



THE NA UNITY

COURAGE TO CONNECT

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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!

After making the decision to finally become a member of NA and the NO MATTER WHAT CLUB I had to change a few things first. See I thought the only thing I had to do was just stop using and everything would be well. But that illusion was short lived. Nothing in my life changed but the fact that I didn't use and that in itself became very frustrating. I would go to NA meetings and see everyone there flourishing and wonder why they seem so happy and well accomplished in life and their recovery. So after many relapses, I made the decision this time around to completely give NA and the 12 steps my all.

I had to take suggestions from people I didn't know, and ask people for their numbers which felt uncomfortable at times. The people I'd asked numbers from would often say, if you need a ride to a meeting or need to talk don't hesitate to call me. At first I was nervous to do so, but I mustered up the courage to ask for a ride to a meeting. This process for me was very overwhelming since I considered myself a loner.

While I was at this meeting someone suggested that I start doing service work. So in the back of my head I said "what? how is that going to help me?" Then I started to remember to take suggestions, do what I haven't done before to get a different result. So I made coffee and started chairing meetings which was scary at first. As I continued doing service work people began to know who I was, and I began to know who they were as well. So after a few months I began to share at the tables and where I was at in my recovery. This is the moment I started to connect with people. After a few months went by I started to have to deal with life on life's terms and the problems we encounter after becoming clean. I tell you life really started to hit me right upside the head.

At this point I had to lean on a power greater than myself. As I sit alone and ask my higher power which I choose to call God for guidance, I start to wonder if I'm being heard at times. So at an NA meeting the next day I sat at a table and started sharing honestly as I could about what I was going through. After I was done another member started to share that they understood me and what I was going through. This member offered suggestions that I became willing to take. Since then I've noticed how my higher power which I choose to call God works through others in the fellowship of Narcotics Anonymous. This realization would never have occurred until I mustered up the courage to connect with people in the fellowship. Because I chose to surrender to the process, my higher power connected the right people at that moment to enter my life and help me on my journey. My higher power which I choose to call God gave me the courage to change everything I could...

Michael Hu.

Changing Seasons

As the seasons and time go by, I look back on my recovery and I've had a few sad moments but mostly a lot of good memories I've made. Plenty of laughter I've shared with old and new peers I met in the fellowship. I'm looking forward to seeing a lot of good upcoming events, fundraisers and conventions for 2025, and trying to find more activities for myself in and around my recovery.

I enjoy dancing but I'm not that good. I think a lot about ballroom dancing, line dancing, and square dancing. It entertains me learning how to use a computer because I have put these things off so many times. I had to admit to my weakness, and guess what else, I have to get someone to show me how to send a email from my own personal cell phone.

Honesty is the antidote family, it always has and will be and I have to remember that. What if there was no Narcotics Anonymous for addicts, where would we all be? And be grateful for the predecessors who took the time to sit down and share their stories/experience/strength/hope with us so that no one need to die with the disease of addiction and this program shows us what to do. If we want what the program has to offer, and that the only requirement is that we have the desire to stop using and find a new way to live, not our way, the NA way.

You don't have to have a credit card, credit score, proof of employment, or income, you can't find this any where else on the planet. So we must humble ourselves and stay grateful, and pray for the people who may never make it to the rooms. We are truly blessed to have this gift. We must ask ourselves, what can I continue to do to be of service to the program because there's another door for us to open, this program took away all of our excuses. Thanks for letting me share...

Pamela A.

Open-mindedness

For many of us open mindedness is unfamiliar territory. Before coming to NA, many of us could only see life through a small and narrow tunnel. We had our own agendas. Anything not on that agenda was quickly discarded. We had our own view of the world. We couldn't conceive of a life without drugs. We never would have dreamed that a life without drugs could be possible. Pain, insanity, and misery became our way of life. Our way of life produced unmanageability and catastrophic consequences. Through some miraculous event, our Higher Power saw fit to place us in the loving hands of Narcotics Anonymous.

Many of us struggled with open mindedness. It can be a difficult thing to open up to new people, places, things, and ideas. Fear can overwhelm us, and cause us to judge the unknown. We must have faith in the process of working the 12 steps with a sponsor if we are to be open to this new way of life. We can't expect to be open to new ideas if we are too afraid to try them. Open mindedness is becoming willing to accept other approaches to reach the same outcome. Although 12 steps of Narcotics Anonymous are the same for every addict, every addict doesn't work them the same way.

Instead of judging another addict, we might want to try talking to them about their experience, strength, and hope. In doing so, we gather new information that can help us with our own recovery. Knowledge is power. If we truly want to get better, we must tap into as many resources as possible. Listening to every addict share at a meeting is a good way to practice the spiritual principle of Open Mindedness. Our Higher Power decides who will be the instrument to deliver the medicine we need to change and grow. If we close our ears and minds to what has been placed before us, we limit our opportunity to grow spiritually.

Change and growth are part of the recovery process. If we want to get better we must be willing to stay open minded. Open mindedness helps us get better quicker. It helps us accept instead of hate. It allows us to respond instead of react. It guides us towards to spiritual principle of unconditional love as we begin to see to good that each person has to offer. The open mindedness that was once born out of desperation can turn into a spiritual principle that helps us to understand rather than be understood. Open minded, we can better continue our journey through the twelve steps and continue to find freedom beyond our wildest dreams.

Anonymous

Windows

When I open the window, It brings in a breath of fresh air,
 When I open that window, It brings in the past and the despair
 When I open this window, I hear music playing that will sometimes discourage my thoughts,
 But this other window I open plays music I enjoy and love, so I thought,
 These other windows I open, bring love to my heart,
 But if I close that window, I'll feel lonely and apart,
 Now this other window by my head, if opened brings hurt,
 So it must remain closed at all times, buried deep in the dirt,
 The window to my left, if opened brings confusion in the room,
 So that window when opened, I sometimes love to abuse,
 All these windows in my room, if opened blow in different situations,
 But today I choose to open windows, that blow in positive affirmations,
 These windows of love, in my heart I'm scared to open, Once they're opened, I'm scared they'll be broken,
 This love window I have in my heart must be opened,
 Slowly so it won't crack, shatter or break,
 But if the window was cracked, would anyone even notice or care,
 Maybe someone would notice the crack and just stop and stare,
 And act on minimum of concern about the repair,
 I shouldn't have opened that window, to become vulnerable within,
 But the repair that was needed, made my Foundation stronger from within...

Michael Hu.

Step Two

Our surrender in the first step leaves us with a deep need to believe that we can recover. This surrender makes it possible for us to feel hope. By admitting our own powerlessness, we open our minds to an entirely new idea: the possibility that something greater than ourselves might be powerful enough to relieve our obsession to use drugs. It is quite likely that, before coming to NA, we never believed in any power but our own willpower, and that had failed us.

NA introduces us to a new understanding. We draw hope from this understanding and begin to comprehend what it means to believe that a Power greater than ourselves can restore us to sanity. We find additional hope by listening to other recovering addicts. We can relate with where they've been and draw hope from who they've become. We listen closely at meetings and become willing to apply what we hear to our own lives. As we begin to believe that there is hope for us, we also begin to trust the process of recovery.

It Works How And Why pg. 17

One Member Shared...

"I used to have a dysfunctional relationship with God, today my understanding and how that power works in my life looks a lot different and I'm grateful for that"

"I've definitely learned to have faith and trust Gods plan for me and that as long as my will and life are in that powers care it is safe"

"Getting old is mandatory, growing up is optional"

"It wasn't until I experienced the process of coming to believe that I started to understand what insanity was"



CLEAN DATES

January-February

January 19th, Bennie G. 7 years
 January 28th, Judi G. 9 years
 January 28, Larry S. 30 years
 January 28th, Lori C. 24 years
 February 2nd, Chris K. 10 years
 February 2nd, Senya B. 6 years
 February 8th, Jo G. 18 months
 February 10th, Gary M. 39 years
 February 11th, Jennifer W. 6 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: First Sunday of each month at 6:30
p.m. at Good Hope Church. **Heather L.**

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 1:00 p.m.
Rick C.

Public Information: The day before area each
month at 7:00 p.m. at the North West Alano Club
Stacy P.

RCM Region: Stefan Y.

RCM Alt: Stuart L.

Web Servant: Jasmine S.

Workshop: OPEN

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 Campouts

June 12th, 13th, and 14th
and

August 14th, 15th, 16th

Wolverine Campground Columbiaville MI

Must pay in full to reserve and hold your site

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

Western Wayne Presents
Picnic In The Park

Saturday July 12, 2025

11:00 a.m. - 5:00 p.m.

At Garden City Park Main Pavillion
Hamburgers, Hotdogs, and Water provided

PLEASE BRING A DISH TO PASS

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

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Name: _____ Signature: _____

Date: _____