



THE NA UNITY

The Two-Way Street We All Should Be Walking

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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 Kalamazoo 7:00

Western Wayne Outreach determined these meetings need support!

"Experience shows clearly that those who get the most out of the Narcotics Anonymous Program are those to whom sponsorship is important. Sponsorship responsibilities are welcomed by us and accepted as opportunities to enrich our personal NA experience" (Basic Text pg59).

Sponsorship has been full of some of the most beautiful as well as the most painful experiences of my life. Through this process, I have had the honor to do everything from presenting clean time to comforting loved ones at funerals. I have had sponsees break my heart, heard stories of them vilifying me and playing the victim in transgressions they committed. The lessons on forgiveness I learned have made me a better person. There have also been moments of complete bliss. I have held newborn babies of my sponsees. The joy and the love that I felt will remain in my heart always. I have watched as the light comes back into the eyes of a woman whom I thought I would bury. I have seen pain released in step work and cried over the loss of siblings we are learning to live without.

My sponsor has become so much more than a sponsor. She is the mother I never had. She stood next to me the day I married my husband. She walked me through the 12 steps, the 12 traditions, and living clean. The circle of support from her, my grand sponsor, my sponsee's sisters, and the life and strength they breathe into me is something words can hardly capture.

Part of the format of my homegroup asks if you have the willingness to sponsor to raise your hand. Often, I am one of the only women to have my hand raised. I often wonder why so many women choose not to sponsor. Other times, I completely understand when I am overcome with grief, pain, and heartbreak. Sometimes I think protecting my peace would be so much easier. However, I look at the example my sponsor set for me. When I lost my little sister to this disease, and I came back after a relapse, she was there. I owe my life to this program. Today I have a life that I could not dream. With five children, working full-time, in an accelerated program for a master's degree, I am sponsoring five women. No matter how much clean time or social acceptability I have, I know that I could lose it. Sponsorship keeps me involved and out of self-centeredness.

The benefits and the spirituality that come from sponsorship are so vital to growing up in this process. Getting clean in many ways is the easy part. Can you hold it? Can you make the connection with a woman long enough to walk through the steps? Recovery is learning to take accountability, turn off the victim mentality, and stop causing harm. Then you pull the next woman out behind you and teach her how to do the same. That is recovery and what membership is really all about.

Jessie L.

Not Where We Were

You mocked my roots, said I never knew pain,
As if city lines could explain these chains.
You said Ann Arbor was too soft to fall,
Last I checked, addiction don't check zip codes at all.

You mocked my roots and the city I claim,
But our message is of hope, not fortune or fame.
And isn't it wild, how God made it true,
That we both found these rooms, someone like me AND you.

Pushing meds, naming labels, that's not our way,
We surrender to God, not to what people say.
You told me I'd fail, that I'd never be free,
But my love and my God had better plans for me.

You stood on your stage, acting a fool and calling it art,
While bitterness bloomed inside your hateful heart.
Social acceptability don't make us whole,
It's principles and humility that truly heal the soul.

Now I live these Twelve Steps, and it's not just for show,
With honesty and faith, I continue to grow.
Each Step that I work, I learn and I trust,
That it's God who rebuilds what was lost in the dust.

You preach love and freedom, yet act unkind,
But I know it's your sickness, not just in your mind.
It's not flesh and blood that I fight today,
But the dis-ease of addiction that leads hearts astray.

So I'll keep coming back, one day at a time,
My healing is sacred, and my peace divine.
And I'm praying for you, though you've caused me great
pain,
That God frees your soul from those bitterness chains.

Because in this fellowship, we're really all the same,
No big I's, no little you's in this NA thang.
You can sneer, you can scoff, or stay untrue
But, baby, my recovery doesn't depend on you.

I won't walk in spite or shame's pretense,
I'll stand in God's love and confidence.
For where there is gossip, my God brings grace,
And in His timing, He'll set things in place.

So I'll take my seat, my spirit intact,
Not fallen, not gone. I'm not getting off-track.
No matter who mocks or refuses to see,
My recovery is God's, not yours, and not me.

I walk in truth, my spirit is showing,
It's not where we were that counts, it's where we're going.

Jasmine S.

Insomnia Prayer

Oh God, the Father, let me sleep, for I am but
too tired to weep. I say a prayer for You to help,
the waking hours are nigh but hell.

I pray to rest my weary head, but I toss and
wake inside my bed. Dear God, I pray, let my
eyes close, I long to be in full repose.

My dreams, they hurt my waking soul, nightmares are more apropos. I do not want where
my mind goes, so what, dear God, do You propose?

I beg, I pray, to close my eyes, my dreams,
they're often filled with lies. My body aches,
my mind in pain, when will the sleeplessness
wane?

Oh God, the Father, let me sleep, for I simply
cannot reap the rest that eludes me all night long
- what am I doing wrong?

Others rest, but I'm alone. I'm not, You're
here, and I am home. In my warm bed, I thank
You, Lord, that I'm not cold, I've got Your
Word. To keep me fed when I'm in bed and can-
not sleep, the waking dead.

Please help me, God, I cannot reap the healthy
benefits of sleep. Lay me down, Lord, this I
pray, that You won't leave me, You will stay.
Beside me, Lord, in all my hours, help me, God,
Your loving powers.

Give me peace in wake and dreams, the night-
mares aren't what they seem. I'm clean, I'm
safe, I'm in my bed, Lord, let me rest my weary
head. Your birthday nears, and with it is the
Word, that could be only this: let me lie down,
Lord, let me rest, so I can be at my very best.

Lord, let me sleep like others do, I know I'm
of the chosen few. Your child, my parents made
in love, my life, a gift from God above. I did not
use it, it was a ruse, a nightmare come from Sa-
tan's fuse. To bring me down, make me scream,
thank God for You—it was but a dream.

I will not live life of the beast, I live and
breathe in God's warm peace.

I wake for reason, that is true, to put my weary
pen to You. With this, dear God, I will close,
and try to sleep, find some repose. God the Fa-
ther, don't let me weep, please God, just simply
let me sleep. And if I sleep, oh Lord, I pray, I
wake to live another day.

— *Drea C.*

Surrender

We experience our first taste of surrender when we walk into a meeting of Narcotics Anonymous for the first time. No matter how sick, desperate, or afraid, we managed to get to the one place that can save our lives. When we say we're an 'addict', our life long struggle with trying to find new ways and means to fit in and feel normal is over! Our will could run no more. We've finally admitted that we need help. Surrender is seeking help from something other than our self. Although our level of surrender deepens as we continue to work the steps, we must make this initial surrender if we are to find a new way of life.

The more we work the 12-steps with a Narcotics Anonymous sponsor, the more our surrender grows. We eventually learn to surrender daily. Some addicts read the Just for Today in the morning to tap into their own higher power. Some call other members and talk about where they are in their recovery process. Others pray to ask for help from their higher power and meditate to listen to the answers. No matter what we are doing for our recovery, each time we make an effort to get better we turn our will and life over to the care of something greater than ourselves.

Over time, we come to understand that surrender is an action principle that allows us to be happy at any given moment. No matter how we're feeling, we can use the tools of recovery to take us to a better place. Simply asking is not enough. We learn that if we want to feel good, we do the things that make us feel good. Getting involved in service is another way we can surrender our will and life and experience the freedom of giving away what was so freely given. We make the decision to surrender so we too can loose the desire to use and find a new way of life.

Our way of doing things failed miserably. We tried time and time again to use successfully yet the end result was always the same; jails, institutions, and death. It's time to tap into a guaranteed solution to get relief from a potentially deadly problem. We've heard it said time and time again in meetings yet it still holds just as much importance as the first time we heard it; "We must surrender to win!"

Anonymous

Step One

As addicts, we have each experienced pain, loneliness, and despair of addiction. Before coming to NA, most of us tried everything we could think of to control our use of drugs. We tried switching drugs, thinking we only had a problem with one particular drug. We tried limiting our drug use to certain times or places. We may even have vowed to stop using altogether at a certain point. We may have told ourselves we would never do the things we watched other addicts do, then found ourselves doing those very things. Nothing we tried had any lasting effect. Our active addiction continued to progress, overpowering even our best intentions. Alone, terrified of what the future held for us, we found the fellowship of Narcotics Anonymous.

It Works How and Why pg. 5

One Member Shared...

"Surrender does not mean we give up, we just stop resisting and let go of the things that are out of our control"

"We realize we need to Surrender to our Higher Power every day in order to stay clean"

"This is a thinking disease, if we don't change our thinking, at some point we will go back to using"

"I'm so grateful, you guys have been so welcoming and don't even expect anything from me"



CLEAN DATES

December

December 3rd, James T. 1 year

December 5th, Amanda W. 8 years

December 7th, Robin L. 18 months

December 8th, Mike M. 12 years

December 9th, Darnell T. 9 years

December 9th, Manny A. 16 years

December 12th, Joe C. 5 years

December 17th, Kristi Z. 2 years

December 17th, Nicole W. 7 years

December 17th, Doug H. 36 years

December 17th, Kayla F. 7 years

December 20th, Chris C. 9 years

December 26th, Robert L. 10 years

December 28th, Debra 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.**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**Right to Publish Disclaimer**

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Name: _____ Signature: _____

Date: _____

Upcoming Events & Activities**MDRCNA 15 Fundraiser**Friday January 30th, 2026**Speakers start at 7 and dance to follow***Food will be sold \$10*Greater Detroit Community Outreach Center
20062 John R St. Detroit MI 48203**TACNA (Toledo)
XXXI: Through The Steps**February 6th - 8th 2026Hilton-Garden Inn Toledo/Perrysburg
6165 Levis Common Blvd.
Perrysburg OH 43551**Chairperson: Carmen R. 419-779-1296****Cosmic Bowling**Saturday February 21st, 2026Woodhaven lanes/Bowl-a-rama
20000 Vanhorn Rd. Woodhaven MIDoors open @ 5 start time is 6 end time is 9
\$20 per bowler - 5 bowlers per lane

1 large pizza and picture of pop per lane

Non refundable tickets available in advance

Activities Chair: Doug T. 734-799-6052

(Submissions for the Western Wayne Newsletter can
be directed to newsletter@westernwayne-na.org)