered that our willingness grew as we learned to trust a Power greater than ourselves,

## **THE LITERATURE**

Embarking on a path, or moral and spiritual fitness,  
Some addicts will grab our literature, and continue to read...

Steadfast in the process, not trying to regress,  
Some addicts will grab our literature, and continue to read...

An epiphany here, an experience there,  
Some addicts will grab our literature, and continue to read...

Food for the soul, being honest, open and bold,  
Some addicts will grab our literature, and continue to read...

You see life is not about, hanging on words with no meaning,  
They only come alive, when you interpret what you're reading,

Recovery is talked about, in all sorts of ways,  
Reading our literature is helpful, each and every day,

So find out what it is, that you think you need,  
But most addicts will tell you, its in the literature, so please continue to read...

By, Robert L

## **SPIRITUALITY**

NA calls itself a spiritual program of recovery from the disease of addiction. The NA program places importance on developing a working relationship with a "higher power". The literature suggests that members formulate their own personal understanding of a higher power. The only suggested guidelines are that this power is "loving, caring, and greater than one's self and more powerful than the disease of addiction".

Members are given absolute freedom in coming to an understanding of a higher power that works for them. Individuals from various spiritual and religious backgrounds, as well as many atheists and agnostics, have developed a relationship with their own higher power.

The twelve steps of the NA program are based upon spiritual principles, three of which are honesty, open-mindedness, and willingness, embodied in the first three steps. These three are hardly exhaustive. The Basic Text of NA says, in Chapter Four, about all twelve steps, "These are the principles which made our recovery possible". According to NA members these principles, when followed to the best of one's ability, allow for a new way of life.

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

"Sometimes I feel myself wanting to react to the world around me, but I'm learning the best response is to say nothing and do nothing"

"I have to remember I am a addict so I'm different than someone who is not a addict. I think different, I react different, my brain works different. So I have to be patient and compassionate with myself"

"Practicing open mindedness is like being confined to one room with only what's available in that room then we open the door to find a whole house of things we never even knew existed"



## **CLEAN DATES**

### **March**

03-03-20 Kelly M. 4 years  
03-06-06 Chad D. 18 years  
03-07-14 Dan S. 10 years  
03-08-13 Lindsay M. 11 years  
03-09-12 Pete P 12 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****Admin Meeting:** 1:30 pm**New GSR Orientation:** 1:30 pm**Area Meeting:** 2 pm Second Sunday of the month:  
Recovery In The Upper Room**Activities:** Last Sunday of each month at 6:00 p.m.  
at Good Hope church. **Lindsay M.****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 Unity Church in Livonia and  
Zoom ID: 742 772 6689 PW: NA1953 **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 (Dan S.)****Policy:** OPEN**Public Information:** OPEN**RCM Region:** Stefan Y.**RCM Alt:** Kim S.**Web Servant:** Last Sunday of each month at 6:30  
p.m. at G.O.D. Group. Unity Church. **Joe K.****Workshop:** Third Sunday of each month at 7:30  
p.m. at G.O.D. group. Unity Church. **Bre N.****March 23, 2024****Western Wayne Activities**

Speaker Jam and Taco Bar

242 Community Church  
35475 Five Mile Rd  
Livonia MI 48154**March 28-31, 2024****DACNA 31**

Detroit MI

Pre Registration thru March 15 is 25\$

After March 15 is 35\$

Register online at [www.michigan-na.org/dacna](http://www.michigan-na.org/dacna)**Western Wayne Presents**

Bowling

Saturday April 20, 2024 @ 1 p.m.

15\$ Per Person: Includes 2 games, shoes, 2  
slices of pizza and popTown and Country Lanes  
1100 S Wayne Rd  
Westland MI 48186**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: \_\_\_\_\_