



HAPPY FIRST ANNIVERSARY

# A Gift Called Life

RECOVERY IN THE CAPITAL AREA

agclnewsletter@aol.com

NOVEMBER

NEW JERSEY

Issue No. 13

## One Addict's Experience with Step One

**"We admitted that we were powerless over our addiction that our lives had become unmanageable."**

AGCL: Jenny, What does Step One tell you that you are powerless over?

**Jenny:** *Over my addiction, other people action and how some things in life show up.*

AGCL: When did you start to apply the First Step into your life?

**Jenny:** *When I first read step one, I had to apply surrender in my life right then. Because I wanted to stop using drugs but I didn't know that I needed to surrender. Step one is the most powerful step in my life and there is no quotients, I just wrote about this step in my book the other day.*

AGCL: What, if any part of the First Step did you find to be a challenge?

**Jenny:** *That I was powerless over other people actions, and I'm not in control.*

AGCL: How do you use the spiritual Principles of Step One in all areas of your life?

**Jenny:** *I work for a control freak and I must remember that I am powerless over his actions, and I surrender to that. I'm also P.T.A. president of my son's school and a lot of women make those meetings and it gets out of control at times so I apply the principles I learned in NA in those meetings. I take step one and use it not just in the meeting but outside the meeting.*

AGCL: What spiritual principles did you learn in Step One?

*Surrender, Acceptance, Honesty, Open Mindedness*

AGCL: How did Step One help you realize that addiction is a mental, spiritual and physical disease?

**Jenny:** *Mentally, it help me be open minded because I was never open minded before until step one. Spiritually, it helps me be open back up to my high power. Physically, it helps me stay away from using drugs.*

AGCL: How did coming to terms with your powerlessness help you?

**Jenny:** *It helps me because I'm not using today and I have not use in two years and three months clean.*

AGCL: When going over Step One with your sponsor what did you learn that you would not have on your own?

**Jenny:** *That there are people out there just like me. I thought I was unique.*

AGCL: What did you have to get honest about in order to replace denial?

**Jenny:** *That I wasn't as great as I thought I was, I thought I was a good mother and still a good friend. When I first came in here I heard other people's stories and I didn't hit the bottom that they hit however, my bottom was mine. I wasn't as good a mother as I thought I was or a good daughter, step one help me get out of denial of this. I really thought that I was super woman I could do it all but I couldn't I just wanted the drugs and I couldn't see it.*

AGCL: How do you deal with

obsession and compulsion when it shows up in your recovery?

**Jenny:** *I do my best to live by the principles. To obsess over something for me is a waste of my time and good energy, so what I do is try to put my thoughts on to something positive like my son or doing something good.*

AGCL: How did Step One help you grow emotionally and spiritually?

**Jenny:** *How did it help me? I became stronger emotionally and spiritually from step one. I take it to my job and any where I go, I teach these principles to my son some of the words that I've learn in NA I would have never know. Even my son has become a better person from what I've learn in NA. I just can't say how much I've grown it will show in how I live.*

AGCL: Well Jenny, thanks for sharing with AGCL on Step One.

**Jenny:** *Thanks for letting me share.*

### Step One - Page 1 IWHW Step Working Guide

A "first" of anything is a beginning, and so it is with the steps: The First Step is the beginning of the recovery process. The healing starts here; we can't go any further until we've worked this step. Some NA members "feel" their way through the First Step by intuition; others choose to work Step One in a more systematic fashion. Our reasons for formally working Step One will vary from member to member. It may be that we're new to recovery, and we've just fought-and lost-an exhausting battle with drugs. It may be that we've been around awhile, abstinent from drugs, but we've discovered that our disease has become active in some other area of our lives, forcing us to face our powerlessness and the unmanageability of our lives once again. Not every act of growth is motivated by pain; it may just be time to cycle through the steps again thus beginning the next stage of our never-ending journey of recovery.



# A Gift Called Life

## One Addict's Experience with Tradition One

**"Our common welfare should come first; personal recovery depends on NA unity."**

AGCL: What is our common welfare?

Chris M: *Our common welfare in NA is trying to help the still sick and suffering addict, the new comers who come into the rooms who need our help. For me our common welfare is to reaching out and trying to keeping NA as whole going for those yet to come.*

AGCL: How does your personal recovery depend on NA Unity?

Chris M: *I can't do it alone, were many can concede in recovering together, I can't do it alone. If I don't have someone to lean on, to share my thoughts, emotions and everything that goes on in my life with I'll be stuck in a bad space. I need others in my recovery.*

AGCL: Why is it important that we have diversity?

Chris M: *Because if everyone were the same, me personally, I would get sick and tried of hearing the same stuff. Diversity keeps me interested in hearing other people stories on how they get though what they get though because everyone's recovery is different. What works for one person might not work for another, but with the diversity I have a lot to choose from. Without the diversity I feel a lot of us wouldn't be here.*

AGCL: Why is it important that you become committed to NA for your personal recovery?

Chris M: *I was committed to using, committed to going out working that nine to five job called getting high. Now that I'm in recovery I must be committed to my recovery, if I'm not committed to my recovery than*

*what am I really doing here. I have to be committed to my recovery first in my life because if I don't have my recovery I won't have a life, I'll have nothing.*

AGCL: This Tradition speaks about unity, how does unity work for you in regards to your recovery?

Chris M: *Sponsorship, coming to meeting, and me talking to other addicts who've been where I've been no matter who they are.*

AGCL: As an individual what do you do to practice this Tradition?

Chris M: *Well where I live at in New Egypt there are no meetings, I've been asked to bring a meeting to my area. There are a lot of addicts who need our help, so I'm going to start a meeting and be there for any addict who wants our help no matter who they are. I just help any addict who wants my help.*

AGCL: How can this tradition be broken inside or outside the rooms of NA?

Chris M: *When someone tries to separate others into groups, we don't need them people. Thinking that you're better than someone else, coming to meetings like it's a social gathering inside the meeting, not keeping the focus on our common welfare. When I come into a NA meeting it's for the message of recovery not to sit around eating and talking in a meeting. We can have fun together but we must remember why we come here.*

AGCL: Have you ever been in a situation were you got into altercation with someone in NA than had to help them?

Chris M: *Yes, I have and they have*

*went back out and I've welcome them back with open arms. I would never turn and addict away because of my stuff with them, I'll put whatever happened to the side and help that person. One time me and one of men I sponsor had difference and we fell out, but and addict who lives in a halfway house needed help and he called me and when he called I didn't hesitate to go and give my support, and we helped that addict together. Because others did it for me when I first got here. Some people helped me, and they were people that I had problems with.*

AGCL: Chris, That is Tradition one thanks for sharing with AGCL.

Chris M: *Thanks for letting me sharing.*

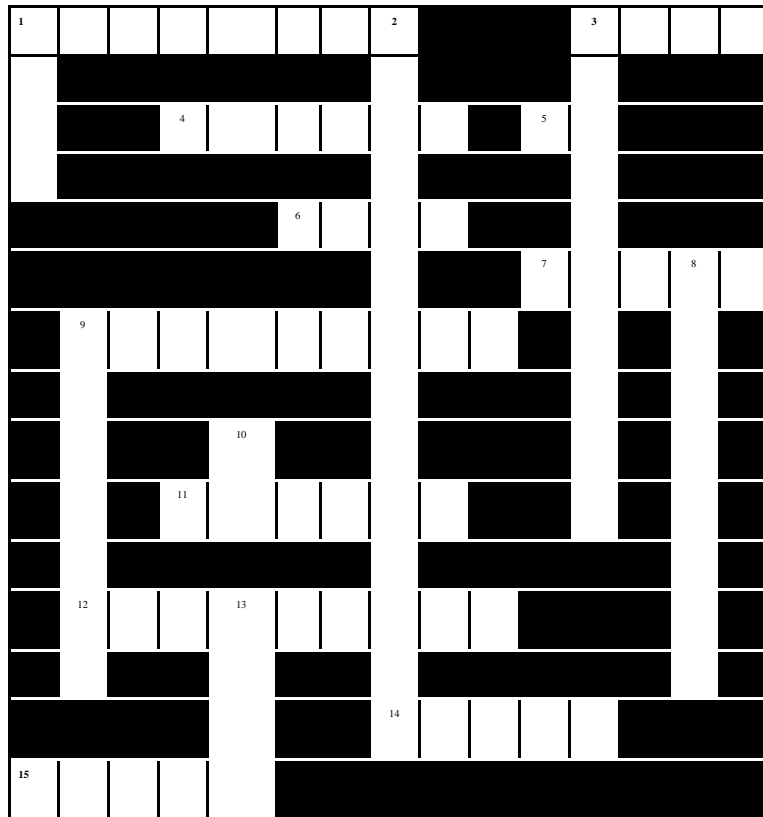
### Note: Tradition One Basic Text Pg. 59

Our First Tradition concerns unity and our common welfare. One of the most important things about our new way of life is being a part of a group of addicts seeking recovery. Our survival is directly related to the survival of the group and of the fellowship. To maintain unity within Narcotics Anonymous it is imperative that the group remain stable, or else the entire fellowship perishes and the individual dies.

It wasn't until we came to Narcotics Anonymous that recovery became possible. This program can do for us what we could not do for ourselves. We became part of a group and found that we could recover. We learned that those who did not continue to be an active part of the fellowship faced a rough road. The individual is precious to the group, and the group is precious to the individual. We never experienced the kind of attention and personal care that we found in the Program. We are accepted and loved for what we are, instead of "in spite" of what we are. No one can revoke our membership or make us do anything we do not choose to do. We follow this way of life by example rather than direction. We share our experience and learn from each other. In our addiction, we consistently placed our personal desires before anything else. In Narcotics Anonymous we found that what is best for the group is usually good for us.



# A Gift Called Life



### DOWN

- 1. Happy, Joyous, and \_\_\_\_\_.
- 2. Fully \_\_\_\_\_.
- 3. Freedom for the group springs from our \_\_\_\_\_.
- 8. We \_\_\_\_\_ these principles in all our affairs.
- 9. Our primary \_\_\_\_\_ is to carry the message.
- 10. \_\_\_\_\_ do recover.
- 13. A suggestion : \_\_\_\_\_ (when you talk to the God of your understanding).

### ACROSS

- 1. Searching and \_\_\_\_\_ moral inventory .
- 3. The \_\_\_\_\_ that bind us together.
- 4. We \_\_\_\_\_ ask Him to remove our shortcomings.
- 5. Narcotics Anonymous abbr.
- 6. We made a \_\_\_\_\_ of all the people we had harmed.
- 7. The Twelve \_\_\_\_\_.
- 9. A spiritual \_\_\_\_\_ (s.)
- 11. The only requirement
- 12. What we seek in # 11
- 14. God, \_\_\_\_\_ me the serenity
- 15. \_\_\_\_\_ the message.

## CAPITAL AREA SERVICE SUB-COMMITTEES

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**Be a part of the NA Help-line!**

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**We are in need of support and trusted servants**

**WEB-SITE**  
 Cat D. 609 637-0016  
[www.capitalareaofna.org](http://www.capitalareaofna.org)

**H & I - IS IN DESPERATE NEED OF SUPPORT**  
**They meet every 3rd Sunday at the Ewing Township Police Station at 6:00 pm.**  
 For more information call the H & I Chairperson listed above

# A Gift Called Life



## WE CELEBRATE CLEAN TIME!

### MIRACLES IN OCTOBER

Dave B.	10-01-07 (9-01-07)	30 days
Craig	10-20-06	1 yr.
Alan G.	10-21-04	3 yrs.
Shakur B.	10-22-88	19 yrs.
Todd O.	10-23-06	1 yr.

### MIRACLES IN NOVEMBER

Paul D.	11-13-07 (9-13-07)	60 days
Fallon B.	11-21-07 (5-21-07)	6 mos.
Matthew B.	11-09-05	2 yrs.
Stacy T	11-10-05	5 yrs.
Geni L.	11-13-93	14 yrs.
Jason M.	11-14-06	1 yr.
Shelly R.	11-14-07 (5-14-07)	6 mos.
Ed. D.	11-16-07 (5-16-07)	6 mos.
Leslie S.	11-17-04	3 yrs.
Charlotte M.	11-19-89	18 yrs.
Ralph W.	11-24-85	22 yrs.
Vincent W.	11-24-02	2 yrs.
Matt B.	11-28-06	1 yr.

### MIRACLES IN DECEMBER

Renee R.	12-01-07 (03-01-07)	9 mos.
Step	12-12-86	21 yrs.
Raymond W.	12-28-05	2 yrs

OUTREACH  
GROUPS IN NEED OF SUPPORT  
PLEASE SUPPORT THESE GROUPS WITH YOUR ATTENDANCE  
WHEN GROUPS FOLD ADDICTS DIE

Sign of the Time - Mini Police Station, Stuyvesant & Hoffman Aves, (Trenton) Mon. Wed. Fri. 6:00 pm - 7:30 pm (St. IWHW)

How are you Living - Shiloh Baptist Church Lower Auditorium (Trenton) Calhoun & Belvidere Sts. Sat. 7 pm - 8:30 pm (OSD)

Early Morning Recovery - Bethany Presbyterian Church (Trenton) Hamilton & Chestnut Aves. Tues. 8:30 am - 10:30 am (BT/OD)

Fresh Start - First Presbyterian Church 100 Scotch Road - Ewing Tues. 8:00 pm - 9:30 pm (OSD, Hrl)

The Only Requirement - Bethany Presbyterian Church (Trenton) Hamilton & Chestnut Aves. Wed.. 8:00 pm - 9:30 pm (TDOS)

Hightstown Group - First Presbyterian Church Main St. (Hightstown) 8:00 pm - 9:15 pm (L,D)

New Direction - Bethany Presbyterian Church (Trenton) Hamilton & Chestnut Aves. Thurs. 9:00 pm - 10:30 pm (OSD)

Our Message is Hope/Our Promise is Freedom (Ewing) Local 175 Union Hall, 42 Artic Parkway 7:00 pm - 8:30 (St/D/IWHW) IS NOW A NO Smoking Meeting

Stop & Surrender - 1 Kingsbury Sq. East Tower Sat. & Wed. 11:30 am - 1:00 pm IS IN DESPERATE NEED OF TRUSTED SERVANTS

Drug Free Group of NA - 24 Club of Princeton Rt. 206 and Rt. 518 Entrance in rear Next to Good Year. 7:30-9:00

\*\*\*\*\*NEW MEETING LOCATION\*\*\*\*\*  
Just for Today - Turning Point Methodist Church 15 S. Broad Street 8:00-9:00 pm

## CAPITAL AREA EVENTS

<u>Date</u> <u>Time</u>	<u>Event/Place</u>	
11/17/07	SPEAKER JAM III & BOWLING PARTY 601 N. Clinton Avenue	Speaker Jam 2-9 pm Bowling 9:30 -?
11/23/07	Work your Turkey Off Dance Hamilton/Chestnut	9pm- ?
12/28/07	Denims and Boots Dance Hamilton/Chestnut	9pm-?

Please make an effort to attend the functions put on in the area. When you support an event you help support the Capital Area and help to promote unity. Thank You

### Serenity Prayer

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the



### Third Step Prayer

God, take my will and my life., Guide me in my recovery. Show me how to live.

ACROSS  
DOWN  
1. Fearless  
2. Self supporting  
3. Res.  
4. Humblly  
5. NA  
6. list  
7. steps  
8. practice  
9. purpose  
10. we  
11. principle  
12. stop using  
13. pray  
14. grant  
15. carry

If you would like to join the Capital Area Literature Committee you may see any member of the committee. The CALRC meets at 9:30 am every 2nd and 4th Saturday of the month at Friendship Baptist Church on the corner of Broad and Perry Streets. (In the Basement). Naadira M.-Chairperson (267)456-3151, Sherman R.. - Vice Chairperson (609)668-7077, Jennifer A. - Treasurer (609)977-6444, Robin F. - Secretary (609)-392-1519. You can submit your stories, poems or anniversary dates via email at : agclnewsletter@aol.com . All submissions should be received by the first Monday of each month. Receipt by this date does not guarantee that your submission will be in the next issue BUT IT WILL APPEAR IN THE NEWSLETTER upon approval of the committee. So look for it future issues of AGCL. ALL SUBMISSIONS MUST BE NA (RECOVERY) RELATED. OUR TENTH TRADITION STATES THAT NA HAS NO OPINION ON OUTSIDE ISSUES HENCE THE NA NAME OUGHT NEVER BE DRAWN INTO PUBLIC CONTROVERSY. THANK YOU FOR YOUR CONTINUED SUPPORT.....In Loving Service The Capital Area Literature Review Committee



# A Gift Called Life



## Newcomer Experiences in Recovery Past and Present



### Elaine

I remember being a newcomer. Arriving frightened, confused and questionable. I was just like you wondering would this program work for me. After some time, I knew that the NA program would help me recover from drugs.

I could not imagine that attending 90 meetings in 90 days would actually work.

Depressed and desperate I kept coming back to NA. Willing to give it a try. As an addict I had tried outpatient rehab, churches (EVERYTHING); nothing seemed to work!

It was not until I completed 90 meetings in 90 days and started to truly listen that NA became a part of my life. Don't get me wrong. I was not successful in my first attempt coming to NA. Either I was not willing or was not giving the program a chance. The program began to work when I started to stay clean.

I began **listening** to suggestions from other recovering addicts. They were wonderful, they kept me coming back and helped me to stay clean. I learned about my disease; that it can happen to anyone. I was not exempt from what had happened in my life. I listened to people share. I was hearing my story and was amazed that I was not the only one that had done some things wrong through my addiction.

During recovery, I started to trust in a **High Power** and **found a sponsor**. I attended meetings. I came Early and stayed late. I collected and read as much **NA literature** as I could. I **worked the steps** with the help of a sponsor. I **learned to listen and listened to learn**. I will be celebrating 12 years of recovery on November 16 and it has been wonderful. No doubt I have had some hard times, but living through them clean is a blessing from my Higher Power.

I suggest to the newcomer to attend meetings, listen with an open heart and mind, ask questions, get a sponsor and use him or her. Get and use phone numbers and focus on staying One Day at a Time. It worked for me.

My name is Elaine and I am and addict.

### Shelly R.

*Why are you here?*

To stay clean and find a new way of living.

*How long have you been clean?*

On the 14<sup>th</sup> of November I'll have 6 months clean.

*Do you have a sponsor?*

Yeah

*Do you have a home group?*

Yes, I have 2 home groups. I just joined one today.

*How do you feel about being in service?*

It feels good trying to give back, it feels good, I get self gratitude. I give because I want to be given to. I know I'm going to need help myself.

*Do you have any struggles that you deal with in recovery?*

Yeah everyday issues like wanting things right now as far as economics. But I know that it soon shall pass, everything takes time. I know that I have to put my footwork in to get it done. I know that it requires work on my behalf, to make things happen a lot of times.

*What are you doing to get where you want to be?*

Right now I'm in college studying my liberal arts degree, I plan to go to a four year college to study psychology. So I can understand my mind, and the minds of others.

*Are you currently doing any step work?*

Yes, I'm on my 2nd step. I have gone over it with my sponsor.

*What would you say to a newcomer who is just coming into a meeting struggling?*

To stick and stay, It gets greater later.

*Have you had any situations since you been here that you would have used over in the past?*

Well I used for everything before, if you looked at me wrong I wanted to use. The difference today is that I don't want to use today. Nothing and nobody is worth using over.

*What about the suggestion, Avoid people, places and things?*

For sure, I actually was applying that before I stopped using. I was the point where I was getting high by myself. I hated everybody. I still live with my aunt who is an alcoholic and weed head. I rent her third floor. Even though I'm with in the same house I just stay in my room, I keep my distance even though I have to deal with it. I just thank God that I'm able to face it. I pray to move from that surrounding but it's not that always that easy but I'm not using because of it.

*Do you make a lot of meetings, and how do they help you?*


Oh yeah I make a meeting everyday. The meetings help me stay away from drugs and also help me to get in touch with myself, and helps me take a look at me which used to make me use. Now it helps me feel better about myself. I also learned that I don't have to use because of imperfections in my life.



## Recovering from the Wreckage of my Past

My first introduction to NA was around 1987. After a continuous struggle with drug addiction, and numerous attempts to get clean, I employed a temporary solution to my problem again, methadone. This was not the first time that I had been on the program; I had been stipulated to make regular NA meetings. Reluctantly, I made meetings according to the requirements of my treatment plan. My counselor's name was Alice; she was the first person that God put in my life to help me to overcome my fears of getting clean. I didn't understand at that time, that addiction involved more than the use of drugs, but my sessions with her were beginning to help me see the depth of my pain. There was something within me that always cried out for failure. The fear of change coupled with the lack of courage to do something different, continued to run my life. At this time in my life, the seed of recovery was being planted, but the destructive force of addiction continued to take me down. The struggle to continue to use would now begin to take me to the jails and institutions that we talk about in Narcotics Anonymous. From 1989 to 1991, I began to get locked up for a number of different criminal charges, six all total, that would prove to be detrimental for me. Not knowing the severity of my actions, I was eventually taken to prison, for the first time in my life. At the time of the incidents, I was not aware of what the consequences would later be for me. We say in NA, 'that if the drugs don't get you the lifestyle will.' If you don't believe it, ask someone who has been there, and they will share their experience, strength and hope with you. Being in recovery, has taught me the value of living a good life. In spite of my past, I have persevered through one challenge after another. Not because I've believed so much in my own strength, but because of a loving God spoken about in the second step. The second step says that, "We came to believe that a power greater than ourselves, could restore us to sanity." This step talks about a power that can be felt in our meetings, from one addict helping another. The words of the program, found in our literature, have the ability to change our lives and speak to our spirits a message of hope, to all addicts seeking recovery. With an open mind, NA can change anyone's life and give restoration to our fractured personalities. I believed in God and the program, and my life continued to get better. Just recently, I am facing life's circumstances once again. Since 9/11, this country has implemented background checks and drug testing as a requirement for employment. Being let go of a job in April, I have gone through a number of job interviews and been told that because of my background, I am not qualified for employment in some places. One of the jobs, that I applied for, did not just tell me no, but asked me to get dispositions on all my charges. I have had to get in touch with each county, and find out the status of these charges. In my investigation, I found out that I had a warrant in one county, and an unpaid fine. I had to pay the fine and start a payment process for the warrant. Step 9 says, "For many of us the wreckage of our past includes such relatively minor things as outstanding arrest warrants for traffic violations, while others have committed crimes entailing very serious consequences." "With the help of our sponsor and the God of our understanding, we are willing to do whatever it takes to maintain our recovery." In step 12 it says, "The lessons we learn in our recovery are sometimes bitter and painful. By helping others we find the reward of self respect, as we are able to share these lessons with other members of Narcotics Anonymous." Sharing in a meeting helps us to get through the worst of times. Other addicts need to hear our experiences to know that no matter what, a grateful addict will not use. Step 12 also says, "God helps us as we help others." This I truly believe and will stand on that belief.

Thanks for letting me share.  
Dawn E.



### SPOTLIGHTS

## KEEPING IT SIMPLE

**Simplicity is the key to freedom. The path is already set all I have to do is follow it. Simple direction.**

**Kevin A.**

Keeping it simple is just using common sense, following suggestions and continuous prayer. Stay focusing on me. Complete complication and chaos through wanting to control it.

**Rick C.**

Simplicity for this hard headed addict is letting go and letting God! Not having figure out everything, not having to have all the answers, not having to be all things to all people and lastly keep it simple means for me to give myself a break.

**Dave B.**

I remember on a daily basis that God is in control and that my steps are in order through him. Being honest with myself and allowing others to assist me in my recovery

**Jan S.**

I pray to God Consistently.

**Shelly R.**

Count your blessings not your troubles.

**Linda B.**

Just for Today I will take a risk in a positive direction.

**Tim B.**

Be grateful not stupid!

**Alan G.**

I let go of my will and life and try to practice the NA suggestions and this new way of life.

**No name given**

Work the steps, make meetings & try to stay out of my way.

**Lavon**

Today I seek solutions by using my network so I can get a better perspective on my life which simplifies my process day to day.

**Patrick F.**

Keep it simple to me means I don't have to fit it all the time. It means God's will be done. I keep it simple staying with that Good Godly spirit.

**Farid**

If it ain't spiritual don't do it.

**Darryl N.**

I avoid people, places and things. If I avoid these three things I can't get high.

**Jenn L.**

To Keep it Simple for me is another day clean.

**Robin F.**

Keeping it simple just remembering the year I've done in prison and my motive of my bad choice. In, it's all change & attitude then drug addiction.

**Raymond W.**

I pray and try my best to keep God first and practice principles before personalities.

**No name given**

**Please Note:** Due to space restriction you may not see your spotlight at the time of submission but we intend to print them ALL. So look for it in future issues of A GIFT CALLED LIFE. Thank you for your continued support. THE CAPITAL AREA LRC.





# A Gift Called Life

## My Gratitude Speaks...

Just for today i now can see  
what my life was meant to and soon will be

no more drugs and no more pain  
I see my life is going to change

no longer hiding what i don't want to feel  
I see everything clearly and will learn to deal

I have a place to live and money for the rent  
I'm still struggling but it beats sleeping on a  
bench

I work hard but sometimes I am still broke  
but to myself and my family I am no longer a  
joke

I strive to be the woman that's been hiding deep  
inside  
and everyday there's someone that tries to hurt  
my pride

it only makes me work harder day by day  
I don't care who doubts me because I know that  
I'll be ok

I grew up too fast, and survived the worst  
I know God wants me here, its too soon to be in  
a hearse

my body mind and spirit is growing.. and my  
emotions seem real  
and now i see drugs aren't the answer to every  
bad thing I feel

my mommy is now proud and can sleep at night  
because she sees her little girl can fight

the disease of addiction that some don't survive  
but I am still here and very grateful i am alive

so just for today I am proud to say  
I will not use drugs, and I will be ok  
and to the ones that still suffer may they find the  
way

Dana M.

### FREEDOM IS A BLESSING

Freedom to be free  
Is a blessing from my Higher Power  
To gain acceptance with me  
Is as refreshing as a spring showers  
Once was blind now I can see  
How showers can bring beautiful flow-  
ers

And only you hold the key  
Accepting that only you have the power  
Now I am looking unto thee  
And the higher the tower  
The better view to see  
How freedom is a blessing from my  
Higher Power

Robin F.

### A LITTLE RECOVERY HUMOR

Taken from  
Last House on the Block





# A Gift Called Life



HEAR YE! HEAR YE! CALLING FOR SERVICE  
ALL CAPITAL AREA NA MEMBERS!!!!!!

## ADDICTS EXPERIENCE WITH SERVICE

### FUND RAISING CHAIRPERSON

Hi my name is Kim and I am an addict.

It is an honor and a privilege to participate and be of service on the capital area convention committee. I am a trusted servant of the fund-raising sub-committee. As chairperson my responsibilities are to raise money for the 2009 convention by giving speaker jams, dances etc. I first created an agenda for the year. Once that was done a sub-committee was formed. We meet once a month on the first Friday. We come up with new ideas and plans for our function. All are welcome to be a part of our sub-committee. We are also responsible for entertainment at the convention. The convention is a beautiful event which brings all types of people from other areas together to fellowship. This is my way of giving back what was so freely given to me.

Thanks for letting me share.

Kim H.

### “ATTENTION”

FYI

#### Capital Area of Narcotics Anonymous Members

If you are interested in what’s going with any committee or sub-committee in the area, their meetings are open and you can attend the meetings. If you have a home group, Attend your home groups business meetings. The Groups GSR has the written report from the previous Area Service Meeting which contains written reports from all committees.

Check the Area Meetings list for Days and Times of those meetings. However, all committee meetings are not listed in the meeting list. The are committee and sub-committee members listed on Page 7 of AGCL you may contact one of the members for day and time of the meetings if it is not listed on the meeting list.

## I’m Your Disease

borrowed from Linn-Benton-Lincoln Area newsletter

I hate meetings. I hate HIGHER POWER. I hate anyone who has a program. To all who come in contact with me, I wish you death and I wish you suffering.

Allow me to introduce myself. I am the Disease of addiction. Cunning, Baffling, Patient, and Powerful, that’s me. I have killed millions, and I am pleased. I love to catch you with the element of surprise. I love pretending I am your friend and lover. I have given you comfort, have I not? Wasn’t I there when you were lonely? When you wanted to die, didn’t you call me? I was there. I love to make you hurt. I love to make you cry. You can’t feel anything at all. This is true glory. I will give you instant gratification and all I ask of you is long-term suffering. I’ve been there for you always. When things were going right in your life, you invited me. You said you didn’t deserve these good things; I was the only one who would agree with you. Together we were able to destroy all things good in your life.

People don’t take me seriously. They take strokes seriously, heart attacks seriously, even diabetes seriously. Fools that they are, they don’t know that without my help these things would not be made possible.

I am such a hated disease, and I do not come uninvited. You choose to have me. So many have chosen me over reality and peace. More than you hate me; I hate all of you who have a twelve step program. Your program, your meetings, your Higher Power all weaken me and I can’t function in the manner I am accustomed to.

Now I must lie here quietly. You don’t see me, but I am growing bigger than ever. When you only exist, I may live. When you live, I only exist.

But I am here....and until we meet again, if we meet again, I wish you death and suffering.