



Crazy Monthly News

Clean & Crazy Group

Volume 9
March 2007

From the Chair



March 1, 2007 will be a day many of us will remember for a while to come. I will remember it

as the day Mother Nature gnashed her terrible teeth and wrecked havoc in the form of a F3 category tornado ripping through the heart of my hometown.

In the aftermath, lifeless bodies were found, and a multitude of my neighbors were left homeless. I can't help but to question "Why?"

Some have said "Nothing happens in God's world by mistake." Others have said it is not for me to question. You can't make sense of the sense-

less." And, even others have said that to question is the only healthy response to such a situation.

My recovery depends on me not laying such negativity in the hands of my Higher Power. So, after a lot of searching, I have come to the following conclusions.

- ◆ Life on life's terms.
- ◆ Mother Nature isn't always kind.
- ◆ It is our Higher Power that will help us pick up the pieces of our shattered lives; it is not the power that shatters them.

My son and I went driving the other day and ended up

parked in front of what used to be our home on Camellia drive in Enterprise. The only thing left of our old home is a few walls.

After the initial shock, I felt thankful this was no longer my home, and yet what immediately followed were questions of the new tenants. Who are they? Where are they? What will they do? Who will help them?

That's the part my Higher Power has to play in this. My heart has been changed. Today I have the capacity to care about you and am willing to risk my vulnerability to allow you to care about me. My Higher Power speaks in whispers and today, maybe just for today, I am listening.

Keep Coming Back

Robert E.

You loved me when I didn't think very highly of myself.

I remember when I use to look in the mirror and not like what I saw. It hurt very much. At a young age I was told I was nothing and was probably going to end up in jail. When I got older, I found half of that to be true.

I did end up in a lot of jails. In fact, at the end of my using days I was in jail and that was when I said my first unconditional prayer. I remember looking out the window. The cell was full of people and the full moon was peeking through the bars. I said to my God "This is not a place for any person to be. Please help me."

After which I was able to go to sleep. That was the first

time I was able to do that in jail.

The next morning there were a multitude of people trying to get me out, and I hadn't even made the first phone call. But, now I know I did call someone, the God of my understanding.

They say that miracles come in many forms. Mine came in the form of blue lights and silver bracelets!

The next few days I tried to use drugs again, but something had changed. I couldn't use successfully.

I lost my job and my class A commercial driver's license, which I had worked very hard to get. And, I noticed that about every three or four years I would get my license back and work my way up to a good job, get ten foot tall and bullet

proof, and then would lose it all and ask the addict's most used question. Why?

At the time, it was always something or someone else that was the problem. My using was always justified good or bad in my mind. I got a job, or I didn't. I got a date with a girl, or she told me to get lost. Negative or positive—but, I was always right. This was my world. Who let you in it?

They say that miracles come in many forms. Mine came in the form of blue lights and silver bracelets!

When I was shoved in the rooms, I was greeted with unconditional love. I thought I knew what love was, but mostly I confused love with lust. You told me a lot of things. The one thing I kept hearing like a broken record

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A prayer by Saint Francis

Lord, make me an instrument of your peace. Where there is hatred—let me sow love Where there is injury—pardon Where there is doubt—faith Where there is despair—hope Where there is darkness—light Where there is sadness—joy Divine Master, grant that I may not so much seek To be consoled—as to console To be understood—as to understand, To be loved—as to love For it is in giving—that we receive, It is in pardoning, that we are pardoned, It is in dying—that we are born to eternal life



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was Keep Coming Back.

They told me in treatment to use the mirror as a tool. That helped me a lot with self-acceptance, self esteem, and the character defect of being dishonest. I also learned to love myself.

Rule number one for me today is I am number one. I have to take care of me before everything else. If I don't work my own program, I will lose everything, most importantly—ME.

All though my life I've wondered what my purpose was. I guess today it is trusting God, cleaning house, and helping others. You've given me a vision of hope, time and time again. You've showed me how to live in harmony with myself and others.

Since March 24, 1994 I've seen a lot of people come and go. Some people go back out and get locked up. Those are the fortunate ones, because they are still alive. Some get covered up. Those are the ones that are hard for me to understand. I feel a part me goes with them.

And, sometimes we stick around and clean up. If you are one of those. Please don't leave, and remember I really do love you, whether you like it or not.

**A Word
From Your
Sponsor
“FEELINGS
AREN'T
FACTS!”**

Get Involved

Our next Group Conscience is scheduled for Friday, **March 16**.

- Chairperson—*Homer*
- Secretary—*Lisa*
- **Alt. Secretary-OPEN**
- Treasurer—*Kenny*
- Alt. Treasurer—*Jimmy*
- GSR—*Cheri*
- Alternate GSR—*Jimmy*
- Housekeeping—This is our responsibility as a group.
- Phone-list—*Abbey*
- Cell phone—*out of commission*
- Activities—*Robert*
- **H&I - OPEN**
- Literature—*Jimmy*
- Newsletter—*Cheri*
- **P.I. — OPEN**

- P&P—*Maureen*

Get Involved in Your Recovery

~

DO SERVICE WORK!

SELF-CONQUERING THOUGHT PATTERNS

Recovery can seem very frightening at first when you are just starting to live it. In defense, your mind may go into "defeat mode". This will then leave you susceptible to the following self-conquering thought patterns:

All Or Nothing Thinking.

It's either a good or bad day. A single bad day decides who you are or are capable of. For example: "I lost my temper today, so I'm not going to get this recovery stuff."

Just remember that who you are isn't defined by how your day goes. As long as you are human, perfection isn't an option, so you will have some good days, and some bad days. Just roll with it, and don't let a few bad days shake your recovery.

Seeing Only Dark Clouds.

Failure lurks around every corner and comes to be expected. For instance, a single negative aspect, piece of criticism, or passing remark becomes a life-changing catastrophe. If you look for reasons to think of yourself as a failure, you will find them. You will begin to question everything you do and everything others

say, and soon you will find your faith completely gone.

Magnification Of Negative Events and Minimization Of Positive Ones.

Good things don't count as much as bad ones. For example: "I know I was able to get through the loss of a loved one without using, but then I got angry with my spouse, so maybe I'm not all that spiritual after all." As with number one, one negative action doesn't define who you are. It only makes you human.

Total Acceptance Of Feelings As Truth.

How you feel about yourself defines who you are. For example: "I feel worthless, so it must be true." Feelings are usually emotionally based and have no basis in fact. You can feel full of confidence or like a failure on any given day. Your recovery is not dependant on how you feel on a day-to-day basis.

Overemphasis On "Should" Statements.

"Should" statements are frequently perfectionist and reflective of others' standards instead of expressive of your own needs and desires.

Should" statements are normally used after the fact to reiterate to yourself what you did wrong and are designed only to break down your confidence. A friend of mine calls this "shoulding" on yourself.

Labeling.

Labeling is a simplistic procedure and normally expresses a sense of blame. For example: "I am a loser and it's all my fault." By sticking a label on yourself, you are telling everybody "This is who I am" so that they will think of you in the same way and, thus, re-enforce your low perception of yourself and steal your confidence. You should define yourself by your character, not a label.

Difficulty Accepting Compliments.

Justifying your own low self-esteem by rejecting the opposite opinions of others. Sometimes it's okay to accept a compliment with a simple "thank you" and go on.

Now that you are aware of what the self-defeating thought patterns are, avoid them at all costs because they will rob you of your desire to recover.

- Anonymous



AREA INQUIRER

This portion of our newsletter is updated according to the minutes received from the area secretary following the prior months ASC.

H&I Chair
Policy Chair

SUBCOMMITTEES:

ACTIVITIES

- ◆ \$354.71 proceeds from the area anniversary was returned to area.
- ◆ Topics for discussion included Raffles vs. Auctions, donation cans, and reaching out for help with events.
- ◆ Support is greatly needed for activities.

P.I. & Phone line

- ◆ We have had 9203 hits to the area website. (1798 hits during January and February)
- ◆ P.I. Chair is asking that area de-

velop a web-servant position.

- ◆ P.I. Chair will be leading up the telephone workshop held at the Clean and Crazy group on March 24, 2007.
- ◆ P.I. Chair also made note of his attention to step down from the trusted servant position during ASC.

ASC:

REPORTS:

- ◆ Motion to accept the Secretary report after amendments were made
- ◆ Amendments were as follows: RCM disagreed with the Decem-

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The WANA ASC meeting for the month of February was held at the Clean and Crazy group in Level Plains, AL on February 18, 2007.

Note: A word of THANKS goes out to all home-group members who were present at last months ASC meeting. Supporting each other is in the spirit of NA, and the spirit spoke loud and clear.

Vacant Positions at area are as

follows:

- Vice-Chair
- Alt. Secretary
- Alt. Treasurer

Ninth Concept

“All elements of our service structure have the responsibility to carefully consider all view points in their decision-making processes.”

“In Narcotics Anonymous, we are encouraged to respect that lone voice, to protect, it, even to seek it out, for without it our service decisions would undoubtedly suffer. Concept None also encourages us, individually, to frankly speak our minds in discussions of service issues, even when most other members think differently. Not this concept is not telling us to become perpetual nay-Sayers, objecting to anything agreed upon by the majority. It does say, however, that we are responsible to share our thoughts and our conscience with out fellow members, carefully explaining our position and listening with equal care to the positions of others.”

~ Twelve Concepts of Na Service, pg. 19—20

Tradition Nine

“NA as such, ought never be organized, but we may create service boards to committees directly responsible to those they service.”

“When the Ninth Tradition exhorts NA, as such, never to become organized, it is telling us that we ought not create a governing hierarchy, a top-down bureaucracy dictating to our groups and members. As we noted in the Second Tradition, our leaders are not governors but servants taking their directions from the collective conscience of those they service. Our primary purpose, not the personalities of our trusted servant is what defines NA, as such. To reinforce the anonymity of Tradition Nine, our groups, service boards, and committees practice various systems of rotating leadership so that no one personality ever dominates.

~ It Works How and Why, pg 193.

What’s Going On?

Date: March 24, 2007

Time: 2 PM—until

Clean and Crazy Telephone Workshop



Hamburgers and Hotdogs will be served.

**WORLD SERVICE BOARD OF TRUSTEES BULLETIN #2****INDIVIDUAL NA MEMBER USE OF NARCOTICS ANONYMOUS TRADEMARKS****Policy and guidelines for use of NA logos by individual members.**

This bulletin was developed to answer some questions raised by statements made in NA Intellectual Property Bulletin #1, *Internal Use of NA Intellectual Property*. NA groups, service boards, and committees are not mentioned in this bulletin as they are already granted permission to use the NA Trademarks in IP Bulletin #1. The NA Trademarks referred to in this bulletin are the following registered trademarks and service marks:

**Individual members for personal use**

Individual members who wish to reproduce any of the NA Trademarks in the design of jewelry, personal clothing, or on any other items for personal use must first receive permission from NA World Services (NAWS), the NA Fellowship's intellectual property trustee. NA World Services may grant permission if the individual member vouches to safeguard the NA Trademarks by agreeing to the following six conditions:

1. If the member has an artist create artwork using any of the NA Trademarks, the member must get a document releasing to either the NA member or NAWS the artist's rights to the artwork, including the original artwork.
2. The member endeavors to retain ownership of dies, cuts, or any similar item depicting any of the NA Trademarks used to develop the design of

the personal item.

3. The member agrees to use the artwork on a very limited number of identical pieces (generally no more than three) and not offer them for sale.
4. The member ensures that the capital letter "R" (®) is placed inside a small circle to the right of any NA Trademarks appearing in the artwork, showing that use of the trademark is protected by law.
5. The member fully complies with the Guidelines for Use of NA Trademarks described in IP Bulletin #1.
6. In the event there is any conflict relating to enforcement or interpretation of NA World Services intellectual property bulletins, the procedure outlined in Bulletin #5, *Conflict Resolution Within the NA Fellowship*, will govern.

After completion of the task for which the member requested permission, the member may elect to turn over the artwork to NAWS for safekeeping or disposal.

Individual member acting on behalf of an NA group or service board or committee

Individual members who are requested by an NA group, service board or committee to design and/or manufacture personal items which depict any of the NA Trademarks already have permission to use the fellowship marks by virtue of the guidelines for use by groups, committees or service boards as outlined in Intellectual Property Bulletin #1. The group, service board, or committee that the individual member is acting on behalf of must agree to safe-

guard the NA Trademarks by complying with the following six conditions:

1. If the member has an artist create artwork using any of the NA trademarks, the member must get a document releasing to the NA member, the commissioning NA group or service board or committee, or NA World Services the artist's rights to the artwork, including the original artwork.
2. The member endeavors to retain ownership of dies, cuts, or any similar item depicting any of the NA Trademarks used to develop the design of the personal item.
3. The member agrees not to use the artwork for anything outside of what the NA group, service board, or committee commission entailed. After the completion of the commission, the member turns the artwork over to the NA group, service board, or committee.
4. The member ensures that the capital letter "R" (®) is placed inside a small circle to the right of any NA Trademarks appearing in the artwork, showing that use of the trademark is protected by law.
5. The member fully complies with the trademark guidelines described in IP Bulletin #1.
6. In the event there is any conflict relating to enforcement or interpretation of NA World Services intellectual property bulletins, the procedure outlined in Bulletin #5, *Conflict Resolution Within the NA Fellowship*, will govern.

If the commissioning NA group, service board, or committee

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elects not to keep the original artwork, the member should turn over the artwork to NAWS for safekeeping or disposal.

This document is published by NA World Services in accordance with its duties as described in Article

V, Section 1:1 of the Fellowship Intellectual Property Trust Instrument and Article IV, Sections 4-7 of the Trust Operational Rules, approved by the Fellowship of Narcotics Anonymous as given voice by its groups through their regional service representatives at the World Service Conference on 27 April 1993, and revised by

the regional service representatives at the World Service Conference on 30 April 1997 and 27 April 1998. This bulletin is subject to revision at any time and supersedes any previous versions. For more information, contact NA World Services, PO Box 9999, Van Nuys CA 91409 USA, Tel: (818) 773-9999

What is your favorite or least favorite recovery quote and why?

"If you have one foot in the past and one foot in the future, then you are pissing on today." is my favorite recovery quote. It so easily sums up the way I lived my life in active addiction, and constantly reminds me of where my focus should be today, just for today—on the here and now. I'd rather piss on addiction today, not piss away my life. ~ Cheri T.

My least favorite recovery quote is "Fake it til ya make it." And the reason that is, is because we have lived a lifetime of falsifying what is right and wrong, and what is the truth. I spent my entire life trying to fake being acceptable to society. Guess what? It didn't work. I came into the program was told to fake it till I make it, and I found out that was more than I was willing to accept because I was willing to change.

Change comes from growth, endurance, tolerance, patience, time— most of all time. I feel that the people who are saying fake it til ya make are cutting themselves short. ~ Dale M.

"Happy, Joyous, and Free" is one of my least favorite NA quotes. The reason? I think it is misleading to the newcomer. When I got here, I mistakenly believed that "happy, joyous and free," was how my life would be upon completion of the steps. Don't laugh! I don't believe I am the only one. What a rude awakening to find out that life continues to happen, on life's terms, regardless of how long I've been clean, or how hard I work this program. Just because I learn to walk through life's mishaps clean, doesn't mean they don't occur. My life is NOT always happy, joy-

ous and free. I am not always happy, although I am happier. I do not always feel joyous, although I experience more joy today than before. And, I do not always feel free, although I am no longer a prisoner of my own mind. ~ Patti M.

K.I.S.S. (Keep It Simple Stupid)

Addiction is a complex of problems.

Spirituality is simple.

The simple truth is just that, simple.

In order for me to learn how to live in recovery, I had to keep it simple.

~ Joe

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ber minutes. He wanted groups to be informed that there was a room available for the RCM 2nd.

◆ At the January ASC the chairman asked questions during the RCM report regarding his accountability for area funds at regional meetings.

OPEN FORUM:

◆ Dale M. AD2nd discussed Youth IP information and pamphlets for parents with youth in recovery. You can obtain more info at www.na.org/conference/youth

◆ There was some concerns regarding the way in which the RCM accountability for funding was brought to the attention of ASC.

◆ There was lots of discussion on accountability for the RCM.

SCHEDULE NEXT ASC:

Next ASC will be held at the Clean and Crazy group on March 18, with subcommittees starting at 12:30 and ASC following at 2:30.

April's ASC meeting will be at the Getting' Better group on April 15th.

NOMINATIONS & ELECTIONS:

◆ John L. resigned as PI/Phone-line.

◆ Motion to allow John L. to continue in the capacity of web servant—passed 6/0/0

◆ Motion to nominate Anita for activities chair—passed 6/0/0/

BUDGETS:

◆ Motion submitted by the Drop of Faith group reads: RCM financial report to go to the Drop of Faith Group. Expenses need to be accounted for the last year. Intent: To show accountability for money given to the RCM from groups.

◆ Motion submitted by the Clean and Crazy groups reads: There should be no intermingling of area and regional funds for the attendance of RSC meetings (Area funds are to be used by area trusted servants only.) Intent: To allow for greater financial responsibility of area funds. Returned to Policy.

UNFINISHED BUSINESS:

◆ None at this time.

NEW BUSINESS:

◆ Motion reads: to allow the secretary to record ASC meetings. Intent: To assure accuracy—Returned to groups

◆ Motion reads: to put together an auditing committee to consist of the ASC Chairman, ASC vice-chair, ASC secretary, & two GSRs for the purpose of auditing the treasury by May ASC. Intent: To keep with policy. - Passed 6/0/0

ANNOUNCEMENTS:

◆ Clean and Crazy group will be holding a telephone workshop on March 24, starting at 2 pm and going until.

◆ Leslie will be celebrating 3 years of recovery at the Getting' Better group in Headland on March 28.

◆ Clean and Crazy birthday celebration will be on March 30, starting at 6:30.



One addict helping another

We are looking for fellow members to submit articles for publication. Listed below are some thought provoking questions to hopefully inspire you and stir up those creative juices. These are only suggestions. If you do not find anything that interest you, please feel free to come up with a topic of your own. We look forward to hearing from you soon!

- *What is your favorite spiritual principle and why?*
- *What does working the steps mean to you?*
- *How do you know it is God's will?*
- *How do you develop healthy intimate relationships?*
- *How does your gratitude speak?*
- *How do you continue to make amends? Are you ever finished making amends?*
- *Are there any other requirements for membership?*
- *Rigidity: How did you learn to lighten up?*
- *Why do you go to conventions, learning days, or other NA-related events?*
- *"Clean and Sober," a slip of the tongue or a violation of traditions?*

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)
 Saturday: 6:30 (S)
 Legend: (S=Smoking, NS=Non Smoking)

Step Six Word Search

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

ACCEPTANCE	ALTERNATIVES	ATTITUDES
AWARENESS	CHANGE	CHARACTER
DEFECTS	GOD	HUMILITY
PATTERNS	PRINCIPLES	PROCESS
READY	REMOVE	RESERVATIONS
SURRENDER	WILLINGNESS	

The opinions expressed herein are those of the individual contributors, and not the opinions of the Clean and Crazy group, or Narcotics Anonymous as a whole. The Handbook for Narcotics Anonymous states that: "The 12 Traditions of NA should serve as the basic guidelines for editing our newsletter ... the language of NA recovery should be used." All editorial decisions made by the newsletter subcommittee have been made with these guidelines in mind. We welcome any feedback in accordance with the Second Tradition. Please indicate if you would like that feedback published.