



Name the Newsletter

Clean & Crazy

Volume 1

June 2006

We need your help

This is a WE program, and this is a WE newsletter. So, WE the members of the newsletter subcommittee need YOUR help.

First and foremost, we need a name for the newsletter. You can write your suggestions on the black board at the meeting place, you can give your suggestion to any of the newsletter subcom-

mittee members when you see them at a meeting, or, you can have a reason to use that thousand pound phone and give one of us a call.

What's a newsletter without a catchy name? And, hey, we may even be able to come up with some sort of a prize for the winning submission. Who knows!

Also, we need your input regarding what you would like to see in the monthly newsletter—questions—topics-upcoming recovery-birthdays, events and celebrations, concerns you have ... Anything that you feel would benefit this newsletter ... have any poetry to share???? This is our newsletter and we can't have an us without u.

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Thoughts to Ponder

- Don't Use
- Go to meetings
- Don't Use between meetings
- Get a sponsor
- Use your sponsor
- Work the Steps
- Live the Steps
- Pray
- Meditate
- Be of service to others
- Be kind to yourself

Keep Coming Back

Jim J.

In August 1988 I first came into the rooms of the Clean and crazy group. It was by accident, as I thought my problem was with alcohol. I would come early to the AA meetings and on Mondays and Fridays an addict would come in at 6:30 PM to hold a Narcotics Anonymous meeting. Many times I saw him by himself reading the literature. I started talking to him and learning about NA.

As I listened, I learned there was more to my problem than just alcohol. I would use other drugs prior to the army getting stronger on their urinalysis, so I increased my alcohol use to compensate for the them. I also learned that thinking of alcohol differently would lead to a relapse. So, I came to the conclusion that thinking of other drugs differently would lead me to a relapse. **I feared a relapse would be my last and I would forever be in that spiral to hell.**

It is hard to remember all the different people that came and went through the doors. The ones I remember are the ones that stayed, and **together** we worked this thing called recovery.

Around 1990 there was some real growth in the rooms of the clean and crazy group of NA. While we use to meet in the ALANON room we were growing out of that room and started meeting in the Big Room.

We thought we needed another meeting and that Ft Rucker would be a good place. So we started a Thursday night book study at the Ft Rucker ADAPCP (now known as the ASAP). Attendance was small and we thought it might be the stigma at Ft Rucker so we got together with the Wiregrass Club and moved the meetings there. We also took a meeting to Enterprise at the Christian Mission.

As for NA conventions, we were attending **FUN IN THE SUN** the first weekend in May.

In September 1990 we had our first Area meeting. We learned that we needed by-laws, an Area name, and we needed to do to be recognized by the Region. So, we got together with the groups in Dothan, Ozark, and Troy and determined that all were interested in joining together and becoming an Area.

It took a couple months to get the by-laws approved by the groups. There was a great debate on the name. Wiregrass Area was discussed, but the majority thought it was too much affiliated with AA so that name was turned down. *(Continued on page 4)*



Get Involved



Never underestimate the power of one addict helping another.

Currently we have several trusted servant positions in need of filling and several positions which are currently being held by someone holding multiple positions. If you are interested in *any* service position, please come to Group Conscience, June 9.

- 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 Volunteer — Betty
- Newsletter Subcommittee members:
 - Abbey
 - Cheri
 - James
 - Jimmy
 - Teresa
 - YOUR NAME HERE

What’s important is not who does the job or what the job is called, but that the job gets done.

The home group provides many opportunities for us to involve ourselves in the NA Fellowship, making it a great place for us to start giving back what Narcotics Anonymous has so freely given us. ~ The Group Booklet, page 4

Member’s Voice

Do I really need a sponsor?



Let’s Communicate!

“Sponsorship can offer the help we so badly need but may be afraid to ask for when we first get clean. Getting clean and going to NA does not automatically mean our lives will become trouble-free while our problems fade quietly away. If it were that simple, the rooms

of NA could not contain the multitude of people who would be seeking recovery! The years we spent practicing self-destructive behavior and living in self-imposed prisons of fear, self-hatred, and hopelessness made many of us angry and distrustful. These old habits do

not just go away by magic. Recovery is often a painfully slow process. If we want to get better, we need to make an effort to be honest, open-minded and willing. Working with a sponsor can make it easier for us to learn this new way of life.” *Sponsorship book , page 11*

“We need help and want to reach out to another member. However, we often fear rejection and may experience overwhelming anxiety at the thought of approaching someone to be our sponsor. While in the grip of our disease, we had distorted

thinking and perceptions. Some of us believed we were invincible and powerful, while others avoided all contact with people. Now, as our minds start to clean and we awaken from our drug-induced haze, we feel vulnerable, exposed, and

helpless. During this fragile time in our recovery, we see that a sponsor may be able to help us deal with these feelings so that we do not have to run from them.” *Sponsorship book, page 2*



Area Inquirer

OPEN FORUM

- Dose of Hope stated that there are 3 facilities in the panhandle that are in need of hearing the message of Narcotics Anonymous
- There is a need for people to get involved with H&I.

CONTINUING BUSINESS

- Several regional positions were voted on.
- ⇒ David F.—treasurer—passed 7/0/1
- ⇒ Chuck V-Alt. Sec Failed 0/7/1
- ⇒ Brad D-Vice Chair passed 7/0/1
- ⇒ Lisa D-AD2nd passed 8/0/0
- ⇒ Heather M-Policy passed 6/0/2
- ⇒ Carol Y F-Fun/Sun Convention Chair passed 7/0/1

AREA NOMINATIONS

- ⇒ Julie A for H&I Chair—
RETURNED TO GROUPS

SCHEDULE NEXT ASC

- Clean and Crazy—Hosted by Backdoor Group—June 25 at 2:30 with subcommittees starting at noon.

UNFINISHED BUSINESS

- To refer all non grammatical changes to policy to groups—Failed 4/5/0 Chairman broke the tie
- Add new code to the meeting lists stating which meetings do not sign referral paper Passed 6/2/0

NEW BUSINESS

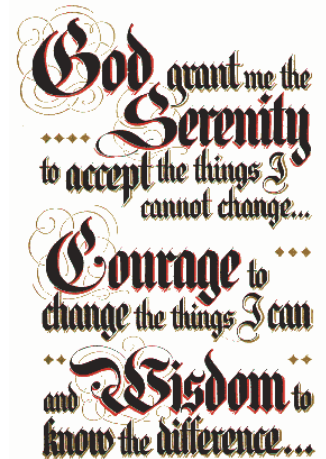
- To place in policy—page 14 #10 under convention committee that the regional convention AKA (Fun in the Sun) will be held the last

weekend of April or 1st of May. It will also be placed in convention policy page 3 under introduction first paragraph—Intent to establish a specific round about date to hold the regional convention.

- To change nomination sand/ or vote on for the convention chair in March rather than June due to the change of month of the convention.

ANNOUNCEMENTS

- June 2—Marvin speak at the Backdoor group in Troy 7 PM
- June 10—Area fellowship in NA Level Plains softball field 12—4 PM.
- June 25—RSC Birmingham
- June 25—ASC Level Plains
- June 28—John G—1 year Dose of Hope 8 PM
- June 30—Leslie speaks at the Getting' Better Group in Headland



Tradition 12.

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Anonymity?

“A dictionary definition of anonymity is “a state of bearing no name.” In keeping with Tradition Twelve, the “I” becomes “we.” The spiritual foundation becomes more important than any one group or individual. ~ *Basic Text, page 72.*



Narcotics Anonymous
World Services

What's Going On

Fun days of Fellowship in NA

The Place to be on Saturday June 10, 2006
At the Level Plains Softball Field
From 12:00PM until 4:00PM

For more information on this day of Fun & Fellowship, see posted flyer.

Question to World Services

Is it reasonable to expect Visitors at OPEN meetings to respect our anonymity, and should visitors share at a regular meeting?

If a meeting is an open meeting, then it is good to have a statement in the format to that effect so that members know that non-

members might be attending and they have no covenant whatever to honor another attendees anonymity. And, if it is a closed meeting then a member would have every right in the world to expect that their anonymity would be respected.

It is true that “open” meetings are open to anyone who wishes to attend so that they can see how NA works, and how our recovery meetings are conducted. However, only addicts should share at NA recovery meetings.



Have you signed the poster on the wall?

"If I ever have an epitaph on my headstone [...] it should read something like this: All we did was sow some seeds and worked and wrought to make this work, so that we and others could live – in Peace, in Freedom and in Love." – James P. Kinnon, (Jimmy K.) 1982

Clean and Crazy Group
Of Narcotics Anonymous
Dale County Rd 1
Wiregrass Club
Level Plains, AL



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)

- This month's Birthday celebration will be held on June 30th.

Saturday: 6:30 (closed)

- No papers will be signed.

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

Keep Coming Back (Continued from Page 1)

I didn't even get any discussion or a second on my suggestion of Jim's Area. LOL.

As the other Areas in the Region were using locations, we decided upon the name East LA (Lower Alabama) Area of Narcotics Anonymous. That name was taken back to the groups and voted on and approved. In Dec 1990 the area service representative went to the first Region and was recognized and we became a member of the Alabama/NW Florida Region of Narcotics Anonymous.

1990 saw having speakers at the Birthday meetings and having them recorded.

Business meetings dragged on as we looked for the best for the addict still suffering inside and outside the rooms—Of course we would have our after meeting coffee and eats at various restaurants—More people staying than leaving—Meetings getting larger and more and more people with good solid recovery—Not only were the steps being discussed, but also the Traditions.

With the formation of the area there was more for recovering addicts to do at the Clean and Crazy group. Working on different committees, forming activities, raising money to support the different functions. And the biggest thing, **I mean biggest thing, was that no addict was ever turned away.** Some came and left, which is the same today. The NA message was carried that no addict seeking recovery will be turned away and die.

In the small time I was an active member of the Clean And Crazy group I saw a lot of changes and most for the good of the group and the fellowship of NA.

We keep the First Tradition in that our recovery depends on the unification and the togetherness of NA. **For one addict helping another is without parallel.** My job moved me away in June 1993, but each time I returned to the group not only was I warmly received but the new comers were also.

The Steps — Word Find

F	R	D	N	E	V	E	S	F	R	J	
I	K	V	Y	J	K	J	M	K	N	C	Eight
V	Q	G	E	L	E	V	E	N	X	S	Eleven
E	S	N	O	I	T	I	D	A	R	T	Five
T	T	C	F	H	G	T	V	G	Q	E	Four
F	H	W	P	O	T	H	R	E	E	P	Nine
F	E	G	E	Y	U	M	N	N	B	S	One
P	N	E	I	L	L	R	E	L	T	M	Seven
T	I	N	L	E	V	T	X	S	O	Z	Six
V	N	O	N	D	Z	E	I	W	P	K	Steps
M	V	L	K	N	V	X	T	Z	V	W	Ten
											Three
											Traditions
											Twelve

Wiregrass Club News

The Wiregrass club meets the first Tuesday of each month at 7 PM. The next Wiregrass Club meeting will be June 6, 2006.

The Wiregrass Club is our landlord, and whether or not we hold meetings here is up to them. We should always re-

spect our meeting place, keeping it clean, safeguarding the property, and paying our dues.

Current dues for holding a meeting at the Wiregrass Club are \$5 for each meeting.

If you are chairing a meeting and hold a key to the club-

house, it is strongly suggested that you become a member of The Wiregrass Club.

Dues to become a member of the Wiregrass club are only \$10 to register and \$5 a month thereafter, which amounts to \$70 for the first year, and \$60 each consecutive year.