



Crazy Monthly News

Clean & Crazy Group

Volume 1
July 2006

Our newsletter

We have named our newsletter! Welcome to the first edition of Crazy Monthly News! We only had one other submission—Purpose Driven Times. We went with CMN based on a unanimous vote of all those present at the subcommittee meeting. Now, we move forward in carrying the message. **We still need your help** ~ There can be no us without U.

“Newsletters serve several purposes in Narcotics Anonymous. Most importantly, they build N.A. unity through communication. The information they contain usually falls into one of two categories: N.A. news, or personal experience with recovery from addiction. N.A. news is provided to help unify an area or region, so that in keeping with our

First Tradition, personal recovery is made more available. Sharing personal experience lends the flavor of an N.A. meeting to the newsletter. In both cases, our Fifth Tradition must always be the guiding principle: Our primary purpose is to carry the message to the addict who still suffers.” ~ Handbook for Narcotics Anonymous Newsletters pg 1.

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Keep Coming Back

Cheri T.

July 1st meditation reads ~ "The program is simply sharing, working the Twelve Steps, attending meetings, and practicing the principles of the program" ~ Basic Text, pg 188

The quote is taken directly from the story "Nowhere to Turn," written by an addict called George.

Like George, fear and inferiority feelings have always been a part of who I am. Although I was raised in a household with both my mother and father present, and two brothers and two sisters to share my childhood with, I didn't share much of my childhood with anyone. I didn't like myself and so it seemed I was always reinventing myself for the sake of who I thought they wanted me to be.

Home-life had always been troublesome, but trouble really started to introduce itself to me in school around the age of 9 or 10. I was hurting and very confused. Solutions were not at my disposal, so I did what I thought would help me fit in. I chose other kids who I could identify as coming from "dysfunctional" homes for friends. My selection process worked, but even in this select group of children, I still felt different.

I started drinking just for the sake of getting drunk around this time. Within two years I was smoking pot on a daily basis. Throughout the next twenty-three years I tried pretty much everything else, with few exceptions. I thought the drugs made me cool. I thought the drugs were a way out of the pain, shame, and isolation. I felt that life was empty and meaningless, and I thought using dope was a way to escape.

At the age of 17 after being arrested a couple of times, I thought I had a purpose. I became someone's Mom. Yea, I know, that's a very confusing statement. Well the truth is that was a VERY confusing year. It was the year someone else told me I had a problem with drugs and it's the year I could have chosen another route. Yet, my feet stayed firmly planted on the road which I know now would have, could have, and still can lead me to death.

Everyone I knew was a user. We "partied" all the time. My role as a mother was a blocker of sorts in that area. The fact that this baby needed so much didn't fit well into my schedule. I tried to control my using. But, my real drug of choice is "More." So that didn't work well. I experimented with "everything," and quickly found out that "everything" didn't click within the realm of motherhood. My son was always being pawned off to someone else to care for. The marriage I was in at that time was for the sake of convenience, and it quickly ended. Yet, I didn't know how to be alone, even though I felt alone all the time, so there were many more relationships to follow. I was always trying to fix me by putting in place something or someone who I thought could do the job.

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



In committing to our home group, we make a personal commitment to NA unity. That commitment not only enhances our own recovery, it helps ensure recovery is available for others. Our home group also gives us a place in which to participate in NA's decision-making processes. ~ *The Group Booklet* pgs 4—5

In what year was NA founded?

1. 1935
2. 1943
3. 1963
4. 1953

What was the original name of Narcotics Anonymous?

1. AANA (Alcoholics Anonymous and Narcotics Anonymous)
2. Addicts Anonymous
3. Narcotics Anonymous
4. San Fernando Valley Alcoholics Anonymous and Narcotics Anonymous

An alcoholic who has never done any other drugs may attend open meetings, but may not join NA as NA is open to drug addicts only.

1. True
2. False

In what decade was NA's "Basic Text" first published?

1. 80s
 2. 70s
 3. 60s
 4. 50s
- 4, 4, 2, 1

Get Involved

Our next Group Conscience is scheduled for Friday, July 14, immediately following the regular open discussion meeting.

- Secretary-Abbey
- **Alt. Secretary-OPEN**
- Treasurer-Teresa
- Alt. Treasurer-Jimmy
- GSR-Kenny
- Alternate GSR-Cheri
- Activities-Cheri
- Literature-Jimmy

- **H&I - OPEN**
- **P.I. — OPEN**
- Phone-list—Cheri
- Housekeeping—James
- Beeper/cell phone Volunteer—Betty
- Newsletter Subcommittee members:
 - Abbey
 - Cheri
 - James
 - Jimmy
 - Teresa

Our next Newsletter subcommittee meeting is scheduled for July 13 at 8 PM.

You don't have to be a group officer to be of service to the group. Every week, there's work to be done: helping set up the meeting, greeting newcomers, cleaning up, bringing refreshments, and other things of that sort. ~ *The Group Booklet* pg 13.

Member's Voice

“What is a group conscience?”

Tradition Two “For our group purpose there is but one ultimate authority—a loving God as He may express himself in our group conscience. Our leaders are but trusted servants they do not govern.”

“To guide us in serving others, we seek direction from a Higher Power.

Whenever we come together, we seek the presence and guidance of this loving Higher Power. This direction then guides us through all our actions.

Everybody has opinions on how to serve more effectively. When we each propose a different plan for any course of action, how do we choose among them? Who has the final say—the same Higher Power that guides our personal recovery.

If we are to find guidance from an ultimate authority, we need to find means of hearing that guidance to-

gether. The mechanism we use is group conscience. The success of the group conscience depends on our willingness as individuals to seek guidance from a Higher Power on a personal level. We then bring that willingness into the group setting. ~ *Basic Text* pg 134-135

Group conscience is a process that may work differently under differing circumstances. It's not reasonable to expect that today's solution will always be sufficient for every group. In fact, that solution may not even apply to the same group at a different time. The principles involved in the group conscience are always the same, but the times and conditions our conscience guides us through are constantly changing, requiring our conscience to tell us different things in different settings. It's important for us to continue cultivating our group conscience, seeking the guid-

ance of a loving Higher Power whenever a question arises.

A surrender to group conscience means we allow our fellowship to be shaped by a loving Higher Power. We are tempted sometimes to take control of the daily affairs of our group, our service board, or our committee, believing that our great concern for the fellowship's welfare could never lead us astray. However, as we become more trusting, we realize that the group is directed by a loving Higher Power. Our reliance on that Higher Power is demonstrated by our willingness to carry out the direction expressed in our group conscience, believing that all will be well. ~ *Basic Text* page 137

Changes in the group conscience are not a cause for alarm, merely part of the growing process ~ *Basic Text* page 139



AREA INQUIRER

The WANA ASC meeting for the month of June was held at our clubhouse and hosted by the Back Door Group from Troy on June 25th.

SUBCOMMITTEES:

Subcommittees present started at 12:30 and was limited to Activities, due to the absence of Policy and P.I. Chairpersons and H&I vacancy.

- ◆ In Activities we discussed a Luau for the month of September. More will be revealed.
- ◆ Also discussed was a T-shirt design contest for the area's 16th anniversary which will be held in December. Deadline for submissions is October 14.

AREA SERVICE COMMITTEE:

ASC started at 2:30. The main motion on the floor was to vote in a new H&I chairperson.

- ◆ Julie from the Dose of Hope Group was elected and will start serving at the July ASC.

OPEN FORUM

- ◆ Addicts with at least 6 months

clean time willing to serve on H&I panels are greatly needed.

- ◆ An H&I meeting being carried to the Houston County work release program is requesting panel members, for more information please contact Tracy B
- ◆ The Dose of Hope is reaching out for support for a struggling meeting in Marianna, FL (For more information, please contact Lana (850) 592-6930

ANNOUNCEMENTS:

- ◆ July 7 @ 6 PM ~ Gwendolyn will be celebrating 8 years of recovery at the Clean & Serene group—Daisy will be speaking.
- ◆ July 7 @ 7 PM—Wanda will be celebrating 18 months clean at the Back Door group in Troy —Rick will be speaking.
- ◆ July 8 @ 3 PM —Tandy will be celebrating 4 years clean at the New Freedoms group—Cory will be speaking.
- ◆ July 12 @ 6 PM—Eddie will be

celebrating 1 year clean at Clean & Serene —Gwendolyn will be speaking.

- ◆ July 14 @ 7 PM —Arlene will be celebrating 11 years of recovery at the Backdoor group in Troy.
- ◆ July 16—WANA ASC meets at the Straight at it group in Eufuala, with subcommittees starting at 12:30, ASC at 2:30
- ◆ July 19 @ 8 PM —Lana & Kelly will be celebrating 1 year clean at the Dose of Hope group in Grand Ridge, FL —Drew will be speaking.
- ◆ July 27 @ 8 PM —Mike will be celebrating 15 years of recovery at the Drop of Faith group in Bonifay, FL. (Speaker yet to be announced)
- ◆ July 28 @ 6:30 PM —Patty will be celebrating 18 months clean at the Clean & Crazy group—Cheri T. will be speaking.

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First Concept

To fulfill our fellowship's primary purpose, the NA groups have joined together to create a structure which develops, coordinates, and maintains services on behalf of NA as a whole.

Our fellowship's primary purpose is to carry the message "that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live." One of the primary means by which that message is carried, addict to addict, is in our meetings.

We can do together what we cannot accomplish separately. This is true in our personal recovery, and is equally true in our services. ~ 12 Concepts for NA Service

Tradition One

Our common welfare should come first, personal recovery depends on N.A. unity

Unity?

"We had common themes in our addiction, and we find that in our recovery we have much in common. We share a desire to stay clean. We have learned to depend on a Power greater than ourselves. Our purpose is to carry the message to the addict who still suffers. Our Traditions are the guidelines that protect us from ourselves. They are our unity. ~ Basic Text, page 59-60



What's Going On?



Clean & Crazy POOL PARTY

Date: July 1, 2006
 Time: 2 PM—UNTIL
 Where: 305 Access Rd
 Enterprise, AL
 334-348-2520

Question to World Services—What are "Open" and "Closed" meetings?

"Closed" NA meetings are only for addicts or those who think they might have a drug problem. Closed meetings provide an atmosphere in which addicts can feel more certain that those attending will be able to identify with them. Newcomers may feel more comfortable at a closed meeting for the same reason. At the beginning of a closed meeting, the leader or chairperson often reads a statement explaining why the

meeting is closed and offering to direct non-addicts who may be attending to an open meeting.

"Open" NA meetings are just that—open to anyone who wants to attend. Some groups have open meetings once a month to allow non-addict friends and relatives of NA members to celebrate recovery anniversaries with them. Groups that have open meetings may structure their

format in such a way that opportunities for participation by non-addicts are limited only to short birthday or anniversary presentations. Such a format allows the meeting to retain its focus on recovery shared one addict to another. It should be made clear during the meeting that NA groups do not accept monetary contributions from non-addicts. ~ *The Group Booklet* pgs 5-6



Crazy Monthly News

(Continued from page 1)

In the early days of NA, Jimmy Kinnon (Jimmy K.) stated that the reason literature needed to be written was because there were addicts who had not even been born yet that would someday need it.



Announcements

(Continued from page 3)

- ◆ July 28 @ 7 PM—speaker meeting at the Straight at it group in Eu-faula.
- ◆ July 28 @ 8 PM—Marvin will be speaking at the Gettin' Better group in Headland.
- ◆ July 29 the Drop of Faith group in Bonifay is hosting a Fun and Fellowship day starting at 10 AM and going until, at Mike and Lori P's home.

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) **Bookstudy**

Friday: 6:30 (NS)

- Group Conscience, July 14, immediately following the regular meeting.
- This month's Birthday celebration will be held on July 28th.

Saturday: 6:30 (S)

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

Five years after the birth of my first son, I was holding another baby boy, in another marriage, and still so intimately connected with these feelings of degradation, humiliation, isolation, alienation...I was amazed that this child was born intact, because I never managed to go even one day without using while I was pregnant with him.

This is a progressive disease and the downward spiral begins a long time before we even know we have a disease. I didn't consider myself an addict at that time, because there were a few things I hadn't done and by the grace of God never had to. Today my understanding of addiction is about much more than using dope. It's not about the particular drugs we used or how we introduced them to our bodies. It's about the feelings that enabled us to do so even after we realized that we weren't using the dope anymore—the dope was using us.

When I first came into the rooms of the Clean and Crazy group, the meetings were full of addicts with substantial clean time. And, I thought these "ADDICTS IN RECOVERY" could only teach how not to use this ridiculous amount of dope that I was accustomed too. I didn't know anything about a Higher Power or the Twelve Steps that would eventually offer me a way to put down all the baggage I carried. Yet, I listened, and I learned to trust the process

Through working the steps, I started peeling away the layers of the onion, and the end result thus far is the fact that my life isn't hell today. I've found the key to open the lock of my self-imposed prison. I came in the rooms with the gift of desperation and I keep coming back because I have a life today, one I never imagined for myself. I try to live each day by the principles outlined in the steps. But, thank God it's a Just for Today program, because some days I still sit in that corner for "those of us who are sicker than others," and some of you know exactly what I mean by that.

Some of the same addicts who were here for me when I came through those doors are still here today. I wouldn't keep coming back if I didn't continue to get something out of it ~ I think that same way about others. For the newcomer ~ It's a process, and it reveals itself over time. Don't leave five minutes before the miracle. My HP still resides in the rooms and continues to speak through you. There's WE in every one of those steps for a reason. I can't do this alone—Freedom from active addiction is something I claim Just For Today —Each of you have helped me get there. I never HAVE to use again. Today it's a choice. Thank you for letting me share.

STEP ONE — Word Find

E	E	L	B	A	E	G	A	N	A	M	N	U	E
C	A	C	Q	H	U	M	I	L	I	T	Y	N	W
N	D	R	E	S	E	R	V	A	T	I	O	N	S
A	U	L	Y	R	E	V	O	C	E	R	I	U	S
T	G	B	I	S	E	D	I	M	G	D	N	O	E
P	O	W	E	R	L	E	S	S	N	E	S	S	N
E	Z	B	C	V	T	N	K	L	A	S	O	U	G
C	H	J	S	N	Y	I	K	Q	H	P	L	R	N
C	S	R	A	E	F	A	E	J	C	A	U	R	I
A	S	E	B	M	S	L	A	S	X	I	T	E	L
R	L	H	O	N	E	S	T	Y	W	R	I	N	L
C	O	M	P	U	L	S	I	O	N	C	O	D	I
W	A	D	D	I	C	T	I	O	N	R	N	E	W
E	T	S	U	R	T	S	P	O	N	S	O	R	E

- ACCEPTANCE
- ADDICTION
- CHANGE
- CLEAN
- COMPULSION
- DENIAL
- DESPAIR
- FEARS
- HELP
- HONESTY
- HUMILITY
- OBSESSION
- ONE
- POWERLESSNESS
- RECOVERY
- RESERVATIONS
- SOLUTION
- SPONSOR
- SURRENDER
- UNMANAGEABLE
- WILLINGNESS
- SECRET WORD