



THE NA UNITY

Living The Program

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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 deter-
mined these
meetings need
support!**

Honesty, open-mindedness, and willingness. All three must be kept open for growth, or you're headed toward mental relapse and back to denial—barriers against change.

I know for me that having a sponsor is a must—not just a name only, but someone who speaks to you regularly, sees you at meetings, and can tell when you're well or when you're in pain, and most importantly, doesn't co-sign your behavior when you're wrong.

We are supposed to be saving lives in this program. This is not a fashion show or a soap opera. If that's what you want for your support, you're cheating yourself—and we deserve so much more. I did step work, and that's great. We can write all day long, but you have to learn how to live the steps or you'll just be a great writer.

I love God. I like going to church. But I can't just go to church, praise the Lord, neglect my maintenance, and think God is going to heal me while I'm on a religious zeal—forgetting that I'm an addict, relapse, and then get mad at God. Because I remember from before: I couldn't go to church and tell my pastor that I wanted to smoke some crack. That's for the meetings. There is a time and a place for all my mental, physical, and spiritual needs. I have: A psychiatrist for my mental illness, a medical doctor for my physical health, Narcotics Anonymous meetings for my addiction, church for my spiritual needs, prayer—and I cry a lot—to help replace grief, loved ones, and spiritual voids.

Those voids can never truly be filled, but at least I'm learning from my disease—something I used to run from. In the past, I ran from recurring thoughts and feelings by using drugs or suppressing them with anger, anxiety, and stress. Some of these occurrences were just life on life's terms. Many people want to blame the drugs, parents, etc.

What happened to "no one is exempt"? That's an old-school saying—the way the ball bounces. Just be grateful that you have a program and a God—and it ain't you.

Get over yourself. Get out of your own way. Get this program. Get clean. Start recovering.

This is for people who want it all. All the beauty and happiness are already within you. Stop looking for it through others. Love yourself and be grateful for what God has given you, folks. Start enjoying your journey, because tomorrow is not promised.

Pamela A.

Back To The Basics

I used to stay in chaos, afraid to walk away,
 Those old wounds and losses would make me wanna stay.
 But God taught me surrender, in silence and in grace,
 How to leave with love and care, my dignity in place.
 No screaming or pleading, no losing my ground,
 No begging a partner to keep me around.
 I didn't sabotage or try to make him stay,
 This time I didn't cling to I knew would fade away.
 I let myself feel, and I was shaking in my skin,
 As all those old stories tried rising up again.
 They tried to pull me back, to that old familiar strife,
 But God helped rewrite the old script of my life.
 This time I chose peace when I wanted to fight,
 I laid it in God's hands and walked in His light.
 He went back out, and I prayed every day,
 Against an early death, against losing his way.
 I made my amends before Heaven said "come home,"
 Some moments are sacred and simply mine alone.
 Then I got that call that took my breath away,
 It dropped me to my knees at the start of my day.
 I cried out to God while my whole world shook,
 Through endless tears I could barely look.
 Shut out in my grief, told, "Stay in your lane,"
 Some said I had no right to feel, some said I was to blame.
 Back to basics, I surrender, instead of defense,
 I placed my heart in God's hands, trusting His sense.
 I didn't need a stage to prove that I was torn,
 My goodbye was sacred, it was quiet and sworn.
 Our moments were real, they were honest and true,
 What mattered was precious life, not some public view.
 So back to meetings, the steps, prayer and service,
 Showing up broken, imperfect, and nervous.
 All crying in the rooms, so raw and so seen
 Cuz I know that honesty is what keeps me clean.
 New sponsor, new wisdom, grief softened by light,
 Teaching me gratitude alongside this viscous fight.
 I learned how to cherish without losing my way,
 How to love with boundaries, I learned how to stay.
 They whispered and judged, they pointed and stared,
 So I moved my chair and found rooms that really cared.
 I stayed in the program, I stayed humble and true,
 Letting my actions speak louder than their views.
 I learned a painful lesson about rushing my heart,
 To give my plans to God before I try to start.
 Letting offenses and rumors pass right through,
 Like oil on water, they slide right off my view.

I know who I am, and I know what God says,
 I know what is mine and what's not my mess.
 Feelings still arise, but i dont let them take control,
 I walk it out in faith, and let God do His role.
 For weeks there were no words, no pen in my hand,
 Some losses are deeper than words ever can.
 This is the first time my heart felt this way.
 To put pain into language, it's hard to explain.
 I honored my own grief without having to hide,
 Without having to shrink or take someone's side.
 There's room for all sorrow and echoes of pain,
 God knows every heart, we don't have to explain.
 But I keep what I have by giving it away,
 So I write, and I share, and for damn sure I stay.
 And what is our message? It's simple and true:
 That any addict can start life anew.
 We can stop using, lose the hunger for chains,
 Find freedom in spirit, not stuck in our pain.
 Our message is hope, and a promise made real,
 That healing is possible, not something we just feel.
 Back to the basics, I stand and I say:
 There is freedom in living... one day at a time...

Jasmine S.

Light At The End Of The Road

Light at the End of the Road
 Light at the end of the road,
 stars of hope shining through.
 The sickness—a warmth that
 creeps into the cold—
 stories that reach you with understanding
 deep inside your soul.
 People who can say without doubt:
 "I see you. I accept you."
 A place where you don't have to hide.
 "I can breathe."
 No more running from yesterday,
 being able to stand with your head held high to
 the sky.
 A peace and calm, a soft surrender
 to just for today.
 Keep coming.
 It works

Veronica R.

Hope

Countless addicts have found hope in NA since the first meeting in 1953. Hope is a spiritual principle that can be given away to any addict. Our message is hope and our promise is freedom. Any addict can find the life-saving principle of hope when they walk into a meeting of Narcotics Anonymous.

Hope is the feeling in our spirit that tells us that maybe we too can get clean, lose the desire to use, and find a new way of life. Hope comes to us in a variety of ways. Although we can not recover on hope alone, it opens the door to our new way of life.

After coming to Narcotics Anonymous, seeing is believing! We watch members as their despair turns to hope. We also see other addict's smile, perhaps for the first time, when they pick up a thirty day key tag. Day by day, meeting by meeting, and step by step, we notice others members finding a new way of life. We hear addicts share about losing family members, receiving a bad break at work, or watching a best friend go back out and use yet they do not pick up! They have found a solution to life's everyday problems. Their empathy gives us hope. These newfound feelings of hope are often foreign to us but fuel our desire to recover. Some people leave their first meeting of Narcotics Anonymous realizing that they can get clean and find a new way to live. Hope is a powerful emotion – a sense that maybe we too could be happy and enjoy life for the first time in a long time. We begin to dream.

With hope, we have a new vision of the future. We want what those who came before us have found in recovery. Hope gives us the ability to believe in our dreams without having lived them. How do we make our dreams become reality? We surrender to the solution. With our newfound hope we become willing to take certain steps. We're now ready to get a sponsor, trust in others, take direction and learn to live the program of Narcotics Anonymous.

Step Two

Our surrender in the first step leaves us with a deep need to believe that we can recover. This surrender makes it possible for us to feel hope. By admitting our own powerlessness, we open our minds to an entirely new idea: the possibility that something greater than ourselves might be powerful enough to relieve our obsession to use drugs. It is quite likely that, before coming to NA, we never believed in any power but our own willpower, and that had failed us. NA introduces us to a new understanding. We draw hope from this understanding and begin to comprehend what it means to believe that a Power greater than ourselves can restore us to sanity. We find additional hope by listening to other recovering addicts. We can relate with where they've been and draw hope from who they've become. We listen closely at meetings and become willing to apply what we hear to our own lives. As we begin to believe that there is hope for us, we also begin to trust the process of recovery.

It Works How and Why pg. 17

One Member Shared...

"Restoration to sanity for me simply means not repeating the same mistakes. I'm gonna make mistakes but I don't have to repeat them"

"When I stopped using that void came back so I had to learn how to fill it from within and not with people, places and things"

"I had trouble believing in a Higher Power but I knew I couldn't do this by myself so I had to believe in something greater than myself"



CLEAN DATES

January

January 1st, Stuart L. 45 years
 January 1st, Damon C. 3 years
 January 2nd, Donald B. 18 months
 January 9th, Dale Y. 2 years
 January 9th, Sam P. 6 years
 January 10th, Tony T. 1 year
 January 10th, Phyllis W. 20 years
 January 15th, Camille H. 1 year
 January 18th, Yolanda T. 1 year
 January 19th, Bennie G. 8 years
 January 20th, Megan J. 15 years
 January 20th, Dale L. 18 months
 January 21, Anette C. 29 years
 January 24th, Phil S. 2 years
 January 24th, Amber P. 3 years
 January 25th, Ed G. 3 years
 January 25th, Judy G. 10 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:** Open**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.
Open**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**Cosmic Bowling**

Saturday February 21st, 2026

Woodhaven lanes/Bowl-a-rama

20000 Vanhorn Rd. Woodhaven MI

Doors 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**Soup Potluck Contest****Enjoy a warm meal with your meeting**

Saturday February 28th, 2026

Downriver Alano Club

2060 Council Ave, Lincoln Park

8:30 Set up for soup

9:00 Meeting starts

Bring a soup to enter the contest!**Spring Into Recovery****A spring celebration with a leprechaun twist!**

Speakers Chris P. and Red W.

Potluck dinner and 50/50 raffle (**bring a dish**)

Winners On Warren Meeting

33445 Warren Rd. Westland MI

7:00 p.m. - 9:00 p.m.

(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: _____