



# A Gift Called Life

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"Where Addicts in the Capital Area and abroad share their experience, strength and hope"

DECEMBER 2007

CAPITAL AREA of NEW JERSEY

Issue No. 14

## One Addict's Experience with Step Two

By: Sheree P. (Trenton)

**"We came to believe that a power greater than ourselves could restore us to sanity."**

### AGCL: Sheree, what is your understanding of Step Two?

**Sheree P:** *My understanding of step two is believing that a power greater than myself can restore me to sanity. In my process I've been going through a lot of things and I never knew that a power greater than me could restore me to sanity, but through my step work in the second step I found out that I could be restore. Through my step work I started seeing the evidence. I was confuse and baffled a power grater than me started restoring me. Step two is a beautiful step for me!*

### AGCL: When in your recovery did you realize that you needed the help of a power greater than yourself?

**Sheree P:** *I'd say in my first year, because the first year of recovery was edgy. I had started embarking lot of different experiences, so I say my first year.*

### AGCL: Was it difficult to admit and accept the need for you to be restored back to sanity by a power greater than yourself?

**Sheree P:** *No not for me.*

### AGCL: Did you have trouble finding a power greater than yourself?

**Sheree P:** *No, no I didn't have trouble finding a power greater than myself because before recovery I knew of a power greater than me, but I wasn't sure of the power.*

### AGCL: Who or what was your higher power when you first came to NA? Is that still the case at this point in your recovery?

**Sheree P:** *The Group! It's not the case now, the group is the most power vehicle but the God of my understanding is a power greater*

*than me that is who I talk to and also who I pray to that is who I deal on a daily basis. When people can't help me or fill the emptiness God can.*

### AGCL: What spiritual principles did you get out of Step Two?

**Sheree P:** *Sanity, peace, love, humbleness, acceptance and freedom.*

### AGCL: The second step talks about the void addicts need to fill. How can you identify with the void?

**Sheree P:** *I have found out from my experience that any time I try to put insane stuff in that Spiritual void the more my spirit get clutter and confused. What I started doing is living this step. Working more with my sponsor and getting to learn, know and understand my high power. I stop putting outside stuff in that void and started putting spiritual thing there.*

### AGCL: Do I have to have a god to live this step?

**Sheree P:** *I don't believe it's necessary, I believe that you just have to believe in a power greater than yourself and a power greater can be the group, your sponsor or the spiritual principles in the first step can be a power greater than you.*

### AGCL: What is sanity to you?

**Sheree P:** *A sound peace of mind, a sound spirit.*

**AGCL:** *Right now, after just leaving a meeting, do you think that you've been restored to sanity?*

**Sheree P:** *Yes, because when I'm going through stuff no matter what it is. I go in the meetings and talk about it. No matter how bad it may sound, no matter what I think people think I'll go in the meeting and expose it. I do believe in the fact that the disease dies in the light of exposure. That it itself restores me to sanity. I have always been the type of person to*

*stuff things, and kept things hidden in myself. I really never had the chance to embark on expressing myself it was only coming in this fellowship and getting with a second step that I was able to free myself. So when I run things across people that I am thinking about or going through when I do my step work its freedom in that for me, that's where the restoration comes in at.*

**AGCL:** *What would you say to a newcomer or someone who hasn't done a second step?*

**Sheree P:** *You can't do a second step until you've done a first step, and I suggest that when your going through the step process. That you do them with someone who is working and living the twelve steps.*

**AGCL:** *Well, Sheree thank you for sharing you're your experience strength and hope with step Two.*

**Sheree P:** *Thanks for letting me share.*

### Step Two - Page 11 IWHW Step Working Guide

Step One strips us of our illusions about addiction; Step Two gives us hope for recovery. The Second Step tells us that what we found out about our addiction in the First Step is not the end of the story. The pain and insanity with which we have been living are unnecessary, says Step Two. They can be relieved and, in time, we will learn to live without them through working the Twelve Steps of Narcotics Anonymous.

The Second Step fills the void we feel when we've finished Step One. As we approach Step Two, we begin to consider that maybe, just maybe, there's a Power greater than ourselves—a Power capable of healing our hurt, calming our confusion, and restoring our sanity.

When we were new in the program, many of us were puzzled by this step's implication that we had been insane. From acknowledging our powerlessness to admitting our "insanity" seemed an awfully large leap. However, after being around the program for a while, we began to understand what this step was really about. We read the Basic Text and found that our insanity was defined there as "repeating the same mistakes and expecting different results." We could certainly relate to *that!* After all, how many times had we tried to get away with something we had *never* gotten away with before, each time telling ourselves, "It will be different this time." Now, that's insane! As we live the principles of this step for many years, we discover how deep our insanity actually runs; we often find that the Basic Text definition just scratches the surface.



# A Gift Called Life

## One Addict's Experience with Tradition Two

Dwayne T. (Newark, NJ)

### What is the concern of the Second Tradition?

That we allow a loving Higher Power to guide our group conscience.

### What is the purpose of the group?

To serve so the message of NA can be carried. In the second tradition we invite God into our group conscience to keep the "mess" from being carried. When we consult a loving higher power regularly, our collective consciences together guides us in service.

### Why is group conscience so vital to the membership?

It is vital because addicts themselves are not capable of making correct decisions constantly. A group conscience allows us to make decisions collectively. The success of the group depends on our willingness as individuals to seek guidance from a higher power.

### What is a trusted servant?

Trusted servants are members who serve NA they make decisions through a collective conscience that are best for group purpose and ultimately for the fellowship as a whole.

### Have you ever had an experience where you're opinions have interfered with your group conscience? What happened?

**"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.."**

I disagreed with a policy and was so upset that I didn't allow myself to be a part of the conscience of the group. I exempted myself and did not vote when I should have.

### Have you ever been in service and found yourself governing instead of serving? What were the consequences?

Yes. I usually serve on our area's convention security sub-committee. Even though I was not the chairperson, last year I found myself trying to give more direction and being closed to receiving direction. Since I had the commitment previously, I thought knew everything. I ended up feeling insignificant. I began feeling like I was on the outside looking in because the other members in service knew I was running on my own "s\*! #."

### Did you ever surrender to self-will? What were the circumstances?

When I realized that I wasn't actually getting anywhere on the commitment stated previously. I actually had to re-examine why I was there and who was in charge and I made a decision to practice my 1st step and re commit myself to the commitment. As a result, I began to feel a part of again instead of apart from.

### What spiritual principles are involved with tradition two?

Faith to know that we are in our higher power's care. Open-mindedness to listen to others because my higher power speaks through others.

Integrity, showing up being dependable and standing by my word, and anonymity, everyone is equally important in making decisions in the group.

### How does having a tradition two help you in life outside of NA?

On my job it helps me to be a team player at employee meetings, to listen to views and concerns of others, and to not only think about my own well being but for the well being of the other employees and the company as a whole.

### It says in the IWHW that group conscience is not fixed and in flexible can you explain that?

The diverse input of group members allows a group conscience to "bend" & "move" to the needs of the group & fellowship.

#### Note: Tradition Two Basic Text Pg. 61

In Narcotics Anonymous, we rely on a loving God as He expresses Himself in our group conscience, rather than on personal opinion or ego. In working the steps, we learn to depend on a Power greater than ourselves, and utilize it for our group purposes. We must be constantly on guard that our decisions are truly an expression of God's will. There is often a vast difference between group conscience and group opinion, as dictated by powerful personalities or popularity. Some of our most painful growing experiences have come as a result of decisions made in the name of "group conscience". True spiritual principles are never in conflict; they complement each other. The spiritual conscience of a group will never contradict any of our Traditions. The Second Tradition concerns the nature of leadership in N.A. We have learned that for our fellowship, leadership by example and by selfless service works and that direction and manipulation fail. We choose not to have presidents, masters, or directors. Instead we have secretaries, treasurers and representatives. These titles imply service rather than control. Our experience shows that if a group becomes an extension of the personality of a leader or a certain member, it loses its effectiveness. An atmosphere of recovery in our groups is one of our most valued assets, and we must guard it carefully lest we lose it to politics and personalities.



# A Gift Called Life

### Answers found in Recovery and Relapse

- 1. \_\_\_\_\_ as experienced through our \_\_\_\_\_ is our goal, not mere \_\_\_\_\_.
- 2. A \_\_\_\_\_ if we \_\_\_\_\_ it, may provide the charge for the \_\_\_\_\_.
- 3. An \_\_\_\_\_ who by any means can \_\_\_\_\_, even for a time, the \_\_\_\_\_ or \_\_\_\_\_ to use, and has \_\_\_\_\_ over \_\_\_\_\_ thinking and \_\_\_\_\_ action, have reached a turning point that may be the \_\_\_\_\_ factor in his \_\_\_\_\_.

### Answers found in Am I an Addict

- 4. There is nothing \_\_\_\_\_ about being an \_\_\_\_\_ once "you" begin to take \_\_\_\_\_.
- 5. The different \_\_\_\_\_ we used were not as \_\_\_\_\_ as \_\_\_\_\_ and what they did to us.

### Answer pg 130 Tradition One IWHW

- 6. \_\_\_\_\_ and \_\_\_\_\_ open the door to unity.      7. \_\_\_\_\_ is another \_\_\_\_\_ ingredient in unity.

### Pg 23 Step 2 IWHW

- 8. \_\_\_\_\_ and \_\_\_\_\_ makes us \_\_\_\_\_.

### Pg 25 Step 2 IWHW

- 9. \_\_\_\_\_ often means that we don't \_\_\_\_\_ on our \_\_\_\_\_.

## CAPITAL AREA SERVICE SUB-COMMITTEES

<p align="center"><b>CAPITAL AREA CONVENTION COMMITTEE</b></p> <p>Beverly Q. Chair.      Carmen P. V. Chair (609) 558-8084      (609) 516-5515</p>	<p align="center"><b>HOSPITALS &amp; INSTUTIONS</b></p> <p align="center">Chairperson Kalane W.. - 609 638-7443</p>	<p align="center"><b>CAPITAL AREA CONVENTION PROGRAMMING SUB-COMMITTEE</b></p> <p>Roy H.-Chair      Nate D. -Vice Chair 609-977-7302      609-851-7109</p>
<p align="center"><b>FUNDRAISING SUB-COMMITTEE</b></p> <p>Kim H.- Chair.      Cindy F. - V. Chair 732-278-9428      609-775-6479</p>	<p align="center"><b>OUTREACH</b></p> <p align="center">Chairperson Open</p>	<p align="center"><b>CAPITAL AREA POLICY CHAIRPERSON</b> Kevin A. (609)</p>
<p align="center"><b>CAPITAL AREA ACTIVITIES SUB-COMMITTEE</b></p> <p>Van. J.- Chair      Sylvia R. -V. Chair      609-475-2359 609-433-4873</p> <p align="center"><b>We are in need of support and trusted servants</b></p>	<p align="center"><b>PUBLIC INFORMATION</b></p> <p>Mike L. - Chair.      V. Chair. - Sherry A 609-516-0495      609-394-7237</p> <p align="center"><b>We are in need of support and trusted servants</b></p> <p align="center"><b>Be a part of the NA Help-line!</b></p>	<p align="center"><b>HOTEL &amp; HOSPITALITY</b></p> <p>Elizabeth C.- Chair      Betty L - Vice. Chair      609-964-9297 609-599-9691</p> <p align="center"><b>We are in need of support and trusted servants</b></p>
<p align="center"><b>WEB-SITE</b></p> <p>Cat D.      609 637-0016 <a href="http://www.capitalareaofna.org">www.capitalareaofna.org</a> <b>CHECK OUT OUR WEB SITE</b></p>	<p align="center"><b>H &amp; I - IS IN DESPERATE NEED OF SUPPORT</b></p> <p align="center"><b>They meet every 3rd Sunday at the Ewing Township Police Station at 6:00 pm.</b></p> <p align="center">For more information call the H &amp; I Chairperson listed above</p>	



## WE CELEBRATE CLEAN TIME!

We would like to offer our sincere apologies to Tracey C. whose clean date did not appear in the newsletter last month Congratulations Tracey!  
11-22-99 8 years!

### MIRACLES IN NOVEMBER

Stacey T.	11-10-02	5 yrs.
Ralph W.	11-22-85	22 yrs.
Vincent W.	11-25-02	5 yrs.

Error on the date last month

### MIRACLES IN DECEMBER

Calvin L.	12-01-91	
16 yrs. Renee R.	12-01-07 (03-01-07)	
9 mos.		
Vick T	12-02-06	1 yr
Larry J Sr.	12-04-98	
9 yrs.		
Amanda R.	12-05-98	9 yrs.
Chocolate	12-05-00	7 yrs
Sheree P.	12-07-99	
8 yrs.		
Paula W.	12-09-04	3 yrs.
Cat D.	12-10-07 (06-10-06)	18 mos.
Step	12-12-86	21 yrs.
Alphonso M.	12-15-99	8 yrs.
Marvin L	12/15/06	1 yr
Darrick B.	12-19-07 (6-19-07)	
6 mos.		
Nelson B.	12-22-98	
9 yrs.		
Ari D.	12-24-05	2 yrs.
Raymond W.	12-28-05	2 yrs

### MIRACLES IN JANUARY

Shelley F	1-03-96	12 yrs
Pam S	1-08-91	17 yrs
Patrick F.	1-12-05	2 yrs.

### OUTREACH

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) Thurs. 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  
42 Arctic Parkway Local 175 Union Hall, Ewing  
Sat. 7:00 pm - 8:30pm (St/D/IWHW)  
Non Smoking Meeting, Candlelight

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. Sun. 7:30 pm-9:00 pm

Just for Today - Turning Point Methodist Church 15 S. Broad Street  
Fri. 8:00-9:00 pm

### CAPITAL AREA EVENTS

Date	Event	Place
12/11	Bottom Line Group Anniversary 7-10 pm Food, Fun & Fellowship	Hamilton /Chestnut
12/16	Spiritual Awakening 1st Anniversary 9 am -12 noon Speakers Food, Fun & Fellowship	50 Escher Street
12/28	Denims & boots Dance 9 pm- until	Hamilton/Chestnut
1/5/2008 3:00	Capital Area Activities Play Looking for Cast Members	Hamilton/Chestnut Van J. (609) 433-4873

#### 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 difference.



#### Third Step Prayer

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

*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)920-8411, Jennifer A. - Treasurer (609)977-6444, Robin F. - Secretary (609)-392-1591. 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

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CAPITAL AREA

NEW JERSEY



## An Addict's Experiences on NA Literature



### IP #12 Triangle of Self-Obsession

Anger, Resentment and Fear: The Triangle of Self-Obsession.

There was a time when I can recall being really, really angry. I was so angry when I first came to this program, I was out of control. I would throw furniture, lamps etc.

The substance abuse had me acting out on behavior. The anger definitely played a part in my addiction. I resented the fact that those issues I had were stuffed inside of me. The fear took control without my permission. It was just a mess. I was in a relationship just because I was sick with the disease of addiction. I learned through the compulsion and obsession that I was disturbed in my spirit. The Program of NA has allowed to surrender to the God of my understanding on a deeper level.

I am very comforted in this process and it has been a beautiful journey. I believe and trust in the God of my understanding for answers. This God of my understanding has allowed me to accept that mental illness issues are just another type of illness that needs to be addressed daily through reaching out, staying spiritual, getting enough rest and being available to help someone whenever possible. I have learned that God is the ultimate authority. There are many times when I need someone to hold me and be there and God is always there. I continue to write my steps, live the program and surrender to God and get my answers. I love that where ever I go I can take my recovery with me, like when I go home to South Carolina.

I can live my life without being angry, resentful and fearful. I don't have to be caught up in the Triangle of self-obsession. I can choose to be but I know that I don't have to be. Today I choose not to be. I have been thinking a lot about where I come from and I am just so thankful to the program of NA. I want to thank the other members of narcotics anonymous for being a part of my recovery. It's just been so many miracles and blessings. Learning to let go, turn my will and my life over, face my fears and talk about what I need to talk about. Those are blessings and miracles. It's about being happy, joyous and free for me. It's not that I don't have difficult situations but through step work I am learning how to react and respond to those situations.

I want to thank the literature review committee for asking me to share my experience, strength and hope.

Vivian B.



# A Gift Called Life

## ANONYMITY

A dictionary definition of anonymity is "a state of bearing no name". In keeping with this, the "I" becomes "we". The spiritual foundation becomes more important than any one particular group or individual.

As we find ourselves growing closer together the awakening of humility occurs. Humility is a by-product which allows us to grow and develop in an atmosphere of freedom and removes the fear of becoming known by our employers, families, or friends as addicts. Therefore, we attempt to rigorously adhere to the principle that "what is said in meetings stays in meetings".

Throughout our Traditions, we speak in terms of "we" and "our" rather than "me" and "mine". By working together for our common welfare we achieve the true spirit of anonymity.

We have heard the phrase "principles before personalities" so often that it is like a cliché. While we may disagree as individuals, the spiritual principle of anonymity makes us all equal as members of the group. No member is greater or lesser than any other member. The drive for personal gain in the areas of sex, property and social position, which brought so much pain in the past, falls by the wayside if the principle of anonymity is adhered to. Anonymity is one of the basic elements of our recovery and so it pervades our Traditions and our fellowship. It protects us from our own defects of character and renders personalities and their differences powerless. Anonymity in action makes it impossible for personalities to come before principles.

### SPOTLIGHTS

Because it's God's will for me. I want to recover from the disease of addiction. I do not want to use again.  
**Larry D.**



Why do you go to NA meetings?

I go to meetings because it gives me a better chance of staying clean. Meetings are the medication for my disease of addiction. I hear and learn from addicts experiences of how they stopped and stay stopped from using drugs and finding a better way to live.  
**James B.**

I go to meetings to not only draw experience, strength and hope from addicts with multiple years, but to share my gratitude with newcomers and welcome anyone that is new. I go to meetings because it is a part of the process of learning in my program. Sponsorship, step work, fellowship and meetings are a vital way, in my life to continually be involved in N.A.  
**Ari D.**

I come to NA to grow up. To better my life and myself, what I mean by that is to learn more about my addiction. In order to learn about my addiction, I have to go to meetings, learn the literature and live one day at a time. I stay in the process.  
**Jeff T.**

You don't know? To stay clean and to help others stay clean.  
**Anonymous**

I come to NA to give me the strength to better my life.  
**Carmen**

I go to meetings because I want to live just for today.  
**Anonymous**

Because I have no control over my thinking. So I don't have to let my thoughts orchestrate my behaviors  
**Darrick B.**

I come to NA because I don't want to use any more.  
**Patrick P.**

I go to meetings so I won't use drugs and learn how to live without them.  
**Sherman**

Because meeting makers make it.  
**Greg G.**

To stay clean. So that I may be a light to someone who is still suffering.  
**Paula W.**

To get the help I need to see another way of thinking. My best thinking got me here.  
**Sharon G.**

I take suggestions; this is only part of the program. I surrender my will to God and this spiritual program. Thanks to the Capital Area that saved my life. I continue to come to meetings especially my home group. I give back to the newcomers. I am so happy to be where I feel at home.  
**Vivian B.**

**Please Note:** Due to space restriction you may not see your spotlight at the time of submission but we intend to print them ALL.



# A Gift Called Life



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

## ADDICTS EXPERIENCE WITH SERVICE

### WEB SITE COMMITTEE CHAIR CAT D.

How does it feel to be the chairperson of the website committee?

It feels really good, it keeps me focused on what I need to do and it keeps me clean just for today. I really enjoy going to area service and interacting with everybody.

Have you learned anything since you became the website chair, are you looking forward to learning more?

I have learned a lot about posting the different activities from our area and outside the area. I am looking forward to learning more.

How is the website committee doing?

We definitely need support. I am also looking for a place to hold the subcommittee meetings where there is access to the internet.

How many committee members do you think are needed? Do members need to know about computers?

At least 5 people, however more would be better. Members would definitely need to be computer literate. I would like to suggest to anyone reading this to get involved in service. This service commitment really helps me stay clean.

### “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.**

## WHY I GIVE BACK TO NARCOTICS ANONYMOUS

Basically I enjoy doing things for other people. My sponsor always told me to get involved in service. Being involved will keep you coming back and help you to feel a part of, it will keep you clean. I never understood the concept of in helping you, I’d really be helping myself. That’s deep. But that’s what this program teaches me and this is what this fellowship is all about, to keep it you have to give it away.

H&I is the same thing for me I’m just trying to reach just one person. If so I’ve done my part. I feel that my whole purpose in life is to just try to help another person, the sick and suffering that are struggling with this thing, because I remember that it took me so long to get here. I just tell them to keep coming, no matter what just keep coming. Sooner or later something is going to click and you’ll stay and doing some of these things that the program suggests that you do. Because there is a reason why we do the things we do.

Matthew B.

God gave me a job when he got me clean to help someone else, like God helped me. My job is to keep the meeting open until someone else steps up, giving back helps me to stay clean. I love helping the newcomer they can call me anytime, if they don't have a phone call me collect or I'll call them, I'll pick newcomer up for meeting. Doing these things keeps me clean that is why I give back plus someone else did it for me when I came around so I just give back what was so freely giving to me.

Pam S.

# A Gift Called Life



CAPITAL AREA

My Gratitude Speaks...

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ADDICTS EXPRESSING THEMSELVES IN POETRY

NEW JER-

## 'Twas the Night Before Christmas Recovery Style

'Twas the night before Christmas when all through  
the hall  
Not a member was stirring, nor sought drugs.  
Coffee and cookies were set out with care;  
More NA members soon would be there.  
Each grateful member with no trace of vanity,  
Gave thanks to the Power that restores us to sanity.  
The leader of the meeting, like all who have  
missions,  
Passed out the readings and I got the Traditions.  
In parking a car some bumpers were hit,  
The man who was wrong did promptly admit.  
And so to our grateful eyes did appear  
Our famous guest speaker, loved far and near.  
More rapid than eagles the member then came;  
He hugged them and kissed them and called them by  
name:  
Hi, Alice; Jimmy; God love you, Harry...  
Betty and Carol and Birthday boy Larry!  
Again we all settled, ready to share;  
The leader of the meeting led the Serenity Prayer.  
As dry leaves that before the wild hurricane fly  
When they meet with an obstacle mount to the sky.  
So up with our clean time the members they flew,  
With Twelve Steps to follow, Twelve Traditions, too.  
The Seventh Tradition inevitably came.  
The leader then called on our speaker by name.  
He wore his red suit, a fur cap and no tie,  
But soon let us know with a wink of his eye,  
That Christmas for us, we must not be some thug  
It only means staying away from the first drug.  
A bundle of joys he told us we'd find,  
"Read the Basic Text for true peace of mind."  
At the end of the meeting he led the Prayer  
and gave us the word: "Continue to share."  
But I heard him exclaim as he picked up his pack,  
"Don't ever forget to Keep Coming Back!"

Author Unknown

## My Future

I'm the sort of person whose thoughts are full of  
dreams  
Reaching for those goals of mine however hard  
they seem  
Recovery is a reality which isn't very far  
A feeling that can be kept no matter where you  
are  
I know that it's a struggle but fight with all your  
might  
Once you've conquered all of this you'll lead a  
better life  
So I will live my days, clean and drug free  
But most of all God, thanks for loving me

David G.

