



# THE NA UNITY

## *Finding My Identity*

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### **Meetings that need support...**

**Sunday:** Straight  
From The Book 7pm

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

**Tuesday:** Dearborn  
Recovery 7:00 p.m.

**Wed:** Twelve At  
Noon 12:00

**Thur:** Community 4  
Recovery 7 pm

**Friday:** Winners On  
Warren 7:00 pm

**Sat:** Clean On Kal-  
amazoo 7:00

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

Coming into Recovery I really struggled with my own identity. I was homeless, isolated, and addicted to drugs for years so I was used to living a certain way. A way that served the finding ways and means to get more, as well as protected me mentally from everything I experienced. If you add the loss of my mother, 2 brothers and a sister I was completely broken. I had no idea who I was. All I knew was that I was sick of living the way I was living and I was desperate to live the life I've always wanted.

In the beginning I wanted to fit in. I wanted to feel accepted and I wanted to feel a part of. A combination of those feelings and the life I was used to living made it difficult to know my own identity. I was scared to be around people, I was quiet, I was emotionally confused, I was hurt, I felt alone, along with so many other unfamiliar feelings cause all I knew was to numb my feelings with drugs and. I began to create a fake identity. I tried to be who I thought other people would want me to be. I tried to be who I thought I needed to be for other people. I tried to be everything but my authentic self because I didn't know who that was. For the first time in almost 20 years (outside of 3 months in 2020) I was free of the obsession to use drugs. I was just happy to be not be getting high and living how I was living nothing else mattered. Just don't use no matter what.

That worked for a long time until it didn't work anymore. At some point it started to hurt my spirit. The longer I stayed clean and began to grow spiritually certain things just didn't sit well with me anymore. I started seeing people differently. I started to see the world differently. Most of all I started to see myself differently.

It wasn't til I experienced a heartbreak that shook me to my core that I was forced to take a look at myself. I realized, even tho I stopped using I was still filling that void with a person. And once that person was gone that void came back. At one point I even made a few bad decisions and gave up over 18 months clean time. That was a turning point for me. That's when something inside of me woke up. It showed me some of the not so obvious symptoms of addiction and the connection between drugs and relationships for me. Before that I was alone for almost 5 months but I was so desperately trying to fix the relationship I couldn't see the bigger picture. That was my first time ever feeling that kind of hurt and not using to cover it up. Once I did what I did and woke up the beast inside of me everything changed.

I realized I didn't know who I was and I didn't have a healthy relationship with myself. I saw how vulnerable I really was and how I had so much more to work on than I thought I did. I was knocked off that pink cloud and fell flat on my face. From that moment forward I was determined to find my own identity and build a healthy relationship with myself so I could have a healthy relationship with all people, places and things around me. I knew the only way to do that I had to be alone. I had to force myself to get comfortable with myself. Learn to accept and love myself so there was no longer a void to be filled, I could fill it from within. Slowly my isolation and pain turned into peace and solitude.

I learned how to do things with myself, for myself and by myself. I went on vacation alone. Sporting events alone. I still go to the movies alone at least once a week. I learned how to set and enforce boundaries. How to put myself first even when it hurt. Not only get to the exact nature of my wrongs, but my wounds as well and heal at the source. How to communicate. Not take everything personal and understand peoples behavior is a reflection of them not me, and my response is a reflection of me. I learned I can't change peoples perception, and when I tried I only made things worse. I learned to put myself first. I slowly, unknowingly at the time started to find my own identity. Not the identity I tried to create but my identity. Who I truly was.

A year later everything has come full circle. When the devil tempts me it gives me the chance to practice what God has taught me. I see how far I've come over the last 2 years and 8 months. The last year has been all about finding my identity. Whatever that looks like. No longer care what others think of me cause I know I'm doing my best to live according to spiritual principles. I make mistakes but I'm human. So today I choose to be me, whoever that may be. More will be revealed. I welcome the challenge of finding myself. Again...

**Brandon R.**

## **The Basics**

The Basics living for me. I have knowledge of my new life skills today and I must keep up with my maintenance which consists of eating right, getting proper sleep, some kind of exercise, making meetings, and prayer is a must for myself. The how of the program. Being honest, open minded, and willing still today to go to that one extra meeting. Staying on the phone longer than I want to, listening to another person share where they are in life today. It doesn't necessarily have to be a member of narcotics anonymous, sometimes it will be my neighbor or friend from another fellowship, we all have stories. I take better care of my new set of white clothes today, because in the past I was just lazy and make one load for wash. Now I have 2 loads, one for white clothes and one for color clothing. I'm now working on a fresh start of bedding sheets for myself.

I live alone but I look for sales and clearance to save myself some cash. This type of stuff is not new to me but I had fell off. I'm starting them over again and it makes me feel good, another way to self love and be productive. Recovery has so many doors for us family, we just never know until we step out on faith and try something different. I get a lot of joy and laughter just looking at myself, and I tell myself "Pam you're a trip" and I talk to myself. I answer my own questions. Yes, clean and a good crazy. And I'm proud of myself.

We are blessed to have all of the literature from our predecessors laid out for us, and we need to use it for our advantage and pass it on and keep praying for those addicts that may never make it to the rooms. Don't forget yall, we went from the streets to the seats. Some of us may not have physically, but mentally or emotionally you didn't make to narcotics anonymous because you just wanted to see what we were doing, you screwed up. I'm glad I'm here. I get to be clean and serene and recover. A life better than anyone can imagine, thanks for letting me share.

*Pamela A.*

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## **Keep Coming Back**

When I came to the program I was sick and didn't know what to do or where to turn, or turn to. I met someone who led me to Narcotics Anonymous; I got there and was afraid. I heard so much noise, I didn't know what to expect. I turned around to leave, thanks to God that the guy I ?? turned me around.

The human part of was afraid so I walked in with him and from that day I just kept on coming no matter what.

We go back out just to get one more, just one more time, then we stay out for longer than we want to and we start that same cycle over again. I went back out over and over again, but since September 4<sup>th</sup> 1999 I've stayed with the help of the people in NA. I got a sponsor; I'm working the steps and taking suggestions and they are surely working in my life.

I can say that I am so, so, thankful. If there's someone out there reading my letter and you are newer than me, please don't use and keep coming back. Because we are people who have found a new way of life and as long as you follow that way I have nothing to fear. We draw our strength from a power greater than ourselves.

So, who is an addict? I am an addict and I thank God and NA for helping me to know who I am, more will be revealed...

*Jerlene A.*

p.s. If no one has told you they love you today... I do

## One Day At A Time

<b>R</b> ectifying	<b>S</b> ervice
<b>E</b> mpathizing	<b>E</b> nterprising
<b>C</b> entering	<b>R</b> ecovering
<b>O</b> vercoming	<b>E</b> njoying
<b>V</b> ictorious	<b>N</b> ot Using
<b>E</b> njoying	<b>I</b> dentifying
<b>R</b> edefining	<b>T</b> rusting
<b>Y</b> ourself	<b>Y</b> ourself

*Drea C.*

## Step Nine

Now than we are willing to make amends to all the people we've harmed, we put our willingness into action by working the Ninth Step. We're involved in a process that takes us from awareness of our wrongs and the conflicts they've caused, to a growing freedom from those conflicts and toward the serenity we are seeking. This process has called on us to examine our lives, identify our character defects, and become aware of how we harmed others when we acted on those defects. Now we must do everything we can to repair the harm we've caused.

We have our Eighth Step list, and we know what we have to do: however, knowing and doing are two different things. We may have a perfectly good plan for making our amends but, when the moment arrives, find ourselves overwhelmed by fear and feel unable to go on. We may be afraid of how our amends will be received. We may be worried that someone will retaliate. On the other hand, we may be harboring a secret hope that we will be excused from our responsibilities. We can not base our willingness on the expectation that we won't actually have to make restitution. For each or our amends, every possibility exist, from being held fully accountable to being completely excused. We must be willing to follow through, regardless of the potential outcome. Once again, with the help of our Higher Power, we simply have to walk through our fear and go on.

*It Works How and Why pg. 85*

## One Member Shared...

"Its like the person I'm becoming is accepting who I am where he's at and patiently letting him catch up"

"When you grow spiritually, mentally and emotionally it takes those around you time to catch up to the new you"

"Our disease don't know our Recovery, but our Recovery can know our disease if we stay long enough"

"Only God can take my suffering and turn it into my strength. My pain into power, and turn my wounds into wisdom"



## CLEAN DATES

### August-September

August 3rd, Delia C. 2 years  
 August 4th, Cary H. 30 years  
 August 8th, Joanne G. 2 years  
 August 11th, Nate R. 3 years  
 August 14th, Andrew R. 8 years  
 August 16th, Brenda L. 39 years  
 August 17th, Breanna S. 1 year  
 August 22nd, Kayla H. 2 years  
 August 24th, Brandon R. 1 year  
 August 24th, Ryan V. 9 years  
 August 25th, Starla A. 2 years  
 August 28th, Terry F. 27 years  
 August 28th, Frank W. 38 years  
 August 30th, Jack A. 1 year  
 August 31st, Mike H. 1 year  
 September 2nd, Rod W. 33 years  
 September 8th, Sunni C. 18 months  
 September 12th, Sarge 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."

**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:** The Wednesday before area 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 Saturday 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****Recovery Through The Key Tags****Saturday Sept. 20th, 2025**242 Church  
35475 Five Mile Rd.  
Livonia, MI 48154Doors open at 5  
Food at 5:30; Speakers at 6:00  
**\$7 Nacho plate with pop or water****Saturday Night Candlelight  
3 Year Anniversary****Saturday October 11th, 2025**North West Alano Club  
2903 S. Wayne Rd.  
Wayne MI, 48184**7:00 p.m. (not 7:30 the normal time) til close**  
***Food, Speakers, Fun, Fellowship!*****Halloween Dance****Saturday October 18th, 2025**Taylor Senior Center  
6750 Troy St.  
Taylor MIDoors open at 5pm.  
**\$10 @ the door**  
Speaker Stefan Y. at 5:30.  
Pizza, pop and water will be sold.  
***Costume Contest***(Submissions for the Western Wayne Newsletter can  
be directed to [newsletter@westernwayne-na.org](mailto:newsletter@westernwayne-na.org))**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: \_\_\_\_\_