



N.A. - NEWS

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SURRENDERING

Running from the truth, holding on to old ideals and ways, alot of false pride, and thinking that I could do it myself, kept the door closed from the gift of a new way of life, being Clean and Sober.

The vicious circle of years of using chemicals and alcohol, being physically, mentally and spiritually sick, going through five hospital detoxes, two rehabs, being desperate, having alot of pain and agony, guilt and just not liking myself at all.

The hand of N.A. was there again, like so many times before. Each time in the hospitals and rehabs, N.A. was there, willing to do anything to help me to get and stay clean and sober for One Day at a Time.

This time something was different, I did not push the hand away as I did before. I was dying; something that I did not think possible because I was so young. It was happening. The progression was moving at an alarming rate.

The time to surrender was upon me, admitting that I am an addict and alcoholic, and I am powerless over my addiction and my life is a real mess. I could not use any chemicals safely. N.A. took me after nobody else would have anything to do with me. They said they cared and loved me; that was very hard to handle. They told me that I would have to make a lot of changes in my life and that they would help me all they could. I was told to get a sponsor, follow his directions and suggestions. Doing this, but still holding on to old things, and not really liking the things he had to say or suggest, because it was the truth, and I didn't really know as much as I thought I did. Rude awakening! I had to listen and do to stay alive for one more day. I also had a friend I could trust.

The most important things I was told: don't pick up the first fix, pill, drink or joint, go to alot of meetings on a regular basis, help another addicted person, pray in the morning for help and thanks at night, also stay away from people, places and things. If I would do these six things, I would not get loaded, my life would get better for sure! I believed I had a little faith and some hope. Because I did not know how to stay Sober.

Each day with God's and N.A.'s help I must surrender to stay alive. N.A. has given me my life back. Free from the hurt and pain of an active addiction.

Striving for more spirituality each day is very important in my recovery. Working on turning my life and will over to God, and accepting that his will, will be done. Surrendering! There is hope today, I commit myself to not use for one day, and deal with my feelings through the fellowship. My life has gotten better. They tell me there is alot more good things out there to be had. To get them I must surrender and stay sober and clean for just one day.

I have something today that no person can take away. Today I choose to keep it, not to give the gift away. To be able to smile, laugh, cry, care and to love, it is a real benefit, I must say is beautiful. A gift from God and Narcotics Anonymous; for this I am Grateful! Thank you.

Jeff R., Harrisburg, PA

I want to be free.
Sobriety brings me a sense of freedom I never fully experienced
or appreciated.
I am free to know my emotions and express them honestly.
I will be an outcast from my old flock, but I have found freedom,
more so than I ever craved or imagined.
I have reached a goal for freedom greater than I ever wanted.
To keep this wonderful sense of freedom I must build upon it,
and help others achieve such a sense of freedom.
If I continuously work upon this freedom, it will grow
and become even more wonderful.

Diane B.

Improve, don't use,
For to improve
Is a chosen decision.
Upon this decision
Is a double reward.
No longer do you use,
And already you've improved!

Joe S., Exeter, PA

What Sobriety Means to Me

When asked if anyone had anything to put in the newsletter - I had a thousand thoughts. Actually down deep inside I was grateful for having any thoughts at all. Remember when the only thing you really spent any time on was drugs!?! And how to get them, and how to get the money to get them, and..... Talk about obsession! Yea, we know! Back to the business at hand. Hey, that's nice. I can get my mind off drugs now. I have a choice about it! A choice. Neat! They say it gets better. Maybe I can believe them because it's even starting to happen to me. OK, I'll say it "Today I have a choice and I have hope." Boy I feel good just seeing it on paper and I really know it's true. I'll tell you one thing, drugs and alcohol never delivered the Peace of Mind I was after. I remember seeing people getting high. My highs weren't like that anymore and I was trying to convince myself that the whole "mess" was still cool, still fun. But it was getting harder to pretend. Real hard, in the end I couldn't try anymore. In the end I didn't even care! I just wanted the pain to stop. It was coming in so many directions. My mind was gone. My gut ached from the knot it was in for so long. And then there were all the medical problems. My nerves were shot. It was real hard "getting it together" and down deep I had been asking for a long time, "who really cares if I do get it together anyway." Physically, emotionally and spiritually bankrupt. Yea, in the end the only thing I could do was cry out to God for help. All I could say was "God, please help me." Well, He must have heard me. Then I didn't think so, I thought "Aw, who believes anyhow." But I was in a bind. I was desperate. Insane! Somehow I felt time had run out. But I didn't care. I wanted it to end. Sometimes I'd cry. I started planning ways to shorten it, if you know what I mean. Well, instead of writing about sobriety, I've written about what addiction means to me. But that's OK, it's not happening anymore. I guess it was important for me to share with you how much it hurt. Every addicted person who reads this knows that I've only touched the tip of the iceberg. We do recover, it's true! See, I thought all that darkness and desperation was real. After I landed in detox and the rehab, I found out it goes with the territory of addiction. The lie is dead! Thanks, Dearest Lord! Thanks, N.A. More and more it's "getting together". One Day at a Time. I love you all, we're in this together and together we can live in peace of mind!

Your friend in recovery, C.A.P.

Among the words which precede the Twelve Traditions of Narcotics Anonymous, we find one that expresses an essential element of recovery. This word is "vigilance".

There are many addicts, like myself, who had their first encounter with this concept when they came to the fellowship of Narcotics Anonymous.

Rarely in my life had I ever needed a dictionary for anything, but upon looking up the word "vigilance" I found the following definitions: "...watchfulness" "...on the alert..." and "...awareness..."

I know that I keep what I have with vigilance and that my personal freedom comes from the Steps of Narcotics Anonymous.

Each and every day I must be aware of myself and where I am in relation to others and my Higher Power.

For without the awareness of the Steps, my Higher Power and my fellow addicts, as well as steering clear of willful set-ups that could lead to a load, my sobriety will be short-lived.

I am grateful that I have this awareness of my Higher Power today, a plan for my life as a recovering addict in the Twelve Steps and other addicts to help me in my recovery through meetings and my N.A. sponsor.

Allowing myself to lose vigilance will mean picking up the first fix, pill, drink or joint and, today, for me, the awareness of a few simple things is a small price to pay for freedom from the humiliation and despair of active addiction.

Bob H., Williamsport, PA

Dear Fellow Addicts:

We have to stick to the basics. The basics for me are sometimes found in the slogans. "Let go and Let God", is one of my favorites! Do you know what it means to have peace of mind? Once on the right track, it gets better. Now this is not to say a state of euphoria is always present. However, during the day or before retiring in the evening it is nice to be still and know there is a God. Think positive, kids, we have a common bond. We used to love the stuff that boggled our minds. Now we care more about each other.

We have seen friends fall, we have seen friends die of O.D.'s. Some may not have known they were setting themselves up for a slip (i.e., people, places and things weren't changed). Boredom is a biggie, or "I don't think I'm an addict, I use just occasionally." Who are we trying to kid? Ourselves???

Keep it simple, but keep it. Meetings, literature, phone calls, and more meetings.

I have found if I don't sleep enough or rob my body of the nutrients it needs, my thinking goes haywire. We have to take care of ourselves. Sleep helps rid the body of stress. Stress we don't need.

It took me eight months of sobriety to start making my bed in the morning and sometimes I leave dishes in the sink but as my friend says, "As you work the steps, in order." Working them one day at a time, the knot in our stomachs slowly loses its grip on us. We then become the master of our minds, with God's help.

You know, as we rid our minds of fear, it is replaced with courage. Hope instead of despair. Love instead of hate.

I am free of the chemicals that put a rope around my neck. I am free of the bad associates I used to party with. I owe my sobriety to God first. Next to you wonderful people who care in N.A. and A.A. You had faith in me when I had none of my own. The old timers told me to hang in there.

To anyone new, you are the most important person in this fellowship. Don't be afraid to ask for phone numbers. 90 meetings in 90 days. Keep coming back. Think positive! It's contagious.

Love,

Dee

ANNOUNCEMENTS

Conventions - June 26, 27, 28 - 2nd E.C.C.N.A.
P.O. Box 1136
Doylestown, PA 18901

- September 10 - 13 - 11th World Convention of N.A.
P.O. Box 694594
Miami, FL 33169

ANNIVERSARIES

Dick B. - 6 years - July - Harrisburg
Cathy B. - 6 years - July - Harrisburg
Eddie B. - 6 years - June 24 - Bloomsburg
Gene M. - 4 years - July 1 - Lewisburg
Cindy P. - 2 years - July - Harrisburg
Rita S. - 3 years - July 10 - Williamsport
Joe H. - 1 year - June 1 - Williamsport
Rodger C. - 1 year - June 7 - Williamsport
Frank M. - 1 year - July - Harrisburg
Sam T. - 1 year - July - Harrisburg
