



Manitoba Area Newsline



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newsline@mascna.org

Show You Care The NA Way!
Submitted by: **An Addict in Recovery**

When I came into the rooms of Narcotics Anonymous, it was strongly suggested to me that one of the ways to stay clean was to do service. It was one of the 4 legs of the chair along with going to meetings, getting a sponsor, and doing the steps. I was taught that a chair with less than four legs doesn't stand very well and can get quite wobbly at times.

Doing service at the beginning simply entailed stacking chairs and washing coffee cups, but time went on, I started chairing meetings at my home group, I took a position within my home group and I have taken several different positions within M.A.S.C. Over the years, at different times various people have told me that I don't do service properly, or I'm not following Policies and Guidelines, or the person criticizing me has told me that they did it better, etc.

There have been many instances when in anger, I have said to myself "To hell with it. I don't need this crap." I was going to quit the position and never do service again. Then when I used the other tools in the program such as talking to my sponsor or writing the anger out on paper, I realized that quitting was something that I had done all my life. By quitting, nothing has changed and I really wanted to change.

Over time, I have realized that doing "the best that I can" sometimes supersedes Policies and Guidelines, Robert's Rules of Order and precedents that have been previously set. As long as I honestly do the best I can, within the parameters that I am given, what others say or how they judge me, doesn't matter. If I can honestly say to myself that I gave the task everything that I had, I am peaceful with the service and thus the result. Today I have learned that I can choose to make positive changes.

What I have learned from my service experience is that I do service as much for me as for the other people. It keeps me clean, allows me to feel good about myself and hopefully others can benefit from it. If I do service in order to entice others to "look at me, I'm such a wonderful person", then I am simply feeding my ego and in the end, nothing has changed.

Why I Do Service Work
Taken from **West Tennessee Area of Narcotics Anonymous (revised)**

What is service work? Why is it necessary? How does it help?

These are questions many addicts ask. Service work can be serving at home or the community. But for our purposes here, we will focus on service to Narcotics Anonymous. Activities like opening the doors, setting up a meeting, sponsorship, serving the group as GSR or other trusted servant, a position at area. Each opportunity is valuable, and is always needed. Service is necessary because we as a fellowship don't have paid officers to conduct our business for us. NA members do that, and it is done on a volunteer basis. Without NA members acting as trusted servants, groups would not have literature, meetings would not be opened, there would be no NA functions or activities, just to name a few. Service functions to help the still suffering addict. Sometimes we may tire of the perceived bureaucracy of some levels of service. If that's the case with you, simply don't participate at those levels right now, but please don't give up on service altogether. You are needed. Could NA exist without an area or regional service committee? Probably; could it carry the message of recovery as effectively? I'm thinking not. It is generally true that a percentage of addicts who continually do service tend to stick around the longest. World or regional service may not be for everyone, but there is service that any addict can participate in. There are service opportunities that don't require any clean time, and others that require minimal time. One of the most rewarding for me has been H & I. All it takes is 6 months clean and the willingness to talk for 10 minutes about what recovery has done for me. I always leave an H & I meeting feeling I got much more out of it than I gave. Why do I participate in service? Because of how it helps me & boosts my recovery. The saying that we can't keep what we have unless we give it away is true, and it is very applicable to service work. Narcotics Anonymous saved my life. I have no doubt that I wouldn't be breathing without it. It feels good to give back just a little of what was so freely given to me. I've been a taker all my life, never giving back. I didn't want to continue to be a taker in recovery. So I challenge the reader: Find a way to be of service today. Don't be a taker. Service will enhance your recovery!

December Birthdays, Events & Announcements

- Tues. Nov. 20th – Myk S. and Ray M. are celebrating 25 years together at Equinox; 7:30pm @ 195 Colligate St.
- Sun. Nov. 25th – Gabe P. is taking multiple years at Road to Recovery; 8pm @ 146 Magnus St.
- Tues. Nov. 27th – Channa B. is celebrating 18 years at Equinox; 7:30pm @ 195 Colligate St.
- Wed. Nov. 28th – Ruby R. is celebrating 3 years at Home at Last; 7:00pm @ 127 Cobourg Ave
- Sun. Dec. 2nd – Kyle W. is speaking at New Beginnings; 7:30pm @ 613 St. Mary's Rd.
- Tues. Dec. 4th – Matt B. is celebrating 8 years at Broadway Group; 12 noon @ 222 Furby St.
- Sat. Dec. 8th – Terri M. is celebrating 2 years at SOS; 7pm at 125 Sherbrook St.
- Sun. Dec. 9th – Cory B. is celebrating 1 year at Road to Recovery; 8pm @ 146 Magnus St.
- Tues. Dec. 11th – Dawn B. is celebrating 2 years at Road to Recovery; 8pm @ 146 Magnus St.
- Sun. Dec. 16th – Derrik is celebrating 1 year at New Beginnings: 7:30pm @ 613 St. Mary's Rd.
- Sun. Dec. 16th –WINA's last Sunday 4pm meeting. The new meeting time will be Thursday's at 6:30pm beginning Dec. 27th; same location
- Tues. Dec. 18th – Andrea R. is celebrating 17 years at Equinox; 7:30pm @ 195 Colligate St.
- Sat. Dec. 22nd – SOS will be having a Christmas potluck at 8:15 following the meeting. Please bring a dish if you can.
- Sun. Dec. 23rd – Steve D. is celebrating 9 years at Road to Recovery; 8pm @ 146 Magnus St.

MASC Happenings:

(Manitoba Area Service Committee)

- Congrats to Doug B. voted in as MASC Chair
- Congrats to Erin D. voted in as H&I Chair
- Congrats to Robert R. voted in as MASC Treasurer
- Terrence S. has been nominated for A & E Chair, please vote at your next group conscience

Self-worth and service May 1

"Being involved in service makes me feel worthwhile."

When most of us arrived in Narcotics Anonymous, we had very little self-worth left to salvage. Many members say that they began to develop self-esteem through being of service early in their recovery. Something just short of a miracle occurs when we begin to have a positive impact on others' lives through our service efforts. Most of us don't have a lot of experience, strength, or hope to share at thirty days clean. In fact, some members will tell us in no uncertain terms that what we can do best is listen. But at thirty days, we do offer something to that addict just coming into the rooms of NA, struggling to get twenty-four hours clean. The very newest NA member, the one with only the desire to stop using and none of the tools, can hardly imagine anyone staying clean for a year, or two years, or ten. But he or she can relate to those people with thirty days clean, picking up a keytag with a look of pride and disbelief emblazoned on their faces. Service is something that is our unique gift—something that no one can take away from us. We give, and we get. Through service, many of us start on the sometimes long road back to becoming productive members of society.

Just for today: I will be grateful for the opportunity to be of service.

Meeting Closures and Notices

- Broadway group will no longer hold a Friday evening meeting and is closed on all stat holidays.
- Howling Wolves Wednesday meeting is now closed; Saturday meeting remains open
- Genesis Group will be open during all holidays

