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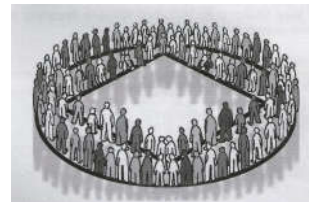
## "THE ONLY REQUIREMENT FOR MEMBERSHIP IS A DESIRE TO STOP USING." Tradition Three, Basic Text Ed 6, Pg 65

The third tradition was the only one that mattered to me when I arrived at NA. Finally, a place where it's *my choice* whether or not to become a member. I don't know about anyone else, but there were a lot of things I wanted to belong to and couldn't because I did not meet their criteria for membership. In Narcotics Anonymous, it is solely up to each individual to decide whether or not they qualify for membership.

What a relief, especially for someone who has been around long enough to probably be on the "Membership Committee," because if it was up to me and my addict, I would be sitting here all alone. Another thing that Tradition 3 frees me from is the responsibility to decide who is clean and who is

not. The only person that I can decide that for is myself. There is, at times, controversy about people taking key tags and medallions that others feel are unwarranted. What I figured out a while ago was that I get out of recovery what I put into recovery and that the only person I am truly responsible for is myself when it comes to clean time. I've had sponsees call me to ask whether or not they have relapsed after engaging in activities I would never consider for myself (taking unprescribed drugs or going overboard on prescribed drugs). My answer tends to be consistent, it doesn't really matter what I think, what matters is what they think. Whether or not I approve isn't the question. The question of whether a member has relapsed is totally up to the individual addict. It is

not mine to make except when it comes to my recovery. On a personal note, if these situations happened to me, I hope I would take a Newcomer key tag. The only time my opinion counts is when I am talking about my recovery. It is tough sometimes seeing a person take a milestone that seems unwarranted, but when this happens I ask myself, "Why am I expecting someone else to live up to my standard of behavior?" This is not only personally frustrating; it is also pretty unrealistic since I have a hard time living up to my own expectations of myself. All I can really do is try and be welcoming and allow these people their own stuff just as they allow me mine.



Anonymous

## THE COLOR of RECOVERY

by Mike H, Indiana, USA and others who shared their local key tag words of wisdom

*used with permission from*

*South City Area Newsletter, V2:I4, April 2008, Chicago*



### Welcome – White

The international color of surrender. You never have to use again, just for today! If you want to use, put this key tag in your mouth; when it dissolves, you can use!



### Thirty Days – Orange

The color for caution. You should be cautious at thirty days; avoid old playmates, playgrounds, and playthings. "Orange" you glad you made it, or "orange" you glad you're here and not wearing an orange (county jail) jumpsuit?



### Sixty Days – Green

The grass is always greener on the NA side of the street. Green for "go." Go to a lot of meetings!



### Ninety Days – Red

Red means stop. Stop and take a look at your program. You are no longer "marooned" on that island of isolation.



### Six Months – Basic Blue

The color of the sky, because the sky's the limit for you in NA! The color of our Basic text (hopefully you've read it by now).



### Nine Months – Yellow

The color of the sun, which you can see when you get up in the morning instead of using into the night. The color of urine as in, "you're in" the right place, and you should be able to pass a urine test with nine months clean.



### One Year – Iridescent - Glow in the Dark

It glows in the dark so you don't have to. It glows in the dark, like the glow in our hearts.



### Eighteen Months – Gray

Every gray cloud has a silver lining – and the key tag is gray with silver lettering. The color of duct tape – we stuck to the program. Battleship gray – the war is over!



### Multiples of Years – Black

The color of coal, which turns into diamonds when it's compressed – and we are all diamonds in the rough. Black and gold, because you listened to what you were told. Gold and black, because you kept coming back.

# Keep Coming Back

Manitoba Area Info & Help lines: [www.masnca.org](http://www.masnca.org)

Brandon (204) 727-2601 Winnipeg (204) 981-1730

## ANNOUNCEMENTS BIRTHDAYS AND EVENTS

- Jan 27<sup>th</sup> – Kory W. ~ 2 years at SOS
- Jan 28<sup>th</sup> – please don't forget that there will be no meeting at 3 St Vital Rd on this day
- Feb 8<sup>th</sup> – Zak F. ~ 3 years at Genesis
- Feb 10<sup>th</sup> – SOS is having a Valentine games night; see poster below for info
- Feb 11<sup>th</sup> – Laura C. ~ 2 years at WINA
- Feb 15<sup>th</sup> - Dieter Ja is celebrating 1 day clean at Genesis
- Feb 18<sup>th</sup> – Susan J. ~ 2 years at WINA
- Feb 20<sup>th</sup> – Tina Q. ~ 1 yr at Equinox
- Feb 26<sup>th</sup> – Jaimie B. ~ 1 year at Genesis
- Mar 4<sup>th</sup> – Will T. is speaking at New Beginnings



## WHAT'S HAPPENING IN OUR AREA

- Outreach is planning some trips to out of town meetings in the New Year and is asking if there are any interested members willing to come long to attend these meetings.

The dates are as follows:

- ~ Sat. Feb. 24<sup>th</sup> - Recovery 1<sup>st</sup> in Portage la Prairie
- ~ Fri. Mar. 30<sup>th</sup> - Westman NA –in Brandon
- ~ Fri. Apr. 20<sup>th</sup> - Infinity Group in Selkirk
- ~ Thur. May 17<sup>th</sup> - Clean & Free in Portage la prairie
- ~ Sat. June 30<sup>th</sup> – YellowHead Group in Neepawa
- ~ Sat. Aug. 4<sup>th</sup> – Howling Wolves in Thompson
- ~ Wed. Sept. 5<sup>th</sup> – New Freedom Group in Dauphin

If interested, email the outreach chair at [outreach@mascna.org](mailto:outreach@mascna.org) with the following info:

- Your name and contact info
- Which trip you would like to go on
- If you are bringing your own car and how many people will be coming with you

- IMPORTANT NOTE: Some groups in our area have asked Newline to post a notice asking for help with chairpersons. Broadway group and Foundation For Freedom are in need of trusted servants to chair meetings. It's important to keep the doors open for addicts seeking recovery. If you are interested and willing to chair, please attend these meetings and talk to the chairperson or a group member about how you can get involved and help out. Thank you

## GOD of Our Understanding Mostly a True Story

Used with permission from Just For Today on the Bay,  
Riv Area Newsletter Sent/Oct 2002

At one time my wife and I had a couple of recovering addicts living with us. My wife and the woman came home from the grocery store and they bought some prune juice, I asked sarcastically; "Does someone have a problem?" Everyone laughed, the girl turned red and said "I'm sick, that's not funny."

The next day I went to the clubhouse where my home group meets. I got a 3 oz. bag of peanuts out of the candy machine. Two bags came out, so being a good addict, I ate them both.

That night I had the worst stomach ache I ever had. By the time I got home it was doubling me over in pain. The girl said, "See, that's God paying you back for teasing me yesterday." So I replied, "My God is not like that!" She smiled at me and said, "Maybe so, but mine is."



Joe S.

## "The Importance of Service in Our Area"

Submitted by: Doug B. ~ MASC Vice  
Chair

As a suffering addict when I walked through the doors of my 1<sup>st</sup> meeting I wasn't sure I was in the right place. When I came back to my next meeting I thought I'll give this a chance. Those meetings saved my life. And I do not believe I am alone with these beliefs. What would have happened had that meeting not been there? In my case I have no doubt I would be dead. These meetings don't just happen. There is a lot of work that goes into keeping a meeting open for the still suffering addict. And there are several levels of that service. The Area level, MASC, (Manitoba Area Service Committee) needs the fellowships support if we are to continue to do the work that the fellowship expects. The MASC executive requires several trusted services. There is work that needs to be done in order to assist the still suffering addict. So regardless of your clean time, MASC needs your help to stay a viable part of NA.

All Submissions, Enquiries, and Comments welcome at any time. Please forward to [newline@mascna.org](mailto:newline@mascna.org)

Next deadline for *time-sensitive* submissions is February 18th. **YOU** can receive a FREE electronic copy of this Newsletter by forwarding your email address to: [newline@mascna.org](mailto:newline@mascna.org)

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