



THE NA UNITY

Turning Wounds Into Wisdom

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Meetings that need support...

Sunday: Westland Survivors 11:30 a.m

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

Tuesday: Dearborn Recovery 7:00 p.m.

Wed: Miracles In The Making 6pm

Thur: Community 4 Recovery 7 pm

Friday: Winners On Warren 7:00 pm

Sat: Saturday Night Special 7:00 p.m.

Western Wayne Outreach determined these meetings need support!

Life has a way of carving its lessons into us. The deeper the wound, the louder the whisper that follows — a quiet invitation to heal, to learn, to transform. In the philosophy of yin and yang, every dark carries a seed of light, and every light casts a shadow. Recovery, in its truest form, teaches us how to find that balance — how to turn what once broke us into the very thing that builds us.

The Dance Between Pain and Peace

Yin and yang represent duality — not conflict, but *complement*. Pain and peace, chaos and clarity, weakness and strength — they are not opposites; they are partners. One teaches what the other cannot.

In addiction or emotional struggle, we often live in extremes. All yang — constant motion, adrenaline, distraction. Or all yin — withdrawal, numbness, isolation. Recovery doesn't erase either side; it invites them to coexist. It teaches us to stop running from the dark and start listening to what it's trying to show us.

Wounds as Teachers

Our wounds are not punishments. They are mirrors. Each scar carries a story — of survival, of surrender, of self-discovery. When we learn to sit still with the discomfort, to name the fear, to face the shame without judgment — that's when the alchemy happens. Pain becomes purpose. Trauma becomes truth.

Recovery helps us transmute suffering into wisdom by giving us tools: reflection, community, accountability, and faith. It reminds us that healing isn't about perfection — it's about integration. The same darkness that once consumed us becomes the soil where compassion grows.

Balance as a Way of Life

In yin, we learn stillness — meditation, humility, acceptance. In yang, we find action — service, courage, honesty. Recovery asks us to live in both energies. When we share our story, we offer light. When we sit in silence and listen, we nurture the dark. Together they form wholeness.

From Surviving to Serving

True recovery is not just staying clean — it's about *awakening*. The wisdom we gain from our wounds becomes the medicine we offer the world. By living in balance, we show others that it's possible to be both broken and beautiful, both humble and powerful.

In the end, yin and yang remind us that healing isn't about choosing light over dark — it's about learning to dance in both. Recovery is the rhythm that teaches us how.

Anonymous

I Rise

I thought love would save me, but it left me undone,
So I picked up the mirror and stopped at Step One.
I looked at the pieces I swore I had lost,
And started to reckon with all that it cost.

Step One broke the silence, I saw I was weak,
But in that admission, my soul learned to speak.
Step Two brought a whisper, a flicker, a flame,
That maybe a Higher Power could heal all this shame.

Step Three was surrender, with tears in my throat,
Letting God steer the ship I once tried to float.
And now I'm on Four, in the dark with a pen,
Unearthing the roots of what's hurt me since then.

Resentments like anchors, they beg me to stay,
But I'm writing them down so I can throw them away.
Each line is a shedding, each truth is a key,
Unlocking the cages they buried in me.

I wanted their love, but confused it with grace,
What felt like affection was power and chase.
He said I should grovel, should know I was "lucky,"
But the true love of God never speaks that ugly.

The lies that were planted, "You'll always be left"
Were curses inherited, that hollowed what's left.
But now I see clearer: I'm not what they told.
My spirit's not broken. My story's not old.
Forgiveness is hard, but it's holy and right.
I won't carry venom and call it my fight.
It's not for their sake, it's the freedom I crave
To walk out of the graveyard, not dance on their grave.

I'm praying through the Fifth, it's coming up next,
And hope fills the margins between every text.
Step Six and beyond—I'm not there just yet,
But I'm choosing to heal, not drown in regret.

See, love didn't leave me, it opened the gate
To the self I'd abandoned, to resetting fate.
A breakup, a breakthrough—they both split me wide,
So truth could walk in, where I used to hide.

And waiting is not wasting, and single's not a shame.
I'm choosing my worth over playing love's game.
If marriage should find me, let it be from above,
Not a trauma-born echo of counterfeit love.

One day at a time, with my eyes on the sky,
I'm learning to breathe, to release, to rely.
This isn't the ending, it's just the next page,
And I'm stepping through pain into power, not rage.

So I'll keep walking forward, each wound I revise.
Through the Twelve Steps of mercy.
Step by step, I rise.

Jasmine S.

There Are No Musts...

From time to time, people make statements at NA meetings with the force of a proclamation. Sometimes these statements even sound profound when we first hear them, but they simply aren't true. A case in point: In my area, it's popular to include the following statement in meeting formats: "There are no musts in NA, but we do have one rule that applies to everyone: There are no drugs or paraphernalia allowed at our meetings. This is for the protection of our group."

I'm not arguing with the rule that disallows drugs and paraphernalia at meetings. It's the other part, the "no musts" part. As I found by reading our literature, there are **many** "musts" in Narcotics Anonymous (about 175 just in the Basic Text, *It Works: How and Why*, and *Just for Today*), **especially if you want to stay clean**. Unfortunately, the "no musts" statement has become accepted to the point where it is being routinely included in meeting formats. I believe this to be injurious to the newcomer (and everyone else). I also believe it to be contrary to Traditions Four and Five. It does reflect on NA as a whole and is hardly in keeping with our primary purpose.

As I went through our literature to find the musts, I was struck by what a beautifully crafted, God-given program we have, and not having seen a list of "musts" anywhere else, I wanted to share a few of them with you.

From the Basic Text

"We...**must** abstain from all drugs in order to recover." p. 18
"We **must** separate what was done to us from what we did to others." p. 37

"...our recovery **must** involve much more than simple abstinence." p. 53

"Unity is a **must** in Narcotics Anonymous." p. 60

"Staying clean **must** always come first." p. 82

"In order to receive, we **must** be willing to give." p. 102

From *It Works: How and Why*

"...we *can* learn to be honest and we **must** begin to try." p. 9

"No matter how difficult our progress, we **must** persevere." p. 62

"To work the Seventh Step, we **must** get out of the way so that God can do God's work." p. 69

"...we **must** rely on faith." p. 71

"We **must** avoid projections..." p. 77

"We **must** let go of resentments..." p. 78

"...we **must** make amends." p. 82

"We **must** make use of what we've learned..." p. 113

From Just for Today

"We **must** live the program everywhere we go, in everything we do." p. 5

"...we **must** come to our own understanding of a Higher Power..." p. 46

"...we **must** also share this inventory with another human being." p. 76

"We **must** trade in our old cynical doubts for new affirmations of hope." p. 115

"...we **must** allow others to get close to us..." p. 348

As an addict who used for 27 years, and who now—through the grace of God and the help of Narcotics Anonymous—has been clean for more than twelve years, I am grateful our program has things we must do. Our "musts" point the way to recovery and offer hope to the still-suffering addict.

Bruce F, Massachusetts *The NA Way*

Her Shadow

There was a shadow that was always there,
 full of darkness and despair.
 Deep down I was full of fear, wondering what was lingering there.
 Hate and anger were always boiling constantly.
 I never knew what's been haunting, almost as if it were mocking.
 I never let anyone in.
 I lived in a world full of sin, never truly being free.
 I felt trapped, caged, kept me in a lie.
 I thought no one could see a frightened girl trying to break free.
 The drugs, sex, and alcohol were there to keep her caged —
 she took the bait, they would say.
 She finally put up a fight.
 The shadow was gone when she turned out the light.
 She could be anyone she'd hoped for in her dreams.
 But now to face reality, at her wit's end, it all had to end,
 She had to break this cycle she now knew.
 Her Higher Power was now around — no longer fighting alone.
 The shadow has now been overthrown.
 That little girl was freed.
 Now I smile, I've completed me.

Sarah W.

Step Ten

Recovery in Narcotics Anonymous is about learning how to live. Incorporating the spiritual principles we learned in the first nine steps into our lives has made it possible to live in harmony with ourselves and others. Self-examination, confronting what we find in ourselves, and owning up to our wrongs are critical elements of conducting our lives on a spiritual basis. By working the Tenth Step, we become more aware of our emotions, our mental state, and our spiritual condition. As we do, we find ourselves rewarded with fresh insight.

Some of us look back at our Fourth Step and wonder why we have to do a Tenth Step. We may think that we've corrected all our past mistakes in the previous steps; since we have no intention of making mistakes again, why should we continue with this relentless self-examination? The Tenth Step seems like a tiresome chore to some of us, a painful exercise that we could just as well avoid. But we must continue to grow, and that's exactly what the Tenth Step helps us do. Though we will return to the previous steps again and again, the Tenth Step furthers our spiritual healing in a different way: by creating an awareness of what's going on in our lives today.

It Works How and Why pg. 96

One Member Shared...

Mirror mirror on the wall, I'll always get up after I fall, and whether run, walk or have to crawl, I'll set my goals and achieve them all. **Pamela A.**

"We all have different experiences that shape our reality and perception so I don't know what someone else has gone through because we all experience things different and have different perceptions"

"My future self told my old self *"when are you gonna realize your own worth?"* Now my present self is telling my future self *"I'll take it from here."*



CLEAN DATES

September

September 2nd, Rod W. 33 years
 September 7th, Robert H. 3 years
 September 8th, Sunni C. 18 months
 September 9th, Lenny C. 34 years
 September 12th, Sarge W. 6 years
 September 15th, Marianne E. 18 months
 September 15th, Stefan Y. 13 years
 September 17th, Kara W. 5 years
 September 20th, Stacy Pe. 8 years
 September 20th, Raffael C. 6 years
 September 22nd, Doug S. 34 years
 September 24th, Maria K. 13 years
 September 27th, Jasmine S. 4 years
 September 27th, Thomas S. 8 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. **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****Halloween Dance****Saturday November 1st, 2025**Taylor Senior Center
6750 Troy St.
Taylor MI

Doors open at 5pm.

\$10 @ the door

Speaker Stefan Y. at 5:30.

Pizza, pop and water will be sold.

Costume Contest**WOMEN'S DAY 25th Annual
Speaker Jam****DETROIT EAST AREA OCTOBER 17TH &
18TH****FRIDAY Speakers 6-9 PM****SATURDAY Speakers 2-9 PM****DANCE TO FOLLOW 9 PM – 12 AM**
20030 JOHN R, DETROIT MI 48203**MACNA XIV****November 7-8, 2025****MRCC UNION HALL**

23401 MOUND RD, WARREN, MI 48091

\$30 Pre-Registration \$35 at the Door

\$30 Banquet (Limited to 100 guests)

Pre-registration ends Nov 1, 2025

To pre-register online visit: [macombconven-
tion.square.site](http://macombconvention.square.site)(Submissions for the Western Wayne Newsletter can
be directed to 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: _____