



# THE NA UNITY

## *Conscious Contact*

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

**Sunday: Westland Survivors 11:30**

**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 determined these meetings need support!**

Recovery isn't just about abstaining from substances—it's about awakening. Maintaining conscious contact with the God of our understanding is how that awakening takes root and grows. It's the daily practice of aligning our thoughts, emotions, and actions with a Higher Power that restores sanity, purpose, and peace.

#### **1. What "Conscious Contact" Really Means**

In the language of recovery, conscious contact is not a one-time spiritual high. It's the ongoing awareness that we are never alone—that a Power greater than ourselves is guiding us, even when we can't feel it.

It's conscious because it requires intention. We choose to turn our minds toward that Power through prayer, meditation, gratitude, and surrender.

It's contact because it's relational—like talking to a trusted friend who knows our truth even when we don't have the words.

In Step Eleven, we're told to "seek through prayer and meditation to improve our conscious contact with God as we understood Him." The focus is on improvement, not perfection. Every day, we recommit to tuning our spiritual frequency a little clearer than the day before.

#### **2. The Practice of Staying Connected**

Maintaining conscious contact doesn't happen automatically; it's cultivated like a garden. These are a few ways it grows:

**Prayer:** Talking honestly with our Higher Power, not performing. We can pray for guidance, strength, or simply to say "thank you." Prayer reminds us that we're not running the show.

**Meditation:** Listening. This is where we slow down enough to hear the answers. Meditation isn't always stillness—it can happen while walking, journaling, or even driving in silence.

**Inventory and Reflection:** Each night, asking, "Did I act in love or fear today?" helps us reconnect when we drift. It's spiritual honesty, not guilt.

**Gratitude:** The fastest way back into alignment. When we focus on what's right instead of what's wrong, we realign with grace.

**Fellowship and Service:** God often speaks through people. Helping others, sharing in meetings, or being of service strengthens our connection through humility.

#### **3. Applying It to Recovery**

When we maintain conscious contact, recovery stops feeling like survival and starts becoming transformation.

It replaces self-will with surrender. Instead of forcing outcomes, we learn to trust divine timing.

It transforms fear into faith. In moments of doubt, we remember we are guided.

It turns defects into lessons. By staying connected, we see that even our struggles can serve a higher purpose.

It deepens serenity. We stop reacting from ego and start responding from spirit.

When we drift—because we will—we don't punish ourselves. We simply pause, breathe, and realign. The God of our understanding doesn't withdraw; it's our awareness that dims. Maintaining conscious contact means returning, again and again, to that Source.

#### **4. A Living Relationship**

Ultimately, conscious contact is a living relationship, not a religious duty. It grows through honesty, humility, and willingness. The longer we practice, the more we realize God was never far away—just waiting for us to listen.

Each day, we wake up and renew that connection.

Each night, we thank that Power for carrying us through another 24 hours clean.

That's conscious contact: simple, personal, powerful, and life-saving.

*Anonymous*

## **Doing The Footwork And Having Faith**

I remember those first days. I was frightened, and I had no idea what to expect. I had no hope that I could stay clean. Everything seemed so bleak. I kept my coat on and stayed near the door, ready to flee at any moment.

Everyone told me to keep coming back. I didn't understand why they were smiling. I didn't think I was going to stay, even though I wanted to. I just didn't trust myself. My track record proved that I could make promises, but I never was able to keep them.

I got a sponsor. He told me I could do it. I started making friends, and I listened. I heard about faith. They told me to develop some, to just believe.

As the days went by, a miracle happened. I started to smile. The compulsion to use had been lifted. This faith thing wasn't so bad, I thought. I only had a little, but it seemed to be enough. Each day I stayed clean, my faith got stronger. Time went by. I worked the steps. I read the literature. I did service. I used my sponsor.

Now, over four years later, I must rely on what I learned in those early days. I must have faith and believe today just as I did then.

I've been out of work for more than a month. I'm putting in the footwork, believing that my HP is taking care of me. I left my last job after months of prayer and meditation. It had become very abusive there. I was afraid of leaving, but I had to. I left, and now I am looking for a new job. My HP has taken care of me so far, and I know it will continue to if I do the footwork.

Recovery has taught me that life happens, and so do problems. My first ninety days taught me to have faith and pray. NA's only promise has been fulfilled in my life. Freedom from active addiction is just the beginning. All I need to do is show up, stay clean, and believe. Everything else will follow.

*John L, New York from the Apr. 1998 NA Way*

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## **Thought For Today**

Today I made a good decision to not sponsor anyone for however long it takes because I've had tried really hard to help women in my paths and in my locality and it seems to be going in one ear and out the other. I'm not taking it personal, I have to remember I did my part and some folks are just not ready yet. Some will never give the program a chance because some addicts refuse to follow directions. I don't make the rules, I try to follow them still today to the best of my ability but I have changed and I must keep my recovery first. We are either in the program or out, there is no in between. I have to stay in the middle of the circle and keep praying. And just because I'm not sponsoring anyone doesn't make my recovery stop. I have many areas to work and focus on and I'm learning how to surrender stuff that is blocking my growth and to keep it moving. I have to stay focused on my blessings and be grateful for wanting to be clean/stay clean. Grateful for being in the HOW of N.A. Honest/open minded/willing. Keep it simple, and if it's not spiritual keep my hands off it. I don't want to be negative, angry, or miserable today that's not healthy.

Life is good and so is my happiness. We're living in different times today and everything must change, except my clean date. Thank God for his love and mercy on me. We have so much joy to experience, the big 3 addicts share about. Thanksgiving/Christmas/New Year's, a nice way of putting it. Time is flying and it waits on no one. I gotta find some folks who like to play spades/ballroom always want to get on that dance floor again. I know a few moves from old school but not the latest, but music and dance never expires. The prices of literature is going up, but I have all my books. 📖 And our literature is priceless anyway, I have respect for myself and love and I plan on continuing on this journey. So grateful for new beginnings, thanks for letting me share and being of service to the Narcotics Anonymous Program.

[Thought for Today]

*Pamela A*

## A Way Out

They once told me, and it still rings true,  
relationships can split the soul we once knew.  
A terribly painful area, that was the call,  
they can lift you up high, or they can strip you raw.

I gave my heart, I prayed, I tried,  
and in one sharp moment, it all just died.  
But even in heartbreak, I can't disguise,  
how love cracked me open, and made me wise.

For years I never cared, never dreamed that way,  
To be a wife, mom, homemaker?  
That was not my play.

But recovery shifted the fire inside,  
a new kind of longing I could not hide.

I fear I'll harden, or shut love away,  
And become like those who gave up in NA.  
Afraid I'll wither, unseen, unknown,  
That I'll come home to God, but always be alone.

But recovery whispers, and cuts through doubt:  
"Our only hope is to live by the example  
of those who faced our dilemma and found a way out."

So I shoulder the pain, but I don't let it define,  
I hand it to God, take it a day at a time.

I may not know what love will be,  
but God and this program keep setting me free.

I rise from ashes, I learn, and I grow,  
I trust that God has far more yet to show.  
The story's not over, and I'm not done,  
my heart still beats, this race is not run.

So far in this program, I've come to realize,  
That lost dreams awaken and new possibilities arise.

*Jasmine S.*

## Step Eleven

Throughout our recovery, one of the things which stands out as a result of our working the steps is our success in building a relationship with the God of our understanding. Our initial efforts resulted in the decision we made in the Third Step. We continued by working the following steps, each one of which were designed to clear away whatever barriers might stand between our Higher Power and ourselves. As a result, we are open to receive our Higher Power's love and guidance directly into our lives.

For many of us, the characteristics of our disease and the things we did in our active addiction separated us from our Higher Power. Our self-obsession made it difficult for most of us to even believe in a Power greater than ourselves, much less achieve conscious contact with that Power. We could see no purpose or meaning in our lives. Nothing could begin to fill the emptiness we felt. It seemed as though we shared no common bond with others at all. We felt alone in a vast universe, believing nothing existed beyond what our limited view allowed us to see.

*It Works How and Why pg. 105*

## One Member Shared...

"First I would like to thank the God of my understanding for waking me up this morning because I know he didn't have to"

"Growing up, I was taught who God was and it was not of my understanding, I had to break down my whole belief system to find the God of *my* understanding"

"I had a dysfunctional relationship with God as I understood him, and in return I had a dysfunctional relationship with myself, and all people, places, things"



## CLEAN DATES

### October

October 2nd, Raheem M. 2 years  
October 2nd, Stacy Po. 16 years  
October 12th, Jacqueline R. 1 year  
October 16th, Angela A. 3 years  
October 17th, Walter S. 4 years  
October 22nd, Deanne G. 3 years  
October 29th, Steve W. 18 years  
October 29th, Gary H. 8 years  
October 30th, Mike A. 31 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.****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: **Brandon R.****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****Upcoming Events & Activities****Western-Wayne Area presents****HOLIDAY Party****SATURDAY DEC. 13TH****\$10 at the door**

Doors open at 5pm. Food will be ready at 5:30pm.

Pizza, Pop &amp; Water will be sold.

**Special Guest will arrive at 7pm****Redford Aldersgate United Methodist Church**

10000 Beech Daly

Redford, MI 48239

**No Addict Turned Away Family Friendly****Detroit Central Area's  
Annual Skating Party****Admission:** \$10.00**Skate Rental:** \$3.00**Northland Skating Rink**

22311 W 8 Mile Rd

Detroit, MI 48219

**Wed., Dec 17th 2025****Time:** 6 pm – 9 pm***Bring your Family & Friends to skate!*****Friends-Giving**

Meeting providing Turkey

Bring a side dish to pass

**Tuesday, November 25, 2025**

Food at 6:30 PM

Meeting at 7:30 PM

Turn It Over Tuesday Meeting of NA

1123 E West Maple, Walled Lake

(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.**

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Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_