



# A Gift Called Life

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

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CAPITAL AREA of NEW JERSEY

Issue No. 23

## Step Eleven

By: Lonnie Mc

"We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

**AGCL: What is prayer to you?**

**Lonnie Mc:** Prayer to me is a direct communication to the God of my understanding.

**AGCL:** In the beginning did you have problems doing meditation?

**Lonnie Mc:** Yes, I had problems with meditation because of my confusion and static. In terms of being not sure of all things that get in the way of our conscious contact with the God of our understanding.

**AGCL:** Why does this step improve our conscious contact?

**Lonnie Mc:** When we are improving, improving meaning to make things better. By the time we get to step eleven we are improving our conscious contact with the God of our understanding. Certainly praying for the knowledge of his will and the power to carry that out. The assignment in this step is praying only, as we know it. So that takes away all of the other things we want to pray for in another prayer.

**AGCL:** Do you have a understanding of God's will for you?

**Lonnie Mc:** Yes, I clearly do have an understanding of God's will for me. I say that with the sincerity of knowing that God's will is for me to do the right thing for the right reason. Now again I also believe that there are times when we get assignments. Now I'm not talking about God coming down and we have coffee. I believe that God works through people. When I say assignments I believe that all good comes from the God of my understanding. Any wrong doing comes from, and I'll keep it in the first person myself.

**AGCL:** How do you carry God's will out to other people?

**Lonnie Mc:** I continue to do that to the best of my ability. Being honest and knowing what I can do and what I cannot do. I don't try to do things I that cannot do. Also, that I know that I don't have the experience to do. If I am asked to do something of God's will then I have to know that it's not my will. My will is that I have to have the knowledge and understanding of what I'm about to do.

**AGCL:** How have previous steps helped you with your conscious contact?

**Lonnie Mc:** Previous steps like step one certainly sets the stage, of honesty. And without honesty we can't do anything that's going to hold any stability in terms of what the rest of the steps are going to ask us to do. So if I'm not honest in that first step, and first admit my powerlessness over this disease of addiction and it makes my life unmanageable. If I can't get with that, then I can't move on.

**AGCL:** In the first step it tells us that we are powerless. Isn't this step contradicting the first step?

**Lonnie Mc:** No, it isn't because what step one tells us is that we are powerless over our addiction and our lives have become unmanageable. As you understand what a first step says, we are powerless over our addiction. Now we can take that out of context and walk outside the house and the car won't start so we can say yeah I'm powerless over this vehicle starting but that doesn't mean your helpless. When we admit we are powerless it actually gives us power because now it sets the stage for us to ask for help.

**AGCL:** If we gain power in this step will we have power over our addiction?

**Lonnie MC:** No. When we get the power in this step, we say we are praying only for God's will for us and the power to carry it out. Well now we are not saying that we are going to get power over our addiction again. We realize that we have turned our will and our lives over to the care of the God of our understanding in step three. That's where we get our strength from, not from our addiction. We are not going to get any strength from our addiction.

**AGCL:** Have you ever been afraid of the outcome of a situation but had faith that the spiritual principles would bring you through?

**Lonnie Mc:** Yes, one of the most devastating times was when I lost an 8 month old grandchild. I was afraid of the situation at the time but I had faith that the God of my understanding was going to get me and my family through that. There were other times where the fear and immediate pain was so great that that I didn't want to accept. On the other hand I knew that faith was the only thing that was going to get me through it.

**AGCL:** Thanks for sharing.

**Lonnie Mc:** Thank you for asking me.

The first ten steps have set the stage for us to improve our conscious contact with the God of our understanding. They give us the foundation to achieve our long-sought, positive goals. Having entered this phase of our spiritual program through practicing the previous ten steps, most of us welcome the exercise of prayer and meditation. Page 43 Basic Text



# A Gift Called Life

## Tradition Eleven

Rhae

**“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press radio and films.”**

**AGCL:** What is meant by our public relation policy?

**Rhae:** The meaning of public relation policy as it relates to the 11<sup>th</sup> tradition to our relationship with the public, such as the facilities we hold our meeting and what our primary purpose is of having a Narcotics Anonymous meeting.

**AGCL:** What does this Tradition help us with?

**Rhae:** The 11<sup>th</sup> tradition helps us with no one person representing NA individually, that’s why it states that we maintain personal anonymity at the level of press, radio or films.

**AGCL:** In this Tradition it talks about our public image consists of what we have to offer, what is it that we have to offer?

**Rhae:** The public image referred to in this tradition is one of positive outcome. Addicts losing the desire to use and finding a new way to live through application of the principles of the 12 steps and how they are incorporated in their daily lives.

**AGCL:** What is our attraction?

**Rhae:** Our attraction is that NA is successful in it own right. The groups carrying the NA message has given a countless number of addicts hope by continuously meeting and the members that keep coming back show that it works.

**AGCL:** Why is it important that we do not appear in the media as members of Narcotics Anonymous? How could doing so affect the program and fellowship of NA as a whole?

**Rhae:** Our members do not appear in the media as members of NA because it could be damaging to the fellowships reputation. If they are acting inappropriately in public, the public would look at the fellowship as a whole as result of individual’s inappropriate behavior. I can recall an incident where an area had a convention in new hotel and an addict was smoking in the hall and put cigarette out on new carpet. As a result of the damage that was caused that area couldn’t come back to the hotel. The incident definitely tainted the fellowships image as a result of a single addict acting inappropriately.

**AGCL:** Why do we NOT need to promote NA?

**Rhae:** We do not promote NA because of situations like the one that I previously mentioned. In the It Works: How and Why text it talks about using a celebrity member or any member for that matter to promote NA. If any of those individual members were to relapse this would affect the credibility of the NA message.

**AGCL:** Does this mean that I should not tell family members or friends who have a drug problem about NA?

**Rhae:** No, it doesn’t mean that we can not tell family or friends who may have a problem with drugs about NA. In that type of situation personal anonymity is a personal decision to share that there is place to go to for help

**AGCL:** It says in the basic text that it is imperative for our protection that we are careful about advertisements and circulars that might reach the publics hands. Why?

**Rhae:** It is imperative for our protection that special care is taken with regards to advertisements, circulars or any other NA literature the may reach the hand of the public. We should ensure that the information briefly states the purpose of the event, placing them in areas or facilities were they will be utilized and definitely indicating the Narcotics Anonymous logo.

This Tradition deals with our relationship to those outside the Fellowship. It tells us how to conduct efforts at the public level. Our public image consists of what we have to offer, a successful proven way of maintaining a drug-free lifestyle. Page 72 Basic Text



# A Gift Called Life

## Recovery and Relapse—Kathy P

My name is Kathy and I am an addict . My new clean date is June 6,2008. I have been coming around to the rooms for about twelve years now. I had myself convinced that I was working a program and I really wasn't. I had been taking over the counter medications to excess for quite a while. It didn't become unmanageable until the end of my run so to speak. I wasn't working the steps hard enough was the reason. I had worked all twelve steps in order, a very thorough fourth step, but I did all of those things nine years ago. I was rusty on my morals and trying to stay clean on yesterdays recovery and it wasn't working. I became a different person as a result of sporadic using and as a result of all of it. The mental ,the emotional, the physical, the spiritual every thing was being depleted because that's what happens. I couldn't get honest with myself .Primarily, I had myself talked into what I was doing wasn't as wrong as I felt it was. I didn't go back to my drugs of choice which were alcohol and cocaine, but I did enough other "legal" substances, that I was out of my mind. My sponsor pointed out exactly that to me, She said " Be grateful that you didn't lose anything tangible when you re-lapsed, but the lost the most important thing, you lost your mind" And I was, I was completely insane because that's what using does to drug addicts. So when everything came to the end, I started over. I went back to an inpatient ,then an outpatient and I've been making a ton of meetings and talking with my sponsor. I am actively working the steps, I spoke with my sponsor and we agreed that I should start writing my fourth step which is what I'm doing. I started today and I know it's going to be a hard road and to be honest I'm a little afraid. I've never really been afraid of working a step. I realized that I wasn't doing the right things. And I think the bottom line with everything is that everything always stems back to fear. All of my character defects traced back to fear in one way or another. I wasn't working hard, I wasn't working hard enough on myself I wasn't being honest enough with myself. The people that I have to answer to are myself and God and I was trying to elude both of us. Just for Today I'm trying to live the program the right way, go to meetings, work the steps ,get honest, open-minded and willing. Become the person my Higher Power wants me to be as opposed to the person I think that I should be, which isn't always the right way because God's plan is always way, way better than mine. I want to be a part of the No Matter What club, and just keep moving one step at a time forward. Don't leave a minute before the miracle happens. Thanks for letting me share.

### CAPITAL AREA SERVICE SUB-COMMITTEES

<p><b>CONVENTION COMMITTEE</b>                  Beverly Q. – Chair.      Pamela S. – V. Chair                  (609) 558-8084              (609) 462-5005</p>	<p><b>HOSPITALS &amp; INSTUTIONS</b>                  Kalane W. - Chair                  609 -638-7443</p>	<p><b>PROGRAMMING SUB-COMMITTEE</b>                  Nate D. - Chair      Charlotte F. Vice Chair                  609-802-6496              609-481-8407</p>
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<p><b>WEB-SITE</b>  <b>James C (609)647-4493</b>                  www.capitalareaofna.org  <b>CHECK OUT OUR WEB SITE</b></p>	<p><b>H &amp; I - IS IN DESPERATE NEED OF SUPPORT</b>  <b>They meet every 3rd Sunday at the Ewing Township Police Station at 6:00 pm.</b>                  For more information call the H &amp; I Chairperson listed above</p>	



## WE CELEBRATE CLEAN TIME!

### AUGUST

Hue	8-6-97	11yrs
Darryl R	8-7-08(2-7-07)	18months
Darlene M	8-8-07	1yrs
Wanda	8-15-99	9 yrs
Eli I	8-17-08 (6-17-08)	60 days
Dawn D.	8-17-86	22 yrs
Kevin F	8-17-87	21yrs
Tom F.	8-19-08 (7-19-08)	30 days
Kenny G	8-24-04	4yrs
Jamie R	8-26-08 (7-26-08)	30 days
Abdul S	8-26-08 (2-29-08)	6 months
Freddie M	8-27-04	4yrs
Samantha M	8-30-08 (7-30-08)	30 days
Terry B	8-30-08 (7-30-08)	30 days
Samuel G	8-30-08(7-30-08)	30days

### SEPTEMBER

Julia C	9-1-08 (8-1-08)	30 days
Readus E	9-1-87	21years
William I	9-1-08(3-1-08)	6months
James W	9-4-91	17years
Nia R	9-5-07	1year
Jim N.	9-5-07	1 year
Elizabeth C	9-6-90	18years
Lynn T.	9-6-97	11 years
Karen R	9-7-08 (7-7-08)	60 days
Andrew W.	9-7-08 (12-7-08)	9 months
Donna P.	9-8-05	3 years
Susan D.	9-9-06	2 years
Crystal H.	9-15-08 (3-15-08)	6 months
Dawn S	9-15-08 (3-15-08)	6 months
Leann M	9-24-03	5 years

### OCTOBER

Gary M	10-2-90	18years
Christine A.	10-3-08 (4-3-08)	6 months

### 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) IS IN DESPERATE NEED OF TRUSTED SERVANTS

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

### RECOVERY WEEKEND

September 26-28, 2008 YMCA CAMP RALPH S.MASON  
23 BIRCH RIDGE ROAD HARDWICK, NJ 07825  
\$100.00 per person Contacts: Michele S. (609) 731-5192  
CAPITAL AREA ACTIVITIES COMMITTEE Of NA  
Fatima A. (609) 456-2668 Ronnie W. (609) 372-3731

### GRATITUDE DAY XII Saturday, October 11, 2008

2:00 pm - 8:00 pm Bethany Presbyterian Church

400 Hamilton Ave Trenton, NJ

Capital Area Fundraising Convention Committee Contact: Fundrasing: Kim H. 732-278-9428/Stephanie 609 943-8399

Programming: Nate (609) 802-6496/Charlotte Mc. (609) 481-8407

DONATION: \$5.00

### 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 Crystal (609) 695-1843. 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.*



## Addicts Experience With Powerless



**Lonnie Mc:** The simplicity in powerless means that we surrender and we stop fighting. Surrendering means we no longer continue to struggle against the disease and allow ourselves the help that we need in order to get the power we need to be free. So, powerless gives us the freedom to grow without being caught up in the grips of a continual and progressive disease. Surrender is to become powerless which means that I don't have to fight anymore the struggle is now over in that area and I continue to let go and let God.

Let me give you an example of powerless, I come outside to go to work, I got a flat tire it's 8:30am. I need to be the work by 9:00am do I go kick the tire or get angry, or do I go in the house call the job and let them know that I'm going to be late then go back outside change the tire and go to work. Powerlessness means I have no control over the situation I surrender and do what needs to be done.

**Ann S:** Powerless means that I'm powerless against my addiction, over people, places and sometimes things that come into my life, I know that I must put God first in my life. Powerless means that I must surrender and trust in God and I know that I will get to the other side and be ok.

**Roxanne:** For me powerless is know and accepting that I can not change my younger son, I love him dearly. I have no power over the things that he is doing in his life. As much as I want to change him or carry the burden for him I have no power to do so, I am powerless so I give it to God who is my higher power.

**James G:** Powerless means to me that I have no control over the situation that is going on, be it people, places or things. I have no control over the out come.

**Anthony B:** Powerless to me is something I can't control, I have no power over the situation.

**Ted T:** Powerless to me is things I can't control, that includes people, places and things. Even the way that I think sometimes, my feelings and sometimes the way that I act, these are the part of my life that I am trying to change. Powerless is that I have no power but I have a loving God who has all power and my God guides me in my recovery. I've learn to accept the things I have no power over particularly people. My God helps me in situations I can't control in my life. It is all in the First step.

### Couple of examples of Powerless:

#### People

You have a family member or a friend who is caught up using and you want them to stop and you try talking to them and it doesn't work. That is because you are powerless over them and their disease.

Someone is not acting in a way that "You" think is spiritual and you try to talk to them but they are close minded you are powerless over them.

#### Places

You go into someone's house and they are using, I can't make them stop that is their place. I must remove myself and not go back.

We meet in other people places and we can't tell them what they can have on their walls or who can come into their building.

#### Things

I'm coming down the street and there are crack pipes, wine and beer bottles on the ground I am powerless over these things.

Powerless is when the driving force is beyond our control.





# A Gift Called Life

## Recover—Crystal

*Choosing recovery means choosing life.*



*Just for Today p. 249*

*jih'07*

Recovery is and always will be a part of me.  
 Let me tell you what my recovery means to me.  
 Hope. Freedom of me never having to use.  
 No more pain, no more sorrow. no more bumps or bruises.  
 The receiving of my spirit and peace of mind.  
 I lost the game to regain my mind.  
 Insanity was sorrow, my pain becomes bliss.  
 It's all the names I have on my meeting list.



In 17 years  
 NA has  
 renew my  
 life.  
 John A



NA means the  
 world to me. NA  
 has save my life.  
 Malcolm

NA  
 means  
 two  
 lives in  
 one life  
 time.  
 Doris

I've been here for 21years  
 and NA has saved my life.  
 I can't find anything else  
 to be a part of. Step

NA program has help me to  
 recover. My life has changed  
 because of NA.  
 Ronnie

### SPOTLIGHTS

#### CAPITAL AREA, WHAT DOSE NA MEAN TO YOU?

NA means life,  
 NA has saved  
 my life  
 Joe J

NA means  
 never alone  
 Matthew

NA means freedom, The  
 program has given me freedom  
 and I'm not going any where.  
 Rick

NA Program has saved my  
 life and has helped me get back  
 to doing thing that I should be  
 doing. Hue M

NA has gave me the ability to love  
 life and enjoy it a day at a time. I  
 love NA. Barry H

That I can come here find out  
 who I am, when I work the  
 program. Teaches me to live life  
 on life terms and get better with  
 myself.

Kim H



## An Addicts Experience with H&I Service—Heather K.

My first experience with service in H&I was in Hudson County . I joined the committee with about 8 months clean. I was very interested in H&I because jails and institutions were a big part of my story. I remember the meetings I attended when I was incarcerated and in the treatment facilities. Honestly, when I first started attending the meetings in jail it was really only to socialize with other inmates or just to move around because I was stuck on the unit all day. I only attended the meetings in treatment because they were mandatory. Throughout my many visits to jails and institutions, I started attending the meetings and started to listen to their message and looking back now I realize there were seeds being planted. Till this day I still appreciate all of those addicts who took the time out of their lives to bring a message of hope and freedom. They helped me eventually see there was a better way to live.

I currently serve on the H&I committee in here in the Capital Area. I serve as the literature coordinator. I have been in service since the beginning of my recovery serving in various commitments: coffee maker, chairperson, speaker commitments & GSR. I enjoyed them all but I must say H&I has been one of my most fulfilling commitments. It's something about the faces of the sick and suffering addicts, desperate for a change wanting freedom but not knowing how to do it. I remember those feelings like they were yesterday. I feel a sense of responsibility to tell any sick and suffering addict that they never have to use again and through a process called recovery they can find a better way to live. Most of all service keeps me clean.

Serving on the committee helps me to practice and live the NA program to the best of my ability. It helps me to practice things like: having and using a sponsor, regular meeting attendance, working the steps and internalizing the principles. Practicing these things on a daily basis enables me to strengthen my foundation and bring a clear message of hope to residents and inmates at the facilities I attend. H&I is an excellent way to serve. It's a wonderful feeling to be able to give something back. Service teaches me to show up for others and for my own recovery.

## New comer—Jeremiah

**AGCL:** How much time do you have and do you have a sponsor?

**Jeremiah:** As of today I have fifty four days. Yes I have a sponsor matter of fact I've had three sponsor, my first one seems to be too busy and the other one, things just didn't work out. But now I have one that I can relate to and we talk every day we have a very good relationship he is guiding me through the steps.

**AGCL:** Do you make meeting every day?

**Jeremiah:** Yes I do I am on a ninety, ninety.

**AGCL:** How has your life change so far senses coming to meeting?

**Jeremiah:** My life has change greatly, at first it was a rough start. But I'm learning how to turn my life over to my God and I know that God wants the best for me. I just take it one day at a time it has gotten easier for me, but I find the most difficult thing is not using drugs but being able to live life on life terms and Gods terms.

**AGCL:** Did you receive a friendly welcome when you came into the rooms of NA?

**Jeremiah:** Yes, I was welcome with open arms and they gave me lots of hugs it kind of caught me off guard but I realize that they all just wanted to help me and see me do good.

**AGCL:** Do you understand about keeping it in just for today?

**Jeremiah:** At first I really didn't because my mind was constantly racing and I wanted to go back and change the thing in the past but I realize that I'm powerless over them and I have to accept them the way that they are. I want to do a lot of thing in the future but I know that's in Gods hands, so I have to just stay in today.

**AGCL:** Do you find it hard to give up your old friends?

**Jeremiah:** In the beginning it was rough at first, but when I turn my will and my life over to the God of my understanding I found it a lot easier. I don't hang around any people I use to be with I have all new friends.

**AGCL:** Do you have a home group and are you in service?

**Jeremiah:** Yes, My home group is in Hightstown, Sunday from 7:30 to 9:00 Twelve Steps of Freedom and I am the coffee maker.

**AGCL:** Thanks for sharing.

**Jeremiah:** Thanks for asking me to.



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## Kim H

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My name is Kim H. and I am an addict, I am real grateful for the program of Narcotics Anonymous it really truly save my life and it made me a better person today. I've been clean for fourteen years and I have been in the process of Narcotics Anonymous for four years. I say that because when I first got here I went to a twenty eight day program and when I got out I did not stay in the rooms of NA, I went out on a religious cloud because I thought that you guys had ran me out of the rooms. Today what I found out is that I just didn't want to stay I left on my own will. I was on this religious road for ten years, but what I found out about me was that I was still hurting and still angry. I had this what I would call this artificial glow, I wasn't feeling it way deep down inside. My spirit was never right when I got up in the morning I was still angry and I didn't know why. I did this for ten years but God works in mysterious ways and he used my sister to get me into the rooms of NA and that is where my healing began. I started working some steps in my process but at first I really didn't understand what they meant by working the steps and how they could help me. When I came in I did a lot of fun things, I went to convention and the dances. The fun things that they have around here. The fun things kept me coming, but then I got tired of me and embarked on my step work and I'm so grateful that I did. Step work has helped me to deal with people outside of NA, like in my work place. I am not a perfect person but I still work on myself when I fall short on a defect I have a program that I can apply in my life. When things happen that I can't control I go to the first step and remember that I'm powerless over people, then I will call someone to let them know where I'm at and only after getting restored I can turn it over to my God. I have been working this program to the best of my ability and I am really truly grateful for this program, today I don't wake up anymore just angry at the world and don't know why. Through this program I know who I am, I know that I have some defects and I know that I have assets too. Today I know that a lot of things from my past stay with me into my adulthood. My childhood is why I kept a lot of resentments most of my resentments are gone though working the steps. I know my most known resentment which was with my mother is gone today and that is a beautiful thing. Today I am in a position to take care of my mother. I'm telling you the steps are a beautiful thing, God works things out. God puts me in positions that I don't know how its going to work out. But he works it out before I even know it. I have worked up to my six step and God has got me through a lot of resentments. I understand today if I didn't work the steps my household would be unmanageable I would be out of control. I am so grateful for the process of step work it show me who I really am and has given me some acceptance. I still continue to stride to be the person that my God wants me to be and I am truly grateful today thanks for letting me share.

