



THE NA UNITY

NEW BEGINNINGS

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Meetings that need support...

Sunday: Westland Survivors 11:30-1:00

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

Tuesday: Dearborn Recovery 7:00 p.m.

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

Thur: Living Free 7:00 p.m.

Friday: Winners On Warren 7:00 p.m.

Sat: Saturday Night Special 7:00 p.m.

Western Wayne Outreach determined these meetings need support!

New beginnings offers a chance to leave behind past mistakes and negative experiences and creates a path toward personal growth and fulfillment. It means accepting past failures as a learning experience to create change for a more successful future. In order to have a new beginning, something else must end. Do I believe the war is over for you and that there is another way? My whole life I used to deal and escape as a means of survival - it was my way out. I no longer seek a way out, recovery is my way in - to life.

Let’s talk about pain. Something clearly wasn’t working or we wouldn’t be here, we’ve all had a taste and its nasty. There’s a page in our text and it says, “we have paid dearly with our pain for the right to recover.” Problem was, I avoided pain like the plague when I was out there. Then when I came into the rooms, I went from using drugs to what else can I use? Including you, me, money, knowledge, and even clean time to dodge the pain instead of embracing it and learning to get through it. There’s a blessing on the other side of the lesson, and pain is the price of admission to a meaningful life.

Darkness can not thrive when exposed to the light. Light represents goodness, clarity, and positive experiences which can only gain deep understanding and appreciation because of the existence of its opposite, darkness. Darkness representing, negativity, confusion, and challenges, without it you wouldn’t truly recognize or value the presents of light. So how far am I willing to go and let love in?

In More Will Be Revealed it states, the program of Narcotics Anonymous provides an opportunity for us to ease the pain of living through spiritual principles. Transformation is a gift from God, an action of changing the core of who someone is from the heart. This process involves, acceptance, solitude and connection. Let this be the season of your chrysalis. It all starts with truth and honesty - I needed both and it got ugly and it’s going to be ugly again, but worth it.

Truth is the objective unchanging facts of a situation. Honesty is my feelings, emotions, and perspective opinions about a situation. When I identify and separate the two in solitude - inviting God in; I am able to better understand what’s going on, why, and a principled solution. It’s where clarity is produced and growth happens. I am able to express myself authentically, have social graces for others to do the same. I learn to show up. I can dance, laugh, sing, learn, forgive, and ask for forgiveness. I connect because I am no longer comparing, but doing all things in love because I know worth and value don’t lie in what I have or image and neither does yours. Take a deep breath - feel that? It’s worth by thought, creation, and grace. That’s value and we all have it “as - is.” Once we are able to receive that, anything is possible because you’ll have found what you were always looking for. Love. We begin to develop healthy boundaries that give freedom and diligence to walk with purpose...

Breanna S.

Transformation

I thank my higher power for a renewed mind today. You have shown me a different way to view how I present myself. I finally made the decision to take my recovery seriously after numerous attempts to apply what I felt I needed to my life. You see I never actually wanted to get clean anytime I have attended a treatment program. For years I would not admit that this particular drug could and was controlling my actions and even my thoughts. At times the disease of addiction still tells me I can control it. But today I am aware it's the addiction talking. Today I have found that by not using, I can better control my actions when that thought occurs. To recover from active addiction is not an easy task to do. It takes repeated repetition of controlling how I respond to thoughts which continue to be all over the place. I am unaware of my actions at times which comes from moving, thinking and acting a certain way for over half of my life. I focus on one thing at a time to correct. You see my behaviors, my perception even my thought pattern is flawed and requires transformation. I can only work on what my thoughts are for this day or the time.

Trust and believe it is not easy, but I am getting better and better and better after days go on. I can remember at some point in my life I was so far gone in my perception of life, was so clouded that anyone who opposed the way I thought had to go. Now don't get me wrong these were just thoughts because I didn't know how to handle certain situations, nor did I know how to deal with people with differences of opinions. I was so insecure about my appearance as a whole I was scared to face myself because I truly didn't like what I saw. I always thought less of myself because I couldn't articulate what I wanted to say as well as others. But my higher power which I choose to call God has shown me that my purpose is not of that, do not compare to others. You are how I made you, how I intended you to be. I am perfect in design to do what is meant for me to do. Today I want to treat people better, inserting principles before personalities into my life. Everything I see myself doing and how I see myself today requires compassion, understanding and to come from a place of love.

Why at times do I think less of myself than I am. Why do I seek to get noticed by certain people for attention. What is wrong with my mind to think there is something I should be doing different to get a result that might not turn out how I anticipate it too. I realized I had to fix how I saw myself and how I looked at certain situations. I had to stop this attention seeking Behavior. I'm open-minded enough today to listen and understand that I can't stop the thoughts from popping in my head, but I can control how I respond to it. I will continue to focus on me and recognize what needs to be changed in me. Today I must work on my impulsive behavior to help eliminate stressful situations I often put myself in. I've been asking my higher power which I choose to call God to cleanse my soul and remove from me which is not for me. God is working in me everyday, even when I am not. I must let go of the thought be free of the moment, it will take care of itself. The presence of a higher power which I choose to call God is always with my inner being to guide and direct me...

Michael Hu.

Gratitude And Hope

When I first wake up in the morning and I'm clean, my rent is paid, I have food in my house, clean clothes, I thank God for new beginnings and the program of Narcotics Anonymous along with recovering addicts. Every day is never the same. I still have using dreams sometimes, I want to act out on my most obvious character defects but I have not and I'm speaking about the ones that have nothing to do with drugs, but I don't want the results and I have a good fears today.

I want to share about my beautiful gifts recovery has given me. First I have had my felonies set aside, a renewed driver's license, I'm coming up on some decades clean time on March 13th, 2025. I've been living at my residence 10 years in March. I love to do service work and in my experience it helps me stay clean and give back to the community, I am a productive member of society. I attend church when I can because this is what my spirit needs, I have mental health doctor who I've been seeing for years now because Narcotics Anonymous only promises freedom from active addiction, and the rest of responsibilities are up to me. I am responsible for my happiness.

I'm here to share with everyone to stop putting your expectations to high, just keep it simple and what's meant for you will always be there for you. Every day is a new beginning once you make a choice that you deserve the best and to be happy...

Pamela A.

"Page 1"

No one told me that new beginnings can be both a time of joy and hope as well as grief and sorrow. I heard it said before that when one door closes another one opens. The transition to the life that I'm choosing to live now is bright. However, it came from the separation from the old way I use to live. The old way I use to think. The old way I used to feel and process my feelings. Hell, who am I kidding. I never sat and processed my feelings before. I would just feel and react. My level of understanding and awareness has now been activated. And for that I'm grateful. Because instead of remaining lost, I now have direction how to live a fulfilled life. I can now tap into something sustainable. Every once in a while we contemplate leveling up until it requires sacrifice. This message might be hard to accept. But in order to move through recovery-from addiction to freedom, from brokenness to healing, from guilt to self-forgiveness, or even from isolation to intimacy-I must accept it. No longer can I embrace a life of escapism and denial. I must embrace the painful realities in my life, and patiently allow my Higher Power's love to make me whole.

Donald B.

Step One

As addicts, we have each experienced pain, loneliness, and despair of addiction. Before coming to NA, most of us tried everything we could think of to control our use of drugs. We tried switching drugs, thinking we only had a problem with one particular drug. We tried limiting our drug use to certain times or places. We may even have vowed to stop using altogether at a certain point. We may have told ourselves we would never do the things we watched other addicts do, then found ourselves doing those very things. Nothing we tried had any lasting effect. Our active addiction continued to progress, overpowering even our best intentions. Alone, terrified of what the future held for us, we found the fellowship of Narcotics Anonymous.

It Works How And Why pg.5

It's that time of year

New Beginning : New Me



True Transformation

Is a Process,

Not a Procedure

Slow Down

Don't Botch

Your Recovery!

One Member Shared...

"I pray for the strength to put my belief into action and actively work on myself to be the best version of myself I can be at the moment"

"Today I have learned to stay vigilant because my disease will try to attack me from every angle if I don't and I must protect my recovery at all cost"

"I appreciate the fellowship as a whole, but I've also learned that some people I need to keep at a distance, it's not personal, I can still show empathy and compassion from a distance."



CLEAN DATES

December-January

- December 5th, Amanda W. 7 years
- December 9th, Manny A. 15 years
- December 17th, Nicole W. 6 years
- December 17th, Doug H. 35 years
- December 17th, Kayla F. 6 years
- December 17th, Jesse S. 6 years
- December 20th, Chris C. 8 years
- December 26th, Robert L. 9 years
- December 27th, Alan G. 18 months
- December 28th, Debra S. 7 years
- January 1st, Matt O. 4 years
- January 1st, Stuart L. 44 years
- January 9th, Dale Y. 1 year
- January 13th, Randy S. 36 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: 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: Open

Newsletter: First Wednesday of each month at 6:00
p.m. at Hype Recreation Center in Wayne.
Chair: **Open**

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: **Stacy P.**

RCM Region: **Stefan Y.**

RCM Alt: **Stuart L.**

Web Servant: **Jasmine S.**

Workshop: OPEN

Western Wayne Euchre Tourney

January 18th 2025

Doors open @ 5:00 tourney starts at 6:00

\$10 to get in the door, includes spaghetti and a drink
\$10 per person to enter the tournament

Boilermakers Local 169 Union Hall
1755 Fairlane Dr.
Allen Park, MI 48101

Living The Dream

DACNA XXXII

Detroit Area Convention of Narcotics Anonymous

April 17-20, 2025 Detroit MI
Downtown Marriott Hotel Renaissance Center

Register online with credit/debit card at:
www.michigan-na.org/dacna

***Western Wayne County Area
2025 Campout***

June 12th, 13th, and 14th
Wolverine Campground Columbiaville MI

Must pay in full to reserve and hold your site

Contact: Stuart L. 313-937-0095 for details

(All submissions for the Western Wayne Newsletter
can be directed to duane85reece85@gmail.com)

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Name: _____ Signature: _____

Date: _____