



A Gift Called Life

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

April 2008

CAPITAL AREA of NEW JERSEY

Issue No. 18

STEP Six

By: Will S (Cranbury Home group)

"We were entirely ready to have God remove all these defects of character."

AGCL: What is a character defect?

Will: It's a part of my character that I don't like, that makes my life unmanageable. It manifests over time and I react out on them in certain ways which makes my life unmanageable.

AGCL: Can you elaborate on an character defect and how it might effect your recovery?

Will: Right now the one I observe is obsession.

AGCL: Why?

Will: Living life on life's terms, has afforded me some things. I am in the middle of buying a home and it's a really stressful process, because I want what I want when I want it. Then I find myself in a cycle of thinking about it. Wishing I could have some control over the outcome.

AGCL: What is meant by being entirely ready?

Will: It means knowing within myself that I need to change, that I had enough of the old ways I was living.

AGCL: In the six step how did you identify your character defects?

Will: My character defects became apparent to me when I did my fifth step. While I was doing my fifth step my sponsor was writing things about my character defects and my patterns. Then we went over what he had observed about me right after my fifth step. My patterns and some defects this was preparation for my sixth step.

AGCL: Were there some character defect that you didn't want to let go?

Will: At the time when I originally did my six step, yes lust.

AGCL: Is it possible for someone not to have any defects of character and move on and not have to work this step?

Will: No ! Lets face facts if your in NA no matter how you got here you are messed up in some area in one way shape or form. A lot of the same defects are in addicts in some kind of shape or form. All of our defects are alike it is just that we act out on them differently, but a defect is just that a defect.

AGCL: Can God remove our defects if we hang on to them ?

Will: Yes, I had found myself as I said earlier "lust", I wanted to hang on. I was not entirely ready and I emphasize entirely. But over time by working these steps and living the spiritual principles imbedded in the steps, it has a way of being arrested with or without you wanting to let go.

AGCL: What are some of the benefits you've experienced from working step six?

Will: Freedom, mainly freedom from myself, freedom from my messed up thinking.

AGCL: Is identifying your defects all that you need to do in working this step?

Will: Yes the six is my thinking and in seven is where the action and what you do behind them. Just because I identify my defects doesn't mean that I won't act out on them. We are creatures of habit. We are known to act out without thinking about the repercussion.

AGCL: If I don't believe in God, does that mean this step will not work for me?

Will: No, it can work for you. My belief in God is my belief. Before I got a relationship with God, my Higher Power was the NA program. Today my Higher Power still is the program. My God and the program are two separate entities. You can use this program and the people in the fellowship as tangible evidence that this program works if you work the spiritual principles.

AGCL: What spiritual principles did the sixth step introduce to you?

Will: Open mindedness and honesty. Defects manifest themselves inside of your head, and the longer you keep them in there the more they grow. But when you get honest and talk about them the less likely you are to act out on them.

AGCL: Thanks for sharing.

Will: Thanks for letting me share.

We examine the Fourth Step inventory and get a good look at what these defects are doing to our lives. We begin to long for freedom from these defects. We pray or otherwise become willing, ready and able to let God remove these destructive traits. We need a personality change, if we are to stay clean. We want to change.



A Gift Called Life

Tradition Six

'An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problem of money, property or prestige divert us from our primary purpose'

Kareem (Philly)

AGCL: What does endorsement mean to you?

Kareem: To sanction something or someone. To be down with something.

AGCL: What does Tradition Six protect us from?

Kareem: Protect us from anyone controlling us. It also protects Tradition Five, our message.

AGCL: Why is it important for NA not to endorse anything outside of NA?

Kareem: Because I believe that we would fold from within. We can't have other organization dictating to us, trying to tell us what our message is.

AGCL: How could an individual NA member break this tradition?

Kareem: An individual can't break any of our traditions. The traditions are for our groups they are not for the individual, a group can break a tradition.

AGCL: What happens when in NA we become too closely tied to an organization?

Kareem: We can harm ourselves by being to close, even though we meet in churches and in other buildings that belongs to recovery organization we don't let them get to closely tied to us. By that they can not dictate us what to do in our meeting.

AGCL: How do we exist in the world if we separate ourselves from others?

Kareem: We our here to exist to help an addict get another day clean. We do not exist to be better than anyone else or less than anyone else because we our addict. But we our human beings first and we don't separate from others, we learn to live with each other as recovering addicts.

AGCL: Do we endorse other organization when we meet in their building?

Kareem: No we don't, because that is why we our fully self supporting so we can have our meetings as we please. That is what PI is all about we have public information people go out and talk to these facilities and let them know what we are all about. And what we our going to do in their building.

AGCL: In this tradition the spiritual principles that are in here are humility, integrity, faith, harmony and anonymity. How do you apply these principles in your life?

Kareem: First of all I find them though the step process.

The steps allows me to get with some humility and come to realize who I am. I humble myself to knowing that I am not right all the time. The harmony piece that I apply allows me to interact with other people outside the fellowship.

AGCL: What can we do to clarify NA's relationship with other organizations?

Kareem: Before we go into a facility we fully explain to them what we are about to do in their building. We want them to say yea or nay. This is were where are talking about the harmony in this tradition. The harmony is that if you don't want us to do a certain thing we can't come into your facility. Then we understand that and we respect that. We don't go into facilities and disrespect the facility and if that facility ask us not to do something, we go to a group conscience. If we have to leave that facility, so be it.

AGCL: Thanks for sharing Kareem

Kareem: Thank you for letting me share.

A Gift Called Life

DISEASED THINKING (When an Addict gets up in their attic)

RECOVERY THINKING (When an Addict asks H.O.W.?)

PEOPLE WILL JUDGE ME IF I SHARE

A CLOSE MOUTH WILL GET YOU NO HELP

I'M AFRAID TO FACE LIFE AND MY FEELING SO I'LL JUST USE.

ACCEPTING LIFE ON LIFE TERMS IS HOW I'LL GROW

I CAN LIVE MY OWN LIFE I DON'T NEED PEOPLE GETTING INTO MY BUSINESS

TOGETHER WE CAN DO WHAT WE CAN'T DO ALONE.

I CAN HAVE JUST ONE.

ONE IS TO MANY AND A THOUSAND IS NOT ENOUGH

MEETINGS ARE BORING AND REPETITIVE.

MEETING MAKERS MAKE IT

DRUGS WERE MY ONLY PROBLEM, I DON'T NEED ANYMORE HELP

CLEAN TIME DOES NOT EQUAL RECOVERY, CHANGE IS A MUST

I NEED A SEXUAL RELATIONSHIP TO STAY CLEAN.

RECOVERY IS NOT SEXUALLY TRANSMITTED

I'LL STAY CLEAN AS LONG AS EVERYTHING GOES MY WAY.

NO MATTER WHAT I NEVER HAVE TO USE AGAIN

CAPITAL AREA SERVICE SUB-COMMITTEES

<p align="center">CAPITAL AREA CONVENTION COMMITTEE</p> <p>Beverly Q. - Chair. Carmen P. - V. Chair (609) 558-8084 (609) 516-5515</p> <hr/> <p align="center">FUNDRAISING SUB-COMMITTEE</p> <p>Kim H. - Chair. Cindy F. - V. Chair 732-278-9428 609-775-6479</p>	<p align="center">HOSPITALS & INSTUTIONS</p> <p align="center">Chairperson Kalane W.. - 609 -638-7443</p> <hr/> <p align="center">OUTREACH</p> <p align="center">Chairperson-Lavon (609)649-7710 Needs Supports</p>	<p align="center">CAPITAL AREA CONVENTION PROGRAMMING SUB-COMMITTEE</p> <p>Nate D. - Chair Charlotte F. Vice Chair 609-802-6496 609-481-8407</p> <hr/> <p align="center">CAPITAL AREA POLICY CHAIRPERSON Kevin A. (609) 954-6389</p>
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<p align="center">WEB-SITE OPEN</p> <p align="center">www.capitalareaofna.org CHECK OUT OUR WEB SITE</p>	<p align="center">H & I - IS IN DESPERATE NEED OF SUPPORT</p> <p align="center">They meet every 3rd Sunday at the Ewing Township Police Station at 6:00 pm.</p> <p align="center">For more information call the H & I Chairperson listed above</p>	



WE CELEBRATE CLEAN TIME!

March

Sue D.	3-9-08 (9-9-06)	18 mos
James T.	3-12-84	24 years
Teresa	3-16-06	2 years
Carol W.	3-13-07	1 year
Ann S.	3-13-97	11 years
Naadira	3-24-03	5 years
Mark G	3-28-05	3 years
Butler K	3/19/03	5 years

April

Kristin V.	4/1/05	3 years
Vern	4/1/98	10 years
Maryann K.	4/4/95	13 years
Michele Mc	4/4/92	16 years
Larry J.	4/6/96	12 years
Lois H.	4/7/08 (10-7-07)	6 mos
Jeff T	4/7/08	2 years
Jennifer H	4/8/08	60 days
Ed A	4/12/06	2 years
Patrick P.	4/12/99	9 years
Michael L.	4/16/07	1 years
Robin F.	4/16/06	2 years
Vivian B.	4/17/97	11 years
Vicky T.	4/17/95	13 years
Wendell	4/18/88	20 years
Thaddeus B.	4/18/08 (10-18-06)	18 mos
Malcolm L.	4/22/96	12 years
Sherry A	4/17/92	16 years
Carlos	4-7-08 (1-7-08)	90 days

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 (S/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

Enough is Enough Tues. 8pm 24 club Princeton Rt. 206 and 518
Entrance in rear next to Good Year

CAPITAL AREA EVENTS

Date	Event	Place
4/15/08	Bottom Line Group 14 year Anniversary	Hamilton/Chestnut 6:30-8:30 pm
4/26/08	Learning to Love Womans Rap- WOMEN ONLY	Hamilton/Chestnut
4/28/08	Capital Area Activities Committee Lost Dreams Awaken Talent Show	Hamilton/Chestnut 9 pm- until

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). Sherman R. - Chairperson (609)920-8411, Robin F. - Vice Chairperson (609)-392-1591, Jennifer A. - Treasurer (609)977-6444, Joe J.609-227-1621 Naadira M (267)456-3151. 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



Old Timer Experience Ted T



- 1 What is your interpretation of the message of NA? Our message to me is that we in NA give hope to the still suffering addict who are trying to recovery from the disease of addiction one day at a time.
- 2 Why do you keep coming to NA meetings? I keep coming to meetings because I love NA and I love my life staying clean.
- 3 What do you do to maintain your clean time? I go to my home group, four our five meetings a week, I'm on the phone with other recovering addicts and I put my life into Narcotics Anonymous.
- 4 How do you help to keep an atmosphere of recovery in meetings? I stay quiet in meetings and listen to the person who is sharing and try to get the message. I share and care the NA way when I'm in a meeting, just giving back what was giving to me.
- 5 In what ways do you give back to NA? As a recovering addict for the last two decades I've been sponsoring a lot of people, especially young people. I feel it is my responsibility and my commitment to spread the message of hope, experience and serenity in an NA meeting
- 6 Have you ever been in service in the NA program? Yes, In fifteen years I've been in many service commitments. I have been in H&I, a GHIR, policy chair, chairperson of area, RCM and vice chair of area. I served in my home group as chairperson, secretary of the group, and coffee maker. Mostly all of my recovery I've been in service.
- 7 Do you make yourself available to the newcomer who looks to you to help them understand the program, or do you separate yourself from the newcomer because of your clean time? If I ever separate myself from the newcomer I could never get any help myself. The newcomer to me is the most important person in a meeting it is my responsibility, my obligation to spread that message of recovery to the addict who is here for the first time.
- 8 Do you remember how you felt when you were new to NA? I remember the first time, I came in the rooms raised my hand and told them I was suffering and that I was scared and they all started reaching out to me. My first meeting there was about eighty people there they told me to keep coming back that was the foundation of my program. I did a ninety an ninety, in fact I did at least one meeting for a year ever day. When I first came into NA I was amazed at the way the recovering addict was sharing and caring. And the people who had serenity in their lives.
- 9 Do you still stay connected with your sponsor on a regular basis? Yes, I constantly stay connected with my sponsor. He and I are on the regional convention committee together. We work the steps together, and share our experience with each other. Sponsorship is very important and it's a two way street where we get to help each other.
- 10 In the realm of sponsor and sponsee, how has sponsorship helped you? Sponsorship helps me in all areas of my life were I have troubles and problems. What ever I go through in life I share with my sponsor and we get through it together. I share with my sponsees, that this is how I use my sponsor.
- 11 After having gone through the step process more than once what difference do you see from the first time ? The difference I saw in my fourth step is how much I have grown in recovery. Where there was a lot of confusion in my life there is peace and serenity today.
- 12 Do you find that you have to work steps on a daily basis? Of course! If I don't work the program in my life it gets unmanageable. The steps and the help of NA has kept me on firm ground.
- 13 Do you still have difficulty turning your life and will over to the care of a God of your understanding? Of course I believe that every addict needs to work on their program ever day. Life is not easy, it is hard some days, if it wasn't I wouldn't need NA. Do I have difficulty turning my will over? Not as much as I did when I first came into the rooms. Sometime I do have problem turning it over but I need to turn it over ever day.



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Returning after an absence. Teresa

I stopped making meeting about six months ago. I did not use and the reason that I left was, I started working two job plus trying to have a life beside working. I had to take care of my grandson and later on moving into a house trying to get settled in there was a lot. But the reason that I returned to the meetings was because of life. When you are living it on life's terms it can get very hectic and I only have two years clean. I really need to come back to meetings because this is were I can get restored back to sanity. I could remember having thoughts of using but not acting on them but the thought was there. I used to feel after a hectic day that I needed to go out and have a drink. That is when I needed another addict to restore me back to sanity to let me know that, that's not the way to handle stress. That is why I need the groups because they are my higher power sometimes and I needed that in my life to have some sanity, serenity and piece of mind. In my absence from NA and from not attending meetings. I didn't have thoughts of suicide but I did have thoughts of being able to identify with people who committed suicide and understanding why they did it. Because life can get very hectic and sometimes you can get very tired of going around and around spinning your wheels and in your mind not seeing any movement. I am now back to attending meetings and I never broke off my relationship with my sponsor. I have always been in contact with other addicts during my absence from meetings. Thank God for my network. I do need to fellowship and attend meetings that's the realization that I came to and that is why I have returned back to attending meetings.

SPOTLIGHTS

WHAT'S YOUR FAVORITE QUOTE OR SUGGESTION?

My favorite is Don't use and go to meetings

Thaddeus B



GET NUMBERS AND USE THEM
KIM

If you do what you always did, You'll get what you've always got
Robin F

DON'T LEAVE BEFORE THE MIRACLE HAPPENS
Kathy P

DON'T USE AND GO TO MEETING
Anthony B

KEEP COMING BACK IT WORKS CHOCOLATE M

We are here by a Divine intervention
Larry J sr.

Don't use no matter what
Pat P

.Call Before You Fall
Paula W

GET AND USE A SPONSOR

Denise W

NO matter what just don't use
Ed D

Keep coming back it works.
Vernel S

MEETING MAKERS MAKE IT!
Richard H.

GET INVOLVED AND GET A HOME GROUP
CAT D.

THE PROOF OF THIS PROGRAM IS THE WAY WE LIVE OUR LIVES.
CHRIS S.

It is what it is.
Brenda



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



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

ADDICTS EXPERIENCE WITH SERVICE

An Addict Experience With Service

Hi my name is Joann

I have eight years clean. I am presently the treasurer for the Capital Area. I have only been treasurer for two months,. But the last two years I've been the assistant treasurer and being that the treasurer stepped down I felt it was only right that I step up to the position. At first I was afraid but I stepped up anyway.

It just didn't start there, I've had the same home group for eight years which is the "Sign of The Time" we meet Mon., Wed., and Friday at 801 Stuyvesant at 6:00PM.

I started getting in service with that group eight years ago by picking up ash trays after the meeting, making coffee and setting up chairs at the beginning of the meeting.

Then I moved up to chairperson of the group, then the secretary and on to treasurer of the group .Service work helps me to remain humble and honest. Being the treasurer of area helps me with my accountability both financially and among the NA community. I'm also the secretary of the "Spiritual Awakening Group" which I've been the secretary of that group since it started over a year ago.

Service work helps me live the spiritual principle in my life. I must be willing, honest, humble, open minded, and responsible. Service work helped me in my recovery and it will help you too, so come on get involved!

"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 group's 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 area 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.

Newcomer Experience(Katrina J)

1 What made you decide to come into recovery? After sitting home with sixteen days clean I knew I needed more than just myself to stay clean. I knew that I had to do more than just not use and I found myself walking into my first NA meeting.

2 Why do you want to stay clean? Because the life I was living was killing me slowly. I had got beyond Sick and Tired.

3 What do you found hard about staying clean? People, Places and Things. All of that has change right now, but it's been difficult to stay away from the people and places.

4 Did you get a warm welcome when you attended your first NA meeting? Oh yes I did, the one thing I was telling myself I wouldn't like I look forward to.... The Hugs and Smiles.

5 What part of recovery don't you understand? Keeping my recovery in the now, just for today. I'm so excited I want to rush this process. I'm slowly learning though.

6 Do you understand what the program of NA offers? It offer me a new way of life and of living.

7 How do you see yourself changing? I smile more and I'm excited about living this new way of life.

8 Have you found it easy to talk to other members in the fellowship? I'm getting better.

9 What have you learned since you came to NA? That anyone who suffers from this disease can get help and live a new way if they really want to.

10 Do you have a sponsor? Was it hard for you to choose one? What did you look for in your sponsor? Yes I have a sponsor. It wasn't really hard the hard part was asking. I look for someone who I felt would be grateful to share their experience, strength and hope with me. Also they were still excited about their own recovery after being here for sometime.

11 There are three principles that are indispensable in recovery, they are honesty, open mindedness and willingness. How do you apply these in your life daily? Most of all I have to be honest with myself accepting that I am an addict. I am open minded and willing when I come into the meeting and listen to other people and when I take suggestions and apply them in my life so I can become a better woman.

12 How do you feel about the program of Narcotics Anonymous and the fellowship? I love it! I'm so excited about the entire thing NA and the Fellowship is Awesome!



An addicts experience with having responsibility of a grandchild

In December my son called me from the hospital and told me that his friend is having a baby for him and he would like for me to come up to the hospital. Being grateful that my son wanted me to be there with him and for real for real wanting to see what the baby looked like and if it really belonged to us, so I went there. She was beautiful and she looked exactly like my son when he was born. I was immediately a proud grand mom and so excited because I had a grand daughter that I could shower with love. This was really special because I have four sons and no daughters. The next day I went back to see my granddaughter and on the way to the nursery my son told me the baby tested positive for oxycotin. I was heartbroken because I couldn't fix it. I went to the hospital everyday after that just to spend time with her. I was very angry at the mother for a minute. I called my sponsor and some other women in my network and told them how I felt they helped me take another look. I prayed that night and asked God to help me. The next day I went to the hospital with NA pamphlets in tow and I shared my story with the young lady and told her if she wanted my help all she had to do was ask. I told her that she didn't have to do this thing alone. You guys told me that I needed to carry the message to the still suffering addict and that is one reason my God got me clean.

The hospital was not going to let the baby go home with her mother so they had to look at some options and I was one of those options. I need to tell you that I was full of fear. I told them that I would need to discuss the situation with my husband and get back to them. They told me they needed an answer right then because she would be released from the hospital within the next day or two and they had to have a plan or she would be placed in foster care and before they could approve me they had to run background checks on everyone in my home. So I made a decision right then without any praying, without any discussion with my husband, without even really thinking about the whole situation, I had to answer then and I did. The hospital told us that my grand daughter was having seizures and had put her on another narcotic besides the oxycotin she was withdrawing from and the morphine they were using to ease the pain of the withdraws. I had taken care of children being sick before but not with this type of issue. I kept asking them why are they sending her home if she having seizures? I had to take her to another hospital the next day. It turned out that she was never having seizures and should not have been on the drugs they had her on. God and his infinite wisdom sent her home. She has been with me since the day she came home. On March 24 2008 I will be celebrating 5 years clean. In these five years I have had some things happen in my life but I felt nothing was as major as this. You know, How was "I" going to handle it? How was "I" going to fix it? For a period of time I became very overwhelmed with the situation because I couldn't work. I went through a time of severe anxiety and depression because of all the stress. The agency was telling me they weren't going to help me financially. The cost of child care was astronomical and hell it had been 22 years since I had bought formula or pampers. My husband had questions and I did not have answers. Remember, I had not discussed this with him prior to making a decision. There were internal and external forces that seemed to be trying to destroy me. I found myself feeling hopeless, helpless and wondering what had I gotten myself into. Thank God for Narcotics Anonymous, my sponsor, my network and people in the fellowship and for the foundation that I work so hard for and have.

Sometimes it's very difficult to see the light at the end of the tunnel when you're in the middle of the storm. I cried and cried and made my self physically sick. When there was no where left to turn, I was forced to my knees, snot flying boo-hooing and crying and all I could say to God was **PLEASE HELP ME!** When I got up the tears were gone and I had an overwhelming sense of peace. All that God wanted me to do is show up and be willing to do whatever is necessary and he will do the rest. Out of no where my husband call me on the phone from work and said to me "We are going to do whatever we need to do for our grand daughter no matter what anyone else does" I began to see the clouds lifting. I must tell you about the out-pouring of love and support that I received from members of this fellowship and some people outside the fellowship. People just started giving me bags of clothes, people were buying clothes, and formula and pampers. People were coming from Trenton to Philly to spend time with me to support me because I was struggling. This program and this fellowship are AWESOME. I am truly grateful for the program and fellowship of Narcotics Anonymous because it has taught me to own up to my part the good and the bad, to look at me and not you. It has taught me that it doesn't matter in what form the circumstances of life show up, I do not have to use. So to the newcomer, Keep Coming Back and **NO MATTER Just Don't Use!** I know today I have gotten to the other side of the storm. My grand daughter is healthy and developing well. I adore her and at this point I can't imagine her not being here with me. I don't know what the outcome of this situation will be as far as where she will be permanently and I am not going to set myself up by thinking that it's going to turn out the way I want it. This is God's business and I am going to leave to him and just do the part that is required of me. Thanks for letting me share!