



THE NA UNITY

Recovery without God

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Meetings that need support...

The journey continues-Thu 7 p.m.

Twelve at noon - Wed 12 p.m.

Living Free-Thu 7 p.m.

Alive and free-Mon 4 p.m.

No fear Friday-Fri 10:30 a.m.

Western Wayne Outreach chair determined these meetings need support!

It seems that I've been searching all of my life for something to believe in. Finally, in 1982, after fifteen years of nonstop drug abuse, I crawled into the rooms of Narcotics Anonymous. Though I was barely recognizable as a human being, I found in those rooms the hope that had eluded me for so long.

Upon receiving my first hug at my first NA meeting, I knew that I had come home. What I found especially appealing were the choices I had been given—the choice to not use, just for today, and the choice to have a Higher Power of my own understanding. For the most part, not using just for today proved to be much easier than finding a Higher Power.

Over the years in recovery, I tried many different gods: Jesus, Buddha, Saraswati, Vishnu, and countless others. But I found that trying to believe in an intangible and invisible being or force left me empty and longing for more.

What worked for me in early recovery, as well as today, is using the group as a power greater than myself. Actually it is the unconditional love that I get from the group and members of NA that I believe is a Higher Power—certainly greater than anything of which I'm capable alone.

Does this mean that I pray or meditate to the group? Of course not. Prayer is simply a petition, and meditation merely reflecting—it does not have to be directed to anything, anyone, or any deity in particular.

How can I possibly have any purpose or meaning in my life without a god? I believe my purpose in life is to develop into the best me that I can be.

Finally, with what do I maintain a conscious contact, and from where do I seek comfort, if not a god? Today I find comfort in knowing that I am living a healthy, good, clean life and that I am not harming others or myself. I can maintain a conscious contact by holding love close to my heart.

I seek to do the right thing for the right reason. I attempt to move my life forward in a good, orderly direction, and I do my best to incorporate the principles of our steps, traditions, and concepts into each day. I stay close to the program by going to meetings and sharing with my sponsor and sponsees. Today I accept my humanity. I know I'm not perfect, just a perfect human being.

My most significant spiritual awakening was when I realized that the power is in me. I cannot rely on a mythical being or force to do for me what I cannot do for myself, nor do I wish to. After a lifetime spent trying to be everything to everyone, I now know that it begins and ends with me. I have to do the footwork, I must make the effort, and I need to seek the solutions.

As it states in It Works: How and Why, today I have the ability to “live with dignity, love myself and others, laugh, and find great joy and beauty in my surroundings.” I believe that life is an adventure waiting for me to discover all of its intricacies, not something to dread. I embrace the life that NA has given me today, and in spite of all the pain, loss, grief, and fear that I've experienced over the years, I relish every waking moment. I love life today.

I recently read something that, for me, says it all: “The meaning of life is to live a life of meaning.” Today, with the help of NA, its principles, the friends I've made, and the people I've met along the way, I'm capable of living such a life.

Anonymous

Gifts Of Recovery

Our family help shape our perspective on life. We learn how to be a person and how to relate with other people. Many of us come to Narcotics Anonymous with a lot of emotional baggage from our family. Resentments, although maybe justified, will keep our spirit sick. The steps teach us to take accountability for our own actions and forgive others for theirs. My experience was that I grew up with a father that who drank heavily but still was able to function in a professional field. He is a very uptight person but when he drinks he was such a loving lush. He would never remember the things he said the next day. So, I became resentful that I could not to trust his words. My brother smoked weed with me for the first time when I was 14 years old. It was then I had the brilliant idea that I was not going to end up a lush like my father but instead do drugs.

Once I was beaten by the disease of addiction, I came in surrendering to the program. I continued to have the resentment towards my father for not being the "leave it to beaver" father I thought I was supposed to have. I began to heal when I was able to look at my dad as another suffering addict. I realized that he did the best he could as a father, just like the rest of us. When I let go of my expectations of "leave it to beaver" I was able to accept him and the love he was able to give. Which meant he showed love through giving me things and doing things for me. It was my dad who gave me hope and direction while I was completely hopeless after becoming a felon. He suggested that a social work job would be more forgiving of a criminal background.

Today, I am closer to my dad then anyone in my family. He still drinks and I have accepted that. I allow him the grace not to be perfect. I am grateful for Narcotics Anonymous allowing me to grow and learn how to love people exactly where they are at.

Melissa F.

DEVIL IN MY HEAD

It's been said, there's a devil who lives in my head,
True master of deception, only goal is see me dead,

But his name ain't Satan, or Lucifer, it's worse,
Possessed since birth, to this curse and it hurts,

He comes in many forms, undetected and reckless,
Like a ghost, not to mention his methods relentless,

One pure intention, to isolate me from this dimension,
Hold me hostage in my head, with my heart as his weapon,

He won't seem to leave, just when I think my spirit's free,
Within the walls of my mind, he's laughing at me,

Today it's not so obvious, but with vigilance and God,
I can detect his attack, and prevail against the odds,

See these symptoms I express, sometimes subtle and rare,
Can get hard to bare, that's why I seek God's care,

It's clear, today I'm in a much better position,
To fight the devil in my head, who goes by the name addiction...

Brandon R.

A Moment Of Silence

Many of us believe it was the prayers of our loved ones, family, and friends that eventually brought our broken souls to the rooms of Narcotics Anonymous. Many of us have no idea how we arrived here to hear the lifesaving message.

As for myself, by the time I arrived there was no one left to pray for me. I had no friends except the acquaintances I'd established in the streets while getting, using, and finding ways and means to get more. I hadn't seen or spoken to my family in more than a decade. Their lives continued, and if they thought of me at all, it was to wonder when the knock on the door or the telephone call would come to tell them of my death.

Addicts got me here. My life was saved in that moment of silence at the end of the meeting, when we lock together and NA members' energy and prayers to Higher Powers of many diverse understandings enter the cosmos. That moment, to me, has such special significance. I cover my face and I picture the alleys and the backs of dumpsters where I spent a majority of my time over a 23 year period. I picture faceless addicts and a healing ray touching them.

Today I am irritated when I see this important aspect of our meetings being neglected. It seems, so often, that everyone is in such a hurry: get up, pray, get out. That moment has become a couple of seconds—and is not always silent. Where is the gratitude for our predecessors and the time they spent to pray us into NA? Where is the compassion for those still wandering in dark places?

I want a full 15 seconds of silence—**real** silence. My gratitude speaks when I carry this message to addicts in my area and around the world. Our moment of silence saves lives. I know, because without a doubt, it saved mine.

Debra R, California, NA Way

It Works How and Why, Step 6

The insight we gained in Step 5 regarding the exact nature of our wrongs, while valuable, is only the beginning of the striking changes that take place in our lives as we move on to Step 6. The admission we made of the nature of our wrongs, our character defects, is necessary if we are to be ready to have them removed. Deeply shaken by our part in the past, we can expect our attitudes to be profoundly changed by working the Sixth Step.

Although some of us have not understood the critical importance of the Sixth and Seventh Steps, they are essential actions that must be taken if we expect to make any significant and lasting changes in our lives. We cannot simply say, "Yes. I'm ready. God, please remove my defects" and go on to Step Eight. If we gloss over the Sixth and Seventh Steps and go on to make our amends, we will only wind up owing more amends by repeating the same destructive patterns as before.

One Member Shared...

"Eventually, one day, every addict has their last high. Those of us who got clean get to talk about ours. Today is the day to make a choice to choose, life or death. Pamela A."

"Rock bottom is when you put the shovel down and stop digging"

"Change is where the new journey begins. If you aren't willing to try something different how are you gonna change"

"If instant gratification is so satisfying, why does it only last a instant"



CLEAN DATES

May—June

May 26, Jessie L. 6 years
 May 31, Jenna H. 2 years
 June 1, Andrea E. 15 years
 June 7, Jimmy J. 12 years
 June 9, Chet W. 3 years
 June 14, Lisa E. 17 years
 June 17, Brandon R. 18 months
 June 17, Ramon R. 18 years
 June 20, Bill H. 29 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 Events & Activities****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:** First Thursday of the month at 6:00 p.m.
at the Hype Recreation Center. **Bennie G.****Policy:** Same day and place as area at 12:30. **Rick C.****Public Information:** Last Thursday of each month.
6:00 p.m. at Hype Recreation Center. **Stacy P.****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.****We Live As One**Monday, July 15th 2024
Belle Isle State Park, Detroit MI
10 a.m. - 8 p.m. Shelter 5
Food and Speakers**Picnic In The Park**Sunday July 21st
Maybury State Park - Oak Shelter
20145 Beck Rd. Northville MI
Starts at 10 a.m.
(May have to pay for parking)**World Convention NA 38**August 29-September 1, 2024
Walter Washington Convention CenterWashington D.C.
Registration 175\$
www.na.org/wcna(All submissions for the Western Wayne Newsletter
can be directed to 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: _____