



THE NA UNITY

Dispelling the Myth

INSIDE THIS ISSUE	
Dispelling the Myth	1
Healing And Amends	2
Drinking From My Saucer	2
Thought For The Day	3
Step Nine	3
Sub Committees and Up Coming Events and Activities	4

Meetings that need support...

- Sunday:** Westland Survivors 11:30 a.m.
- Monday:** Alive and Free 4:00 p.m.
- Tuesday:** Dearborn Recovery 7:00 p.m.
- Wed:** First Step to Freedom 6:30 p.m.
- Thur:** Annapolis Park Support 7:00
- Friday:** Key to Recovery 7:30 p.m.
- Sat:** Clean on Kalamazoo 2:00 p.m.

Western Wayne Outreach determined these meetings need support!

I can remember the morning of my first NA anniversary. I woke up in state of complete and total bliss, reflecting on the major transformation in my life over the last year. I had just completed my second quarter in college and as a result of recovery, had made the dean's list. I was living in a peaceful, serene, spacious house, surrounded by country air and nature's finest plants and greenery. I felt wonderful about myself, the steps, and my relationship with God and other people. It was almost like a dream. I remember imagining that if life could get this good after only one year, then utopia must surely await me down the road.

Unfortunately, it hasn't quite turned out the way I envisioned. In fact, I didn't come even remotely close in my projection of the future.

I did have some great years in recovery. But as the years passed, I started to experience great pain and suffering as major issues that I didn't even know existed began to surface. All of a sudden, when I had around nine years, I started seeing my abusive childhood in front of me and it became inescapable. With ten years clean, I fell into a paralyzing depression from which I couldn't emerge for a year.

Today, with twelve and a half years clean, I experience a totally different kind of recovery than I ever did in the past. Learning to be gentle with myself and love myself with greater depth and care than ever before is the focus of my program now. I have also been forced to apply the steps to the current issues in my life from a broader perspective.

So what happened to me for the past few years? Did I stop working the steps? *Not for one minute!* What became clear is that I brought an excessive amount of emotional baggage into my recovery, and that my Higher Power, in its infinite love and compassion for me, made sure that I didn't have to deal with much of this until the time was right, which required the building of a strong and powerful foundation beneath me. Like many old-timers I speak with across the country, I came into NA with a reservoir of shame-based issues that had walls of defense built around them to protect me from having a nervous breakdown. Honestly, I didn't start using drugs as an adolescent because I was thrilled with my existence. My life sucked royally, and using was a way out with immediate results.

Sooner or latter, I have to come to terms with all that plagued me prior to my using. This seems quite clear to me today. I have to learn forgive myself, not only for the improprieties I committed in my past, but also for the abuse I suffered at the hands of others, much of which happened when I was a helpless kid – and a frightened and confused one at that.

I am writing this article to dispel some of the myths that currently exist about clean time in our fellowship, especially among newer members. I am doing this so that others don't have to suffer the pain of uniqueness I have known in an area of the world where NA is young.

We often talk about reaching out to the newcomer, which, of course, is valid. But every now and then, it might not be a bad idea to reach out to the old-timer.

G.R. New York NA Way June 1995

Healing and Amends

I have been a member of Narcotics Anonymous since 1989, and at the time of this letter I have appreciated continuous abstinence for more than 24 years. During my second year in recovery, while in his active addiction, my 16-year-old son fatally stabbed another teen. Wanting to make an example of him to other teens, the judge gave him a life sentence, to serve a mandatory ten years before being eligible for parole.

As painful as it was, I went to a lot of meetings, worked the steps with my sponsor, got involved with service, and stayed clean. At the end of his ten-year sentence, parole was impossible as my son was hopelessly addicted to drugs and deep in the mix of prison violence.

It was at this time that I was spiritually directed to leave my home in California and move to Port Cartier, Quebec (Canada), to stay near him until he either died or freed himself with NA's life-giving steps and traditions.

Accepting the love our fellowship has to offer, my son got clean just a few months after my arrival and stayed clean under the most adverse conditions. For the next nine years he healed as I did what I was taught, taking trains, buses, and even walking in frigid, below-zero weather to selflessly carry the message of hope and freedom. I had very little money, could not speak or understand the local language, and was so far up north that there were no NA meetings in either French or English. What I did have was a Basic Text, some speaker tapes and CDs, and a whole lot of willingness and perseverance to share what was so freely given to me.

After his initial ten-year sentence, it took my son nine more years to work his way down to lesser-security penitentiaries and finally free himself to the outside world. Although he will be on parole the rest of his life, he's been out of prison for almost four years. His dreams to be free, work as a tattoo artist, and have a family have all come true.

NA's message that any addict can stop using drugs, lose the desire to use, and find a new way to live has made a difference not only in the life of my son, but also in the life of the mother of the boy my son killed. She has taken my son in her arms and forgiven him, and now she and I speak on forgiveness in prisons and to victims' rights organizations.

As a mother who felt so guilty and ashamed for the harm I caused my children in my active addiction, I can honestly say I have made my amends.

Supriya D, Nova Scotia, Canada

Drinking From My Saucer

I never made a fortune, and its probably too late now,
 But I don't worry about that much, I'm happy anyhow,
 And as long as I go along life's journey, I'm reaping better than I sowed,
 I'm drinking from my saucer, cause my cup has overflowed,
 I ain't got a lot of riches, and sometimes the goings tough,
 But I got kids who love me, and that makes me rich enough,
 I just thank God for his blessings, and the mercies he's bestowed,
 I'm drinking from my saucer, cause my cup has overflowed,
 I remember times when things went wrong, and my faith got a little thin,
 But then all at once the dark clouds broke, and the sun peeked through again,
 So God help me not to gripe, about the tough rows I hoed,
 I'm drinking from my saucer, cause my cup has overflowed,
 And if God gives me strength and courage, when the way grows steep and rough,
 I'll not ask for another blessing, I'm already blessed enough,
 And may I never be too busy, to help another bare his load,
 I'll keep drinking from my saucer, cause my cup has overflowed...

Anonymous

Thought For The Day

The rooms of Narcotics Anonymous are filled with literature for addicts by addicts, and the facts still remain that we have a choice. Do we want what this program has to offer? There are some things we must be willing to do.

The steps are in order, there is no need for us to continue to keep trying to analyze everything, just follow the road map of good orderly direction. If you're bored with your meeting and your circle it's time for you to look into the mirror, at self and tell yourself we have to upgrade/change our circle and don't act out on your behavior. Remember that these were the people that you got clean with when you were new, and we out grow things just like our clothes.

The whole world is in turmoil but one thing for sure, NA will survive. So we have a proven program that works and we all must remember to keep it simple because we are all we have, and to lighten up, have some humor, don't get to morbidly serious. This is the No Matter What Club.

Pamela A.

Step Nine

Now than we are willing to make amends to all the people we've harmed, we put our willingness into action by working the Ninth Step. We're involved in a process that takes us from awareness of our wrongs and the conflicts they've caused, to a growing freedom from those conflicts and toward the serenity we are seeking. This process has called on us to examine our lives, identify our character defects, and become aware of how we harmed others when we acted on those defects. Now we must do everything we can to repair the harm we've caused.

We have our Eighth Step list, and we know what we have to do: however, knowing and doing are two different things. We may have a perfectly good plan for making our amends but, when the moment arrives, find ourselves overwhelmed by fear and feel unable to go on. We may be afraid of how our amends will be received. We may be worried that someone will retaliate. On the other hand, we may be harboring a secret hope that we will be excused from our responsibilities. We can not base our willingness on the expectation that we won't actually have to make restitution. For each or our amends, every possibility exist, from being held fully accountable to being completely excused. We must be willing to follow through, regardless of the potential outcome. Once again, with the help of our Higher Power, we simply have to walk through our fear and go on.

It Works How and Why pg. 85

One Member Shared...

"I knew the program worked because every time I used, I came running back"

"I never thought in a million years a addict like would be able to afford to go to the world convention"

"When I got my 6 moths clean, that was a turning point for me. That's when I started to believe I can stay clean"

"The 12 steps changed my life. It was a great freedom seeing that stranger at the end of the 12th step"



CLEAN DATES

August-September

August 11th, Andrew R. 7 years
 August 15th, Robin T. 1 year
 August 15th, Tyler M. 1 year
 August 15th, Al K. 16 years
 August 16th, Brenda L. 38 years
 August 17th, Jim P. 27 years
 August 21st, Crystal M. 1 year
 August 25th, Starla A. 1 year
 September 1st, Natasha G. 2 years
 September 1st, William T. 4 years
 September 2nd, Rod W. 32 years
 September 4th, Jerlene A. 15 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



SERVICE AND
ACTIVITIES

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:
Good Hope Church 28680 Cherry Hill, Garden City
MI, 48135

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: First 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: OPEN

Western Wayne Halloween Dance

October 26th @ 5:00 p.m.

Taylor Senior Events
6750 Troy St. Taylor MI, 48180
\$10 Speakers @ 6.
Joe C. 734-280-8363 or Stacy P. 734-858-9509

***Michigan's First
Narcotics Anonymous
12 Step Retreat***

November 1st, 2nd, 3rd

Speakers will focus on NA's 12 steps
followed by small group discussion, breaks for
lunch and dinner, snacks & coffee provided

The Fairfield Inn, 9044 Holly Rd Grand Blanc, Mi
Phone 810 901-0000

Only 100 spots available register soon

Questions: contact Jim B. 269 615-4749

Hosted by homegroups from the Flint and Saginaw Areas

Western Wayne Comedy Night

Sat. November 23rd @ 5:00 p.m.

Tickets \$50 per person (Sold in advance)

Taylor Senior Events
6750 Troy St. Taylor MI, 48180

**Comedian Tom Massey
Catered by Western Waynes own Tina H.**

(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.

I hereby give permission to the Western Wayne Area newsletter subcommittee to edit (if necessary) and publish my written article without recourse. The opinion expressed in this newsletter are written by individuals and are in no way a reflection of any member of the newsletter staff or NA as a whole. Articles are edited for clarity, punctuation, grammar, and in accordance with The Handbook for Narcotics Anonymous Newsletter.

Name: _____ Signature: _____

Date: _____