



THE NA UNITY

Creativity In Recovery

INSIDE THIS ISSUE

Art Therapy in Recovery	1
Pray For Me	2
A Diamond In The Rough	2
Graduation Day	3
Step Eleven	3
Events And Activities	4

Meetings that need support...

Sunday: Straight From The Book 7pm

Monday: Alive and Free 4:00 p.m.

Tuesday: Just For Tuesday 10:30 a.m.

Wed: Twelve At Noon 12:00 p.m.

Thur: Community For Recovery 7pm

Friday: Key to Recovery 7:30 p.m.

Sat: Saturday Morning Serenity 11 a.m.

Western Wayne Outreach determined these meetings need support!

Art Therapy In Recovery

The act of creating something is almost magical. Without words, you have the freedom to express complex ideas and feelings. Art therapy for substance abuse is a tool that harnesses the power of art to help recovering addicts express thoughts and emotions they may not be able to say with words.

Art is often a nonverbal process. Through art therapy, those in recovery can explore, understand and resolve issues they may feel uncomfortable talking about in meetings. They can safely feel and process the full range of emotions surrounding their addiction experience. Participants don't need to have artistic talent — they need to open themselves up to the experience and engage to benefit from this practice.

Art therapy is a versatile treatment that is applicable in almost any therapeutic context. This form of expression is ideal for those coming out of longstanding addiction for a variety of reasons, such as:

- Many recovering addicts have an underlying mental health condition, which makes verbalizing their feelings difficult.
- Addicts often undergo some type of trauma, like sexual or physical abuse. Drug and alcohol abuse can cause brain cell damage, resulting in language loss or poor communication skills.

The end goal of art therapy is to find an alternative form of communication that allows those in recovery to convey their experiences. Some of the techniques and practices used in art therapy include:

- Painting
- Drawing
- Sculpting
- Creating music
- Writing poetry
- Journaling
- Acting

(This article was edited to meet area guidelines plus not violate any copyright laws)

Anonymous

Pray For Me

It takes control of your every being, It stops you from seeing,
It fills you with false hope, this thing we call dope,
It comes in many forms, and creates many storms,
We feel we have no control, and that we have lost our soul,
Most have sold our soul to the devil, we have reached the bottom level,
The trap door is a ongoing thing, you can fall further than imaginable,
Some get it on the first try, because they follow directions and comply,
Then there's people like me who try with all their might, but keep losing the fight,
I surrendered after six months of being clean, I wonder if relapse is in my genes,
I go to meetings, do service, even became a G.S.R.,
But that doesn't stop my brain from being deceptive,
Pray for me, twenty five years of addiction is hard to undo,
But as long as I believe in myself, I can begin anew...

Danielle C.

A diamond in the rough



We come in caked in with bull crap wreckage and embellishments. The circle embodies ALL of the addict. Then with society, God, service, and self, rooted in truth and good will; the “fat” excess will be cut and we can discover authenticity. Freedom...

“Everyone wants to be a diamond, but no one wants to get cut”

Breanna S.

Graduation Day

Graduation day,
 At least that's what they say,
 A smile, clap, and coin,
 Finally, I can go on my way,
 - *Hold on, but wait* -
 That's always been my problem in the first place,
 "Please, let me in these doors,
 I can't stand to look myself in the face anymore!
 I'll do anything, I swear!"
 We've all heard the foxhole prayer,
 Can this time be different?
 Only if I stop and start to listen,
 "Help! It's hard to hear,
 I'm consumed by pain and fear,"
 How do I empty all this baggage,
 I've carried throughout the years,
 H & I brought the message,
 So I'm following the lesson,
 Pick up the phone and go to a meeting,
 I see now, this is my greatest beginning!

Breanna S.

Step Eleven

Throughout our recovery, one of the things that stands out as a result of our working the steps is our success in building a relationship with the God of our understanding. Our initial efforts resulted in the decision we made in the Third Step. We continued by working the following steps, each one of which were designed to clear away whatever barriers might stand between our Higher Power and ourselves. As a result, we are open to receive our Higher Power's love and guidance directly into our lives.

For many of us, the characteristics of our disease and the things we did in our active addiction separated us from our Higher Power. Our self-obsession made it difficult for most of us to even believe in a Power greater than ourselves, much less achieve conscious contact with that Power. We could see no purpose or meaning in our lives. Nothing could begin to fill the emptiness we felt. It seemed as though we shared no common bond with others at all. We felt alone in a vast universe, believing nothing existed beyond what our limited view allowed us to see.

It Works How And Why pg. 105

One Member Shared...

"Sometimes we don't listen to our spiritual guidance. We ignore it. We need to listen to that voice inside us"

"I had to protect my split second. I had to protect myself, from myself. He didn't understand that"

"I made a person my drug of choice, my higher power, and I put them first. In that process, I wound up using a substance because I thought it would fix our relationship"

"I still need to be here despite of what I'm thinking and that committee tells me because I don't like myself"



CLEAN DATES

October-November

October 16th, Angela A. 2 years
 October 17th, Walt S. 3 years
 October 18th, Mel B. 12 years
 October 20th, Matt M. 18 months
 October 20th, Brian H. 18 months
 October 21st, Leon L. 16 years
 October 29th, Steve W. 17 years
 October 30th, Mike A. 30 years
 November 3rd, Melvin M. 4 years
 November 4th, Nikki Mc. 9 years
 November 5th, Lucas R. 11 years
 November 7th, Debbie S. 22 years
 November 8th, Bill C. 34 years
 November 10th, Mike G. 14 years
 November 11th, Chris P. 1 year

"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. **Open**

Helpline: Open

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: Open

RCM Region: Stefan Y.

RCM Alt: Stuart L.

Web Servant: Jasmine S.

Workshop: OPEN

***Recovery In The Upper Room
11th Anniversary***

Tues. November 12th 2024

Anniversary dinner starts at 6:00 p.m. and the meet-
ing will be right after from 7:00 to 9:00

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.

Western Wayne Holiday Party

Saturday, December 14th @ 5:00 p.m.

Boilermaker Local 169 Union Hall

1755 Fairlane Dr.

Allen Park MI, 48101

Cost \$10 Speakers at 6:00 p.m.

Jasmine S. & Roosevelt S.

Pizza and pop will be sold

(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: _____