



THE NA UNITY

Love And War: The Battle To Stay Clean

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Meetings that need support...

- Sunday:** Straight From The Book 7pm
- Monday:** Still Standing Together
- Tuesday:** Rising Stars 3:00 p.m.
- Wed:** Miracles In The Making 6 pm
- Thur:** The Journey Continues 7 pm
- Friday:** Key To Recovery 7:30 pm
- Sat:** Saturday Morning Serenity 11 am

Western Wayne Outreach determined these meetings need support!

They say "love is a battlefield," but when you're in recovery, it's an all-out war. A war against your past, your demons, and the voice in your head that whispers, "Just one more time."

Being clean is one thing. Staying clean while learning to love someone new? That's a whole different beast. Because love doesn't just open doors—it breaks down walls. And when those walls fall, every skeleton you ever buried comes crawling out, begging to be fed.

You'll have nights where the weight of your thoughts feels heavier than the love in their arms. You'll wonder if they see the scars, if they hear the echoes of who you used to be. You'll feel like an imposter in your own skin, like you're just one bad day away from slipping back into the abyss. And when you argue—because you will argue—you'll feel that old craving creep in, telling you, "This is too much. You need an escape."

But here's the truth: Running never worked before, and it won't work now.

When the urge comes—and it will come—pause. Breathe. Remember why you started this journey. You didn't fight like hell to get clean just to throw it away because love got hard.

Think of what's real:

The way their eyes light up when they see you, the clean you.

The laughter, the late-night talks, the moments that make you feel alive again.

The future you're building, brick by brick, without the poison in your veins.

And if that's not enough? If the pain screams louder than the love? Get help before you get high. Call someone. Speak your truth. Because "a burden shared is a burden halved."

Love won't always be soft—it will challenge you, break you open, make you face yourself in ways you never have before. But real love doesn't ask you to numb yourself to keep it. Real love wants you present, wants you whole.

So when the road gets rough, don't reach for the past. Reach for your future. Because the greatest love story you'll ever write is the one where you stay—for them, for yourself, for the life you fought to reclaim.

Stay clean. Stay real. Stay here.

Tyler L

Help!

Misery, is all I have these days. It's like I'm stuck in a hole. One I've dug so deep that I can no longer see the light of day. I claw at the walls of my lair as I try to climb out, yet I slide back down because there's nothing but dirt to grab on to. Landing harder each time I fall. I yell for help. I've come so far from where I belong that there are no roots planted anywhere near me. There are none hidden beneath the earth's surface in which I can use as traction. It's like I'm in quicksand and the more I struggle the faster I sink into oblivion. Fingers and knees dirty and bloody. I stand at the bottom of my ravine wishing someone would save me. I yell for help again.

I wait for the day that a rope is sent down to me, but in the months I've been gone no one has come. I'm not even sure if anyone knows that I'm down here. I yell for help once more. I'm left with nothing in this horrendous crater, but my thoughts to slowly kill me. There's not a soul to talk to. No one to hold me. I'm all alone, and every attempt I've made to get out of this mess has failed. I can not climb, and there's no assistance from another human being. I slowly start to realize that I'm stuck down here forever to wallow in my own misery. Now there's nothing left to do, so I curl into a ball at the bottom of my pit, and this time... I CRY for help...

That's how I used to feel when I got high. But today I am clean and am grateful for NA and the life this program has gave me...

Danielle C.

Searching And Fearless

For me personally, my 4th step was a major turning point in my life. More specially the relationship section in the NA Step Working Guide because that is one area I struggled in all of my life. Not just romantic relationships, but all forms of relationships with people, places and things. By beginning to develop a God of my understanding and a healthier relationship with that God in the first 3 steps, that allowed me to see that my God was working in my life because while I was doing that section I was going through a painful break up and I do not believe that was a coincidence. I was forced to take a look in the mirror and see myself without a mask for the first time ever. The first 2 questions were life changing for me. 1. *What conflicts in my personality make it difficult for me to maintain friendships and/or romantic relationships?* 2. *How has my fear of being hurt affected my friendships and romantic relationships?*

I had to examine every relationship, throughout my whole life, before recovery and up to that point, and see my part as to why they were all unhealthy and dysfunctional. It couldn't have always been everyone else's fault, I had to play a part. I was the only common denominator. I began to see a pattern. I began to identify my own behaviors that were not healthy. Began to see my own insecurities, jealousy issues, trust issues, and so on. How my actions caused reactions that would cause me to react with blame. Started to see how I avoided taking responsibility to protect myself from the idea I as well had imperfections because I've always suffered from perfectionism. Even in recovery I thought in a romantic relationship if I just don't use, don't lie and don't cheat I could have a healthy relationship. I was dead wrong. I never had a healthy relationship so I had no idea how to maintain one. It was a good foundation but it wasn't enough.

After that experience I began to focus on building a healthy relationship with myself! Get comfortable being alone. Learning how to do things with myself, for myself and by myself. I did everything from going on week long vacations alone, all the way to sporting events alone. If I'm comfortable alone I don't need to fill a void with people, places and things to feel whole. I don't have to put those things first and act against my try nature out of fear of losing those things because I have myself. I began to notice other peoples patterns and behaviors I would have either overlooked in the past or just ignored because I wanted to fill that void. Those patterns and behaviors no longer made sense. That's when I realized, I have a choice! Today by first building a healthy relationship with my God, I can build a healthy relationship with myself. Only then am I capable of having a healthy relationship with all people, places and things. And by doing so it has made my life 100% more peaceful. Today I am grateful for my new found awareness and my power of choice. More will be revealed...

Brandon R.

To My Addiction:

I'm sorry to tell you that I'm leaving you. For over 20 years you tried to keep me handcuffed, believing I didn't have a choice to be free. Addiction, I use to love you with all my heart, you were there when no one else was. Addiction, you tried to ruin me... All those late nights driving with you not having a care in the world. You had me thinking I could lie, steal, and hurt others for you. I overdosed on you. I drank until I threw up on you. I just wanted you. I've tried almost all of you just wanting to be satisfied by you. Something to take care of me. But today, addiction, I am saying goodbye to you. I'm no longer attracted to you. I'm leaving you; I don't need you. I'm stronger than you and I will never give into you again. My will power and God won't let me anymore. I'm finally free of you. There is a new beginning waiting for me. A better one. I know I can live without you...

I CAN FINALLY BREATHE WITHOUT YOU!

Goodbye addiction...

Sunni C.

Step Four

By working the first three steps, we have formed a solid foundation for our recovery. Our active addiction cannot remain arrested, however, unless we build upon this foundation. As we worked the Third Step, many of us were puzzled: How can we make sure we are really turning our will and lives over to the care of God? The answer is simple: We work the remainder of the steps, starting with Step Four.

Why work the Fourth Step? After all, we've been able to stay clean so far. But some of us are still haunted by a driving obsession to use drugs. Others find that the feelings of discomfort are more subtle: a nagging feeling that something isn't quite right, a sense of impending doom, or feelings of fear and anger that have no apparent reason. Still others may think we're doing just fine without a Fourth Step. However, our experience as a fellowship has shown that, sooner or later, members who don't work this crucial step relapse.

For many of us, our motivation to work the Fourth Step is quite simple: We're working a program of recovery and we want to continue. Because our disease involves much more than our drug use, our recover involves much more than simple abstinence from drugs. The solution to our problem is a profound change in our thinking and our behavior.

It Works How And Why pg. 36

One Member Shared...

"By writing my inventory, I was able to identify my behaviors, patterns, and beliefs that showed me the exact nature of my wrongs"

"If you're not careful, your character defect will turn into a shortcoming and become a consequence"

"We don't fix, we assist"

"Why I came here is not why I stay here. In the beginning I just wanted to stay clean, now I wanna help the new-comer find a new way to live"



CLEAN DATES

March-April

March 13th, James S. 1 year
 March 13th, Pamela A. 16 years
 March 15th, Marian E. 1 year
 March 15th, Bre N. 3 years
 March 31st, Taylor C. 1 year
 April 1st, John Y. 4 years
 April 5th, Kevin H. 6 years
 April 6th, Lynda V. 16 years
 April 7th, Mark T. 3 years
 April 9th, Dwayne S. 22 years
 April 12th, Dianna R. 39 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:
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. **Ed G.**

Literature: First Sunday of each month at 6:30 p.m. at Good Hope Church. **Heather L.**

MSO Rep: **Giovanni L.**

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: **Stuart L.**

RCM Alt:

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 Euchre Tourney

Saturday May 10th, 2025

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

\$10 to get in the door, includes food and beverage
\$10 per person to enter tournament

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

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: _____