



THE NA UNITY

Finding the Spirit in Spirituality

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Meetings that need support...

Sunday: Straight
From The Book 7pm

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

Tuesday: Rising
Stars 3:00 p.m.

Wed: Twelve At
Noon 12:00

Thur: The Journey
Continues 7 pm

Friday: Key To Re-
covery 7:30 pm

Sat: Saturday Morn-
ing Serenity 11 am

**Western Wayne
Outreach deter-
mined these
meetings need
support!**

For some time, I have pondered writing an article for our magazine. The subject that keeps gnawing at my thoughts is spirituality. Then I think about how spirituality is such a touchy subject in NA, one that we seem to tiptoe around a lot in meetings for fear we might offend someone or scare them away.

Enough tiptoeing! It is not my purpose to tell you about my Higher Power and suggest that you get one just like it. On the contrary, I want to share about the "spirit" in spirituality that, I think, we can approach with our feet planted firmly on the ground and face without discomfort.

Think about your spirit. Really, take a moment. What comes to mind? Is your Spirit responsible and reasonable? Carefree? Cautious? Adventurous? Calm? Fiery? Excitable? What is your favorite color? Do you have one or several? Do you enjoy the kind of natural surroundings you would find at an NA campout, or would you rather go to huge conventions in high-rise hotels in big cities?

No, this is not a quiz to determine what type of person you are, so relax. I just want to share with others some things that work for me when I explore my spirit.

There are days when the only thing I know about myself is that I'm an addict - but that's just one part of my spirit, and it has been a long time since I accepted that part of myself.

There are many facets to my spirit. I enjoy warm summer days. I feel great when I accomplish something - and then my spirit always finds more things that need to be done. My spirit soars when my daughter gives me a hug just for the heck of it or when my husband tells me he thinks I'm beautiful. I feel most spiritual after a good NA meeting where at least one person cried. Raw emotion is so real and very healthy.

I feel gratified when I share the message with a newcomer. It's so fulfilling to see an addict clean and working a program. My spirit gets a real kick out of competition. A good verbal sparring match with someone of opposing political views makes me giddy.

My home group is a part of my spirit. My family is a part of my spirit. I learn more about my spirit all the time. For instance, I'm trying this writing gig now. It's something I think I might be good at. It's something others have said I do well. It's something that HP has put in my heart to do.

My fears of rejection, failure, and imperfection kept me from taking a stab at it for a long time. After all, if it doesn't work out, I'll no longer be able to claim self-righteously that I would be a really great writer if only I had a really great word processor and a secretary.

I stayed stuck in this diseased thinking for so long that I eventually became miserable. For me, the quickest way to become miserable is to fight against the spirit that my HP has given me. My HP provides me with the resources I need to let my spirit play. I have a pen, paper, and an old typewriter to process my words with. I have a Basic Text and plenty of fellow addicts to walk me through the fear. And of course I have my HP to whine to when I don't get what I want. HP listens to me and then gives me exactly what I need.

My spirit may not understand your Higher Power, but my spirit completely understands your spirituality and is grateful when you share it with me. Thanks to NA I discovered my spirit, and more is revealed to me daily.

Tabitha I, Missouri

The Power of Humility: Strength Through Simplicity

In a world that often celebrates boldness, self-promotion, and individual achievement, humility can seem like a quiet and overlooked virtue. Yet, humility is one of the most powerful qualities a person can possess. It's not about thinking less of yourself—it's about thinking of yourself less. It's about having the confidence to recognize your strengths while being honest about your weaknesses. Humility brings balance, inner peace, and deeper relationships with others.

What Is Humility?

Humility is the ability to remain grounded, to recognize that no one is above others, and to approach life with a sense of modesty and openness. A humble person doesn't seek the spotlight or claim to have all the answers. Instead, they are willing to listen, learn, and grow. They can admit when they're wrong and are open to feedback—even when it's hard to hear.

True humility is not the same as low self-esteem. In fact, it requires a strong sense of self-worth. Only someone who feels secure in who they are can resist the need to constantly prove themselves or seek validation.

Why Humility Matters

- 1. It Builds Better Relationships** Humble people are easier to connect with. They show empathy, take responsibility for their actions, and treat others with respect. This naturally creates trust and deepens connections.
- 2. It Opens the Door to Growth** When you're humble, you accept that you don't know everything. This mindset allows you to keep learning, improving, and adapting. You become more open to new ideas and less defensive when facing criticism.
- 3. It Encourages Gratitude** Humility often goes hand-in-hand with gratitude. When you realize you're not entitled to everything, you begin to appreciate what you have and acknowledge the people who help you along the way.

It Strengthens Leadership The best leaders lead by example—not by ego. Humble leaders inspire loyalty because they put others first, share credit, and admit when they make mistakes. This creates a positive culture where people feel valued and empowered.

Practicing Humility

Humility is not something you achieve once—it's a daily practice. Here are a few ways to cultivate it:

- **Listen more than you speak.** Truly hearing others' perspectives helps you stay open and avoid assuming you know everything.
- **Admit your mistakes.** Owning up to errors shows strength, not weakness.
- **Serve others.** Small acts of kindness and service remind you that your time and talents can be used to uplift those around you.
- **Avoid comparing yourself.** Everyone is on their own journey. Focus on your path and support others on theirs.

Stay teachable. No matter how much you know, there's always more to learn—from anyone, at any time.

Conclusion

Humility isn't flashy or loud, but it is transformative. It grounds us in truth, connects us to others, and keeps us growing as individuals. In a world where pride can divide and ego can mislead, humility is a quiet strength that can build bridges, create peace, and bring out the best in ourselves and those around us. To live humbly is to live wisely.

Anonymous

Keep It Simple

Relationships are a part of our lives just as well as life on life terms. I'm going to start with my story by saying, at the beginning of my recovery, I came into the program with 6 kids with 3 different dads. With long-term love for each other, that turned into lies, cheating and physical abuse that ended those physical moments. Somehow, we stayed distant friends due to the kids.

Moving forward, I came into NA in 1992 and the seed was planted. I finally surrendered on 3-13-09, and sometimes I still have feelings of I'm not smart enough/pretty/my shape/etc. I have to dismiss these ugly thoughts that pop up in my head and know these are signs of the disease that I carry, and it's never going to go away. It is how I continue to respond to it and replace these words with positive thoughts.

Sometimes people will ask me, are you married or in a relationship, and they really don't know how my recovery works. It requires constant maintenance, because without God/Recovery coming first place in my life nothing else will work out for the good. Just because I don't have a boyfriend/spouse/car/grandkids, doesn't mean that I'm not recovering; what works best for me might not work for you. I'm enjoying my life, not spending time on trying to impress people. I still remember that stuff keeps me sick for a long time. I'm in a relationship with my God, myself and so on and this is where I'm at today. Keep it Simple.

Pamela A.

Step Seven

In Step Four we uncovered the basic defects of our character. In Step Five we admitted their existence. In Step Six we became entirely ready to have them removed so that we could experience continued spiritual growth and recovery. Now, in Step Seven we humbly ask our Higher Power to remove these shortcomings. When we ask our Higher Power to remove these shortcomings, we ask for freedom from anything which limits our recovery. We ask for help because we cannot do it alone.

Through working the previous steps, we see that attaining humility is necessary if we are going to live a clean life and walk a spiritual path. An attitude of humility is not the same as humiliation, nor is it denial of our good qualities. On the contrary, an attitude of humility means that we have a realistic view of ourselves and our place in the world. In the Seventh Step, humility means understanding our role in our own recovery, appreciating our strengths and limitations and having faith in a Power greater than ourselves. To work the Seventh Step, we must get out of the way so that God can do Gods work. Humbly asking for the removal of our shortcomings means we are giving complete license to that loving Power to work in our lives believing that Gods wisdom far exceeds our own. *It Works How and Why, pg. 69*

One Member Shared...

"Sometimes its like, the more clean time we get, the more we forget we are human and we're allowed to make mistakes"

"Sometimes God will put stuff in your path just to see what you're gonna do"

"Some shit we just let go and let God. It's called keeping it simple"

"I told myself I'm gonna quit giving y'all my understanding of the literature and I'm gonna start giving y'all my experience"



CLEAN DATES

June-July

June 12th, Gerald G. 36 years
 June 14th, Lisa E. 18 years
 June 14th, Brian K. 26 years
 June 20th, Harvey L. 36 years
 June 23rd, Moe H. 5 years
 June 24th, Kim S. 11 years
 June 24th, Robert B. 5 years
 June 26th, Adam G. 2 years
 June 27th, Cydia M. 18 months
 July 1st, Tycie S. 21 years
 July 5th, Red W. 26 years
 July 9th, Pam J. 17 years
 July 10th, Ron C. 41 years
 July 10th, Dale Y. 18 months

"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. **Doug T.****Helpline:** **Don B.****Hospitals & Institutions:** Third Sunday of each
month at 6:30 p.m. at Good Hope church. 28680
Cherry Hill, Garden City MI 48135. **Bre N.****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****MDRCNA— 14**

August 22nd—24th, 2025

Metro Detroit Regional Convention Of NA
Double Tree by Hilton Hotel Detroit-Dearborn

5801 Southfield Fwy

Detroit MI 48228

313-336-3340

Mention: MDR for rates**Western Wayne County Area
August 2025 Campout
(Only 14 sites available!)**

August 14th, 15th, and 16th

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)**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.**

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Name: _____ Signature: _____

Date: _____