



Crazy Monthly News

Clean & Crazy Group

Volume 7
January 2007

From the Editor

Within the tapestry of my life there is pain interwoven into the fabric right now. Those most closest to me know exactly what I mean.

I've really struggled to get my act together and to gather information for the newsletter this month.

My sponsor keeps telling me to keep in touch. Some of my sponsees are begging for my time. A lot of folks are probably asking the question "Who is Cheri? Being that I haven't taken the opportunity to grace myself at a meeting very often here lately.

Yet, I'm still clean!

I'm sharing what I can, when I can with my key people, and I'm trying to do the next right thing.

I've heard it said that there is no growth on the mountain-top, but in the valleys therein lies the spring of life. So, with all that said. I'm looking for the blessings, and I'm grateful to be able to view some of them already, even amidst the storm that life has tossed in my direction.

I know that my Higher Power is working in my life. I see his/her/its handiwork. And, I'm so thankful not to be in that place where I think I

have to tackle this completely on my own.

I'm grateful for each and everyone of you who have offered up a prayer in my families direction—Keep em coming folks :-)

Okay, so what about this issue of the newsletter ... Well, it's a short one, but I believe you'll find some worthwhile reading here. We have a share from a newcomer to the group in the Keep Coming Back Section and page 2 offers you a poetic view from another. I'm so grateful to have both of these individuals in my life—I hope you enjoy!

Keep Coming Back

Larry

A little over a year and a half ago I was first introduced to the rooms of NA.

I had just gotten custody of my daughter and tried to slow down my using some with some hope of quitting entirely.

The following week I had a minor accident on my job involving a vehicle I was driving and had to take a urinalysis. Boy, I was scared. However, I had used a masking agent and there was a possibility that I might pass. Still yet, I wouldn't answer the phone for a week. Finally, my Supervisors told me that Primecare was trying to get up with me and for me to call them. All I could think was 'Oh, crap!'

I knew I had failed the test, and eventually I answered the phone and was asked if I had a prescription for marijuana. I of course told them no, and they proceeded to inform me they had the responsibility of notifying my job of the fact that I had

tested positive for marijuana.

I chose to go to Bradford Health Care for a 5 week Intensive Out Patient program for substance abuse, and I was required to see a psychiatrist for a few months. I was also required to attend 4 meetings a week at a 12 step group while I was in the I.O.P. program. Also suggested was that I attend an aftercare program every Tuesday at Bradford. And, it was also suggested to me to get a sponsor and start working the steps. Yeah, right!

With all those suggestions, what did I do? I went to a few meetings, and I forged a few signatures, that's what I did.

Then, I had to go into the hospital with a bad stomach problem, which resulted in 2 weeks of painkiller shots every 4 hours and another couple of weeks of pain meds at home. Recovery, or even thoughts of quitting drifted from my mind. I went back into the hospital for surgery after 4 weeks out and finally was able to return to work at the end of a 9 week convalescence leave.

The first chance I could get up and out of the house on my own, I got high. I kept telling myself I can quit on my own anytime I want to. Then, I found these wonder pills that would clean me out in a few days. I made new plans of just using at the end of the week and after a urinalysis test. And, that's just what I did. I had a few close calls. I always got by though. I really thought that I could do this my way.

I went to a few NA and AA meetings like I said, but all I heard was talk about using drugs and drinking alcohol. I told myself, I didn't need a meeting to tell me how to use; I already knew how to use.

Life was going great for me by the end of winter. My x-wife and I got back together after my surgery. Wow! This stuff I learned about myself is really working, I thought. Life is good. I got my family back. I kept my job, and the bills are getting paid. I've even got money in the bank and a new car. Yet, I was still

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N.A.'s Service Prayer

"God, grant us knowledge that we may write/act according to Your Divine precepts. Instill in us a sense of Your purpose. Make us servants of Your will and grant us a bond of selflessness, that this may truly be Your work, not ours—in order that no addict, anywhere, need die from the horrors of addiction." ~ Basic Text
page xvi





The Quest

Autumn calls December
 Bringing chills of reality
 Calling for an answer
 Of something forgotten
 ... long since lost in the translation.

My wearied spirit hungry for redemption
 As waves of your phantom heartbeat
 Lingers in my memory
 Heart within heart
 Tediously bleeding loves corpse
 Squeezing out shades of finality ...

Oxygen deprived?
 Perhaps cross-wired at conception ...
 Atrophy spread through a non-compliant
 addict mind
 Long travels with no concept of serenity
 The quest for experience strength and
 hope

I am still
 With out-stretched hands
 Screaming muted pleas
 Wallowing in sorrow and shame
 Calloused knees
 River tears
 As the light reveals all my fears

Fallen leaves dance about
 As winter makes its nest
 Sweet faces filled with love and forgive-
 ness
 As I look in the mirror of my sins
 Reaching up from the depths of isolation
 An epic battle raging in my head
 Engulfing darkness
 For my addiction has no night light

To forgive myself
 To become a person I could love
 To allow rays of light shine from my
 "family"
 And thaw my Trust
 Permission to embrace those
 Who've walked my path ...
 And do not judge
 For in "the rooms" the light is always on.

~Debra C.

Get Involved

Our next Group Con-
 science is scheduled for
 Friday, January 12th.

- Chairperson—*Maureen*
- Secretary—*Abbey*
- Alt. Secretary—*Lisa*
- Treasurer—*Teresa*

- Alt. Treasurer—*Jimmy*
- GSR—*Cheri*
- Alternate GSR—*Jimmy*
- Activities—*Robert*
- Literature—*Jimmy*
- **H&I - OPEN**
- **P.I. — OPEN**

- P&P—*Maureen*
 - Phone-list—*Abbey*
 - Cell phone—*Teresa*
 - Newsletter—*Cheri*
- Newsletter Sub. Meeting Thursday,
 December 14*
- Keeper of the Tapes—
Kenny

miserable. Somewhere inside of me I wanted to quite using. I knew that it was wrong and I was taking big chances. Yet, another part of me didn't want to stop at all.

Then, my wife caught me stoned one night before I was leaving for Texas to go to a school for my job. I had been successful in hiding my using for months

So, we talked about it. Rather, being that this is an honest program :-), she talked I lied. I told her since I had to go to Once again I promised her I would quit.

Then, I left for Texas for 5 week and got drunk every chance I could. There was no one there to hold me accountable. So, I did what I wanted to. I wasn't using after all, so why not drink? I figured that if I could go 5 weeks without using I could quit for good.

It wasn't a week after I got back that I went and got myself stoned. This time I was planning on just smoking on the weekend and ended up stoned for 2 weeks.

I slipped up and mentioned going to a sports bar and having a beer with some of the guys in my class out in Texas to my Tuesday group meeting and got a butt chewing from my counselor that night. He had made me so mad that I picked up a 12 pack when I got off work at 6:00 am and commenced to put on a good drunk.

When my wife awoke later that morning, I commenced to whine about what my counselor

had said. And she suggested that maybe I shouldn't drink either as he suggested. What a concept!

I couldn't imagine my life without drugs of one kind or the other. Once again, I told her I would stop after the weekend since it was a holiday. And, imagine my surprise when she suggested that I just stop now.

Yet, come Friday I couldn't wait to get high "one more time." I had an attack of consciousness and stopped on Saturday so that I could have enough time to clean up with those wonder pills by midweek. Sunday rolled around and I went and got more. I figured one more day and I'm through. What a joke! I ended up over at one a using friends house smoking and drinking. I went to get some of my wonder pills since I was out, and imagine my dismay when the store was out also.

By Monday night I was a nervous wreck. I just knew they would call me for a random test sometime that week since they hadn't done a urinalysis in a couple of months and we were just coming off a long weekend.

I broke down and told my wife everything. I knew I had lost her and was fixing to lose my job also. The only thing I could figure for me to do was go back to Bradford and ask for help again.

This time however I didn't care how much it was going to cost, or what I had to do. I was serious about quitting this time. I realized I had not and could not quit on my own.

This was the 1st step that I took in my recovery. I realized my powerlessness over this disease. It truly had a hold on me. Job or no job, relationship or no relationship, I wanted to quit!

I talked to the right people at my job and since I had not failed any required tests, and put myself back into I.O.P. they would not fire me. I still had a job!

My wife fortunately knew more about this disease than I chose to and assured me that she would stand by my side. For that I am truly grateful. I made it through I.O.P. and returned to work. They dropped the required 4 meetings a week to 2 meetings a week. I went 6 times a week. It was suggested I attend 90 meetings in 90 days. I did that many and more. I didn't hear many stories this time about using. I heard stories about recovery, strength, and hope.

I finally took some of those suggestions. I found me a sponsor and started working the steps. I called key people in my recovery when I wanted to use or when I had a bad day. And above all else, I have not used. I still have a long way to go, but I now have HOPE. I have developed a relationship with my Higher Power that I thought impossible. And, I guess the most important thing I learned is that although I can't quit on my own, We can quit together!

With the help of my H.P. and other members of NA, I can recover. I have learned there is nothing I come across that we can't overcome together. There



AREA INQUIRER

The WANA ASC meeting for the month of September was held at the Drop of Faith group in Bonifay, FL on December 17.

SUBCOMMITTEES:

ACTIVITIES

- ◆ Subcommittee members are still needed.

P.I. & Phone line

- ◆ Subcommittee members are still needed.

ASC:

OPEN FORUM:

- ◆ New Freedoms requested financial support for the Houston County Jail

meeting. (basic supplies are needed)

- ◆ There was discussion on requesting funds from the RSC to help support the H&I meeting @ the Houston County Jail.
- ◆ More discussion on the Clean & Serene group hosting ASC meetings despite limited seating and space at their meeting facility.
- ◆ Anyone not attending ASC should contact the chairman in advance.

SCHEDULE NEXT ASC:

Next ASC will be held at the Deliverance group.

NOMINATIONS & ELECTIONS:

- ◆ Annette A for the position of

treasurer.

- ◆ Phillip S. resigned from Vice-Chair

CONTINUING BUSINESS:

- ◆ Regional phone-line is being updated.

NEW BUSINESS:

- ◆ Phone line ad-hoc to be formed.

ANNOUNCEMENTS:

- ◆ January 6—Chairperson workshop @ Deliverance group.
- ◆ January 11—Demond will be speaking at the Drop of Faith group.

(Continued on page 4)

Seventh Concept

All members of a service body bear substantial responsibility for that body's decisions and should be allowed to fully participate in its decision making processes.

The Seventh Concept is one way of putting the principle of group conscience to work in the service environment. This concept suggests that each service body should encourage all its members to participate in its decision-making process. By bringing their different perspectives together, we give our service bodies the opportunity to develop a fully informed, balanced group conscience leading to sound, sensitive service decisions.

~ Twelve Concepts for NA Service pg. 15

What's Going On?

CAACNA X—01/19/2007 thru 01/22/2007

Free at Last X Montgomery, Alabama

Friday Night: Father Sam from Baltimore, MD

Saturday Night: Sean G from Providence, RI

Sunday Noon: Mr. Bill from Ohio

JANUARY 19 – 21 2007 Complete Package \$25.00 (INCLUDES: Registration, Banquet, and Friday & Saturday Comedy Shows) Contact Numbers: Convention Chair: LEHMAM- (334) 233-9337 Registration Chair: COBB - (334) 239-1111 William C. 315 - 1098 Programming Chair: SIMONE J.- (334) 613 - 3985

GOVERNOR'S HOUSE Hotel & Conference Center (QUALITY INN) 2705 E South Blvd Montgomery, Alabama 1-866-535-5392 1-334-288-2800 \$57.00 / room (Credit card not needed for hotel Registration)

Checks payable to: CAACNA P.O. Box 230572 Montgomery, AL 36123-0572 (South blvd off I65 / East blvd off I85 / NEAR HWY 231 troly hwy) -

OUT of the DARKNESS into the LIGHT X I— 02/09/2007 thru 02/11/2007

NAACC P.O. Box 2404 Florence, Al 35630 Call: Tracy (256) 633 - 1756 or Ryan (256) 710 - 2031 DeForrest R. (256) 227 - 2986

Tradition Seven

Every group ought to be fully self-supporting declining outside contributions.

“Being self-supporting is an important part of our new way of life. ... Our policy concerning money is clearly stated: We decline any outside contributions; our Fellowship is completely self-supporting. We accept no funding, endowments, loans, and/or gift. Everything has its price, regardless of intent. Whether the price is money, promises, concessions, special recognition, endorsements, or favors, it's too high for us. ... We have found that the price paid by our groups is disunity and controversy. We will not put our freedom on the line.”

~ Basic Text pgs 67 & 68

Clean & Crazy Newsletter: 5th Step Fill In the Blank

(Continued from page 3)

- ◆ January 14—Donna K. celebrates 7 years @ New Freedoms @ 8 PM.
- ◆ Myra will bring brownies to the Drop of Faith meeting at 8 PM.
- ◆ January 21—ASC—Deliverance/ New Freedoms hosting

(Continued from page 2)

is a lot of experience, strength and hope within the walls of NA that I can call upon and is readily available for the asking.

Today, I share in meetings and offer my own experience, strength, and hope. I try to be of service to God and others. I have never felt so alive and worthwhile. My wife, members of my group and myself are now holding me accountable for my recovery. I am no longer afraid of what might happen to me. I look forward to my new life and this new way of life in recovery. It is an exciting journey that I am beginning and I look forward to tomorrow. Thank you NA and the members of Clean and Crazy for my life that I now live. FREE OF DRUGS AND FREE IN SPIRIT!!!

Meeting Schedule

Sunday: 7:00 (S) **Candlelight**

Monday: 6:30 (NS) **Candlelight meeting the first Monday of each month.**

Tuesday: 6:30 (S)

Wednesday: 6:30 (NS)

Thursday: 6:30 (S) **Book-study**

Friday: 6:30 (NS)

- Group Conscience, **January 12**, immediately following the regular meeting.
- This month's Birthday celebration will be held on **January**

Saturday: 6:30 (S)

Legend: (S=Smoking, NS=Non Smoking)

We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

1. The sooner we work the Fifth Step, the stronger the _____ of our recovery will be.
2. We must overcome our _____ and work the Fifth Step if we are to make any significant _____ in the way we live.
3. Working this step with the support of our _____ and a loving _____ is a way of putting into practice our _____ to allow God to care for our will and our lives.
4. We experience honesty by making an _____, just as we did in Step One, but we experience it on a deeper level.
5. The risks we take in this step increase our _____ in God and nourish the _____ and _____ we first experienced in Step Two.
6. We take our _____ a step further, thereby renewing the decision we made in Step Three.
7. We draw on the _____ we acquired in Step Four and find we are more brave than we ever dreamed possible.
8. We want to make sure we are acknowledging and _____ the exact nature of our wrongs.
9. Through working the Fifth Step, we find that few of our _____ deserve exaggerated attention.
10. Many of us have looked up and seen _____ in the eyes of the person hearing our Fifth Step.
11. The first thing we must realize is that the Fifth Step is not a quick fix for a _____ situation.
12. We will need support and _____ to cope with our feelings.
13. We have found that an ideal listener will have enough _____ to honor our feelings, enough _____ to respect our confidences, and enough _____ to help us keep the exact nature of our wrongs within our field of vision.
14. We can ask a _____ greater than ourselves for the _____, courage, and willingness to work this step.
15. When we _____ with the person hearing our Fifth Step, we can have a profoundly intimate experience.
16. Why is it so important that we also make our admission to God? Because this is a _____ program, and our whole purpose is to _____ spiritually.
17. The feeling that the God of our understanding _____ us, no matter what we've done, enhances our acceptance of _____.
18. Our _____ - _____ increase as we realize that what we have to share is worth such close attention.
19. We start to realize that there is a difference between our _____ and our exact _____ of our wrongs.
20. As we see how similar our feelings are to our sponsor's _____, we realize that there are other _____ like us.
21. Our _____ - _____ blinded us to the fact that we are human beings, nothing more, and nothing less, making us feel _____.
22. Our feelings of _____ fade as we experience an _____ connection with another human being.
23. We're developing a give-and-take _____ based on equality and mutual respect, the kind that can last for a _____.
24. After working our Fifth Step, we may feel a little raw or emotionally _____.
25. We'll find out that what we're going through is not _____ and feel relieved when others tell us they went through the very same _____ after they worked their Fifth Step.
26. Not only do we form a close _____ with our sponsor, but the _____ we take in trusting this person will help us to develop close relationships with others as well.
27. We learn, from the example of our sponsor, how to be a more _____ friend.
28. Our relationships begin to _____ after this step...including the one we have with the _____ of our _____.
29. Just like any other relationship, the one we develop with our _____ calls for _____ and trust on our part.
30. The _____ we have undertaken so far has made us aware of the exact nature of our wrongs. And the exact nature of those wrongs is our _____ defects.