



Manitoba Area Newsline



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The HP of Service

Submitted by Robert R.

At ten, I stopped attending church. I spent the collection money on Pepsi and Sunflower seeds. Instead, I went to a park to sit and sip and spit until church was over. Church called Granny to see why I wasn't attending. She asked me what I was doing instead. When I told her, she said she'd give me collection money and enough to pay for my Spits and Pepsi. In 1950, that was about 50 cents. I told her "That's pretty poor wages for an hour's work". She stood up, waved her hand and said: "Oh, all right then. You can just go to hell". So I did. That God no longer held power over me. For the next 34 years, I defied and challenged that God to destroy me until I got into recovery and came to understand

that I was only destroying myself. I also came to understand that the basis of addiction was self-centered thinking and self-willed behavior. If I want to stop acting on my addiction, I must stop using all mind altering and mood changing substances. I just needed to do the opposite action to what was killing me. In the same way, if I want to change from self-centeredness and self-will, I need to find the opposing action. The opposite to self-centeredness and self-will is selflessness. I needed to replace self-interest with something that takes the focus of my thoughts, beliefs, and actions away from self-gratification – away from fulfilling my own self concerned needs, wants, likes and dislikes. The most beneficial way I have found to overcome self-centeredness is through being involved in service. My Higher Power is anything that helps me overcome self-centeredness and self-will.

My Higher Power is anything that provides constructive action and positive direction in living life on life's terms. It's anything that helps me surrender, become open minded and recognize a higher authority than my own self will. My Higher Power is anything that removes the barriers that keep me trapped and alone within the prison of my own distorted, self-centered thinking, self-motivated beliefs, self-seeking values and self-willed behavior.

Being involved in Service helps me become open minded to God's Will as expressed through the collective conscience of recovering addicts striving to serve the still suffering addict. In recovery, service has been a Higher Power for Spiritual growth and change.

Profile of an Addict

Submitted by Tina Q.

What brought you into the rooms of N.A.?

Being completely beaten and broken from everything using had brought to my life! I was lost and tired of living on the streets, in and out of jail, hurting my mother, my kids and grandkids by living that way of life.

What keeps you coming back?

The feeling of belonging, understanding, care, and the feeling I get from the getting and giving of help, support, love and acceptance from other recovering addicts who get me.

What service work have you done in the past year or so?

I organized events as part of the Fundraising for the Manitoba Area Convention of Narcotics Anonymous, I am currently the Newsline chair and I chair meetings regularly at my home group or other groups if they need.

What has been your "greatest challenge" in the last year?

Self acceptance! Finding confidence in myself, accepting me for who I am and letting go of what other people think of me; learning to love myself without needing validation from anyone or anything outside myself.

How did you deal with that challenge?

I worked my steps honestly and openly with a sponsor, I took suggestions, I shared honestly at meetings, I listened and prayed for guidance as I went through the process of finding confidence in

myself. My self esteem today is way greater than I ever thought it could ever be!

What do you suggest for the newcomer or those who are still struggling?

Just keep coming back and don't give up on yourself. No matter how many times you misstep, keep on keeping on!! Remember that no matter what, if you keep coming back, you will be ok! No matter how hard it may seem at times....it's never going to be as hard as it was out there in active addiction!!!

Any final thoughts?

It took me to the age of 42 years old before I ever knew there was a different way to live. When I first started coming to the rooms in 2003, I never imagined I would be able to be anything other than who I had always been. Now after all these years and many relapses, here I am, living and enjoying the life I have been given to me by my Higher Power and the people of Narcotics Anonymous who came before and after me!

The Value of the Past

"This firsthand experience in all phases of illness and recovery is of unparalleled therapeutic value. We are here to share it freely with any addict who wants to recover."

Basic Text, p. 10

Just for Today: I no longer regret my past because, with it, I can share with other addicts, perhaps averting the pain or even death of another.



August Birthdays, Events & Announcements

- **Thurs. Aug. 1st** – Don M. – 12 years at Genesis; 187 Kilbride Ave. at 7:00pm.
- **Sat. Aug. 3rd** – Jessica G. – 1 year @ SOS; 125 Sherbrook St.
- **Fri. Aug. 16th** – Joe E. I. - 5 years at Genesis @ 7pm; 187 Kilbride St.
- **Sat. Aug. 17th** – M.A.S.C. meeting at 12 noon; 430 Langside St. There are open positions to be filled including: MASC Chair, Treasurer, A&E, Public Relations and Convention Chair. NA members are encouraged to attend; please get involved.
- **Mon. Aug. 19th** – Casey H. - 1 year at Genesis @ 7pm; 187 Kilbride St.
- **Thurs. Aug. 22nd** – Al V. – 8 years at Genesis @ 7pm; 187 Kilbride Ave
- **Sat. Aug. 31st** – Speaker meeting at SOS @ 7pm; 125 Sherbrook St.

Excerpt from the July H&I Report

Submitted by Erin D.

This is a piece from my monthly Hospitals and Institutions report. For the full report please contact hichair@mascna.org

I need to be honest in sharing that H&I is in trouble. I will start with the challenges and end with the solutions.

Lately I have been disheartened to hear members openly and actively discouraging service at the area level. What message are we sending to newer members wanting to be of service? I personally know of many people willing to help but very few with extensive service experience present to mentor them into positions. When someone with many years of clean time celebrates birthdays, people come out. The room is abuzz with that very feeling that kept me coming back in early recovery. Sharing, unity and gratitude for this program and for their recovery. But then suddenly; where did everyone go?

Our Freedom, Our Responsibility

- **Responsibility for fulfilling our primary purpose lies with us.**
- **When services suffer, groups are limited in their ability to reach still-suffering addicts.**
- **Service helps free us from self-obsession by shifting our focus from ourselves to others.**
- **Other members served for us; now we can make recovery possible for someone else.**



SSACNA XXXV
FRIDAY AUGUST 16TH 5PM
TO SUNDAY AUGUST 18TH
Glencairn Rec Centre
2626 Dewdney Ave E.
Regina, SK

FOR TICKETS	Ticket Prices	FOR BILLETING
Call Josh S.	Presale - \$35	Call Hannah S.
(306)527-6335	At The Door - \$50	(306)552-4013

Southern Saskatchewan Area of Narcotics Anonymous
35th Annual Convention
August 16th - August 18th, 2019

I realize that this happens from time to time but remember that addiction does not take a break!

I am grateful that there is Narcotics Anonymous to attend in Winnipeg and it wasn't always so. I have noticed many meetings are struggling to keep their doors open and attendance is down overall.

NA saved my life and for that, I hope I will always find a way to work through personality differences so that I can be of service to others, so they too can experience the miracles of recovery.

Service burn out is a real thing. Why not lighten the load and give back to the very program that saved your life and made your life what it is today? We are all here for the same reason, this is a WE program.

I am not looking to place any blame. I want to express the seriousness of the state we are in and hope that people will be interested in helping be part of the solution before it's too late. We need new and old panel members to step up and get involved. This is *our primary purpose*, to help the addict that still suffers.

Clean time requirement is 90 days to observe and 6 months to share. Attend our subcommittee meeting for orientation. I really appreciate everyone who has been ready and willing to help out with panels.

THANK YOU for your service and continuing to show up and get involved. Your continued dedication to the addict who still suffers does not go unnoticed.

All Submissions, Inquiries, and Comments welcome at any time. Please forward to newsline@mascna.org

Next deadline for the September issue is August 18th. **YOU** can receive a FREE electronic copy of this Newsletter by forwarding your email address to: newsline@mascna.org *Material or wording in this newsletter is not necessarily the opinion of MASC or Narcotics Anonymous as a whole. All Submissions become the property of the Newsline, which reserves the right to edit to facilitate publishing and ensure the NA message is carried. Articles will be printed anonymously upon request.