



Manitoba Area Newsline



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Greetings to the Fellowship

Submitted by an addict named Adam

...and any and all newcomers! I am an addict and my name is Adam. I would like to share some of my experience with the fellowship regarding my time here so far. I came into the program about a year ago (at the time I typed this) and there is much I have experienced here that is so much better than what I have gone through in active addiction. The people here demonstrate the best in Human behaviour as I understand it to be. The welcoming smiles, the hugs and the warm, safe feeling of having a place to go to share what's on my mind and in my heart has kept me coming back. I did not come into these meetings with a strong desire to stop using. At first I came simply to see what the deal is here and I was a bit confused when I introduced myself at the first meeting I attended. Later on I understood that any addict walking into these doors to find some relief from their pain is definitely something worth celebrating. What I can tell you from my own perspective is that the people here have treated me much better than anyone who uses and their patience, tolerance and compassion keeps me coming to meetings. Sometimes I would come simply to escape from the outside world, other times I would go to a meeting because I had no where else to go and I couldn't even afford a cup of coffee! But as I kept coming back, things made a little more sense every time I heard it. I have had many relapses, some within a few days or a week apart, but every time I stop using the desire to start a new way of life gets stronger and stronger. My message to all of you is simple: No matter what happens, any addict with the desire to stop using and/or to find a new way of life is welcome in these rooms, and many (if not all) of the members here will still welcome you no matter what. I have much appreciation for all those who keep the meetings open and do service so that addicts like me can still go to a meeting and not be afraid of people since no one here is going to judge me or berate me, and I have found something I thought I wouldn't have: People caring about me no matter what I do or say. There may be some that would like me to stop communicating with them outside the rooms but at least I can share what's on my heart at any meeting. I know that if you are new, much of this could be confusing like it was for me, but if you are willing to be patient and keep coming back to meetings and listen and give yourself a chance to experience this way of life, then do so for your own

sake. Many of us have said what we know in recovery is a million times better than the pain and loneliness of active addiction. If you would like a similar perspective, I recommend reading February 11 in the Just for Today book. I hope that this message of hope will reach at least one person and inspire them to come to a meeting and find out why the rest of us KEEP COMING BACK!! :) Thank you for letting me share. --- Addict, Adam.

Wanna write something for the Newsline and not sure where to start?

Here are a few questions to help get your mind buzzin:

1. What brought you into the rooms?
2. What keeps you coming back?
3. What have you learnt from your sponsor or the program that has helped you the most in your recovery?
4. What does recovery mean to you?
5. What is your favorite Just For Today reading and why? How has it helped you?
6. What is your Higher Power?
7. What is the toughest part of recovery for you? What can you learn from it and how?



NOTE:

PLEASE READ THE DISCLAIMER AT THE VERY BOTTOM OF THE 2ND PAGE OF THIS NEWSLETTER

Something to think about:

When you share with your sponsor you are practicing Step 12!!
Don't understand? Ask your sponsor about it.
Don't have a sponsor? Get One!!!

Birthdays, Events & Announcements

- **Sun. March 24th** – Tara D. – 1 year taking 1 year at Road to Recovery at 8pm; 146 Magnus St.
- **Mon. Mar. 25th** – Jazz F. Celebrating 3 years at Infinity group in Selkirk
- **Sat. April 6th** – ADHOC committee meeting from 1-4pm for the budget at 430 Langside St.
- **Sat. Apr. 20th** – M.A.S.C. meeting at 12 noon; 430 Langside St. There are open positions to be filled including: MASC vice Chair, Secretary, A&E, Public Relations and if we want a convention this year; Convention Chair. NA members are encouraged to attend; please get involved.
- **Sat. April 20th** – SOS is hosting a Easter potuck at 125 Sherbrook St. Doors open at 6pm, dinner at 6:30 followed by meeting at 7pm. Supper and speakers. Speakers TBA
- **Sun. Apr. 21st** – Amrita T. – 1 year at Road To Recovery ; 7pm – 146 Magnus St.

INTEGRITY and EFFECTIVENESS

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The Eighth Concept tells us “Our service structure depends on the integrity and effectiveness of our communications.” We could add that almost everything in Narcotics Anonymous depends on the integrity and effectiveness of our communications, our personal recovery, our reputation with the public, our unity as a fellowship, having the resources to carry the message, and, yes, how much we trust our trusted servants. We strive to be forthright, honest, and clear in our communications, yet we need to balance these qualities with perceptiveness and sensitivity. Being forthright is often a challenge, especially when we know that what we have to say is going to be painful to hear. Though it’s tempting to want to soft-pedal bad news, or precede it with a lot of justifying and rationalizing, doing so has the same effect as making excuses when we’re making amends. Honesty is one of NA’s most fundamental principles. We begin to practice it right from the beginning of our recovery when we admit our powerlessness and unmanageability. We get more skilled at being honest as we communicate with a sponsor and a Higher Power. Being clear in our communications is complex. We can’t include every single detail, or our message will get lost. However, we can’t be so concerned with brevity that we leave out important details. It’s important to communicate in definite, specific, and concrete terms, especially in a fellowship as diverse and multilingual as ours. Perceptiveness and sensitivity are crucial. If we’re going to communicate effectively, we must know something about our listeners. What do they care about? What do they want to know? What do they need to know? We need to be sensitive to their perspective, even though it may not be the same as ours. Sensitivity helps us know when it’s better to keep our opinion to ourselves. Most important of all, communication in Narcotics Anonymous must be a dialogue, not a monologue. We need to listen as much as we speak. Every service board and committee, every group, and every member has a stake in N.A.’s stability and growth, and we need all their voices to be complete.

MASC Happenings:

(Manitoba Area Service Committee)

- Lynn L. Nominated for treasurer. To go back to groups for election at April MASC.
- Beginning April 20th Road to Recovery Sunday and Tuesday meetings will be held at 7pm.
- Genesis Friday night meeting is at risk of shutting down. They are in need of support for that meeting to stay open
- Many open positions at MASC including vice chair, secretary, phone line, literature, outreach, public relations, activities and entertainment and if there is to be a convention this year.....convention chair is open!

SOS is hosting
a Potluck!
April 20th

Doors open at 6pm
&
Dinner at 6:30pm
followed by the
7pm meeting

Spring
/Easter
Supper and Speaker
Meeting Extravaganza

Everyone is welcome!!!!!!
If you are bringing a
dish or are not sure what
to bring talk to a SOS
member.

All Submissions, Enquiries, and Comments welcome at any time. Please forward to newsline@mascna.org Next deadline for *time-sensitive* submissions for the May issue is April 2nd 2019. **YOU** can receive a FREE electronic copy of this Newsletter by forwarding your email address to: newsline@mascna.org

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