



Manitoba Area Newsline

July 2019 Issue 07/19

newsline@mascna.org

Surrender

Submitted by Robert R.

Like a Spiritual Awakening, my Surrender came slowly over a period of time. First, there was the surrender of accepting I could not handle or control my use of any mood - or mind-altering substances in a responsible, self-regulating manner. Next, came the surrender of admitting I was an addict and by my own resources, I was powerless to do anything about it. This surrender and the desire to stop using was my admission into recovery. With two years clean, I experienced a moment of clarity in which, I realized the only thing that changed was the fact I hadn't used any form of mood or mind altering substance within that time. My

thinking, attitude, beliefs and behavior were still the same as they were before I walked through the doors of NA, when I was still actively using drugs. Up until this moment, I was unwilling to admit total defeat. I thought if I could convince others I was so spiritually evolved, I would eventually believe it myself. When I realized I couldn't trust my own thinking, and I understand the breadth and depth of my addiction, I had no choice but to Surrender once again. The first spiritual Principle I applied to my addiction was Surrender. Having had a Spiritual Awakening as a result of these steps..... My Spiritual Awakening was the result of an accumulation of Spiritual Experiences through working and applying the spiritual principles of the 12 Step Recovery Program of Narcotics Anonymous

to every area of my life: to my thinking, my beliefs, my attitude and my behavior. Spiritual Experiences seem to be the flip side of surrender for me. Whenever I'm faced with a problem, my first responsibility is to surrender – to turn it over to my Higher Power. Otherwise, I end up in a battle between self-will and God's will. Every time I make the choice to Surrender, instead of continuing to impose my will on the situation, it's resolved in a much simpler way than I could have managed. To maintain an attitude of Surrender, I begin each day with prayer and meditation to get my attitude and my thinking oriented in proper relationship to my world and my place in it. When my attitude and thinking are oriented to the Spiritual Principle of Surrender, my beliefs and my behavior are in line with God's will.

Watching a Newcomer

By Dawn W. USA

Taken from the NA Way Magazine Jan. 2004; Vol. 21; #1

I have been watching this particular newcomer for the last twenty-nine days and it has been wonderful watching her learn and grow and become involved. She got a sponsor and a coffee commitment. She reads the Just for Today ever morning and the Basic Text every night. She shares at meetings and she reaches out too. I have had many listening sessions with this person trying only to share about what the program and recovery means to me; you know, my experience, strength and hope. Things seem to be going well for this newcomer, feelings and all. Today this person got an email suggesting that she drop everything and go to another state for a dream job. As I watched the excitement escalate in my fellow addict I could not help but wonder "what about your recovery? What about your daughter? What happened to Just for Today? I pondered all this for a moment, then I remembered my own journey. There was a time in my recovery when I decided to put money and education and even service ahead of my own recovery. There were people who tried to point this out to me but at the time I could not hear. Eventually I ended up relapsing and my physical and spiritual health almost vanished completely not to mention the destruction I caused in my relations and with my family. There is a theme resonating my mind these days. Nothing, absolutely nothing is more important than my recovery. Today my quality of life is far more important to me than the quality of things I may be able to achieve for some short-lived period of time. I do get frustrated sometimes because things do not happen in my time or because I do not want to go through certain feelings, but I know better than that today. Today I am grateful for my Higher Power and the NA Fellowship and the steps and traditions for without NA this addict has no life worth living.

PROFILE OF A RECOVERING ADDICT

Submitted by An Addict in Recovery

What brought you into the rooms?

My life was unmanageable and miserable. I had no strength or motivation anymore to exist. I was in a toxic, co-dependent relationship and had no hope of anything changing on my own, believe me, I tried everything. I wasn't able to be the parent, employee, friend or person I wanted to be.

What kept you coming back?

My life is manageable now which was previously so far out of reach. I have healthy coping mechanisms I have learned in NA and found willingness I never knew I had. I am at peace and have complete faith that things will work out. I have formed healthy relationships both in and out of the rooms. I actually enjoy meetings now because I learn something new every single meeting. I hear exactly what I need to.

Why do you do Service work?

I am involved with my home group as Group Service Representative and am a sponsor to a few people. My service passion is work though Hospitals and Institutions. It's an honor to share your experience, strength and hope, it's meaningful to me because it's where I was first introduced to NA myself. I also hold a subcommittee chair position at MASC. I encourage everyone to get involved, it's been so great for my recovery, in ways I didn't even expect! Plus there are some great folks dedicated to their recovery that I've gotten to know much better. Bonus!

Do you have any suggestions for newcomers or members who are struggling?

Go to meetings, get some numbers and use them! You will need clean friends, this is a "we" program! Help out a little (set up, wash cups, stay for group conscience) and become "part of!" Most importantly, be honest, open minded and willing. With that, you are well on your way!

Any final thoughts?

You are worth it! Don't believe it yet? Stick around, you will!

Birthdays, Events & Announcements

- **Wed. June 19th** – Dennis P. is speaking at Home at Last @ 7pm; 127 Coburg Ave.
- **Thurs. June 20th** – Adam G. is celebrating 18 months at Genesis at 7pm; 187 Kilbride Ave.
- **Fri. June 28th** – Anna L. is celebrating 18 months at Infinity Group in Selkirk at 7:30pm; 202 McLean ave. United Church (Side Entrance)
- **Sat. June 29th** – Tina Q. is speaking at SOS @ 7pm; 125 Sherbrook St.
- **Sun. June 30th** – Gabe. P is speaking at Road to Recovery at 7pm; 146 Magnus St.
- **Sun. July 7th** – Sarah G. is celebrating 1 year at Road to Recovery at 7pm; 146 Magnus St.
- **Wed. June 10th** – Dean W. is celebrating 29 years at Home at Last at 7pm; 127 Coburg Ave.
- **Tues. July 16th** – David D. 1 year and Ryan E. 7 years at Equinox at 7:30pm; 195 Collegiate St.
- **Sat. July 20th** – MASC meets at 12 noon; 430 Langside St.
- **Tues. July 30th** – Maggie K. speaking at Equinox at 7:30pm; 195 Collegiate St.

Oct. 5th – Details to be announced

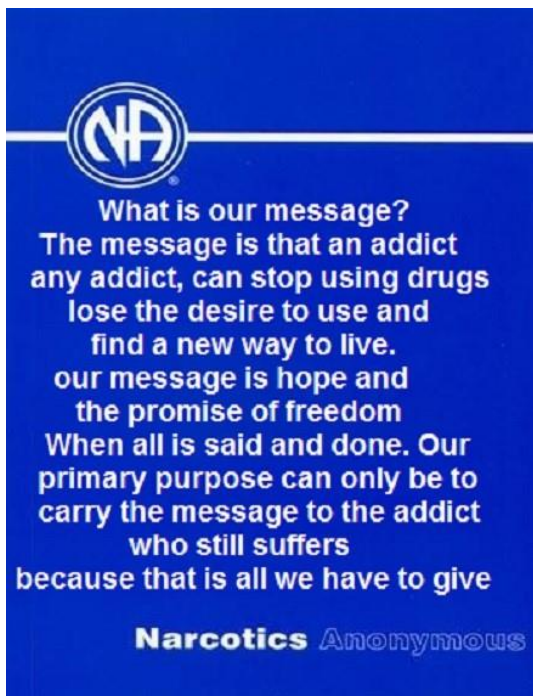
What we need from groups & interested members:

Friendship/Unity/Service Day

- Input regarding your feelings on service + concerns about the fellowship in general
- What would you like to learn about service and how you can get involved?
- What are the barriers to involvement in service & what are the solutions?

Submissions to be sent to rcm@mascna.org Dean W. 204-250-5332 by Aug. 10, 2019

- To be discussed & completed at MASC to prepare for the event
- Submissions can be by individuals and/or collectively by a group via your GSR.



MASC Happenings:

(Manitoba Area Service Committee)

- Support is needed for the 10pm Genesis meeting
Open Positions at M.A.S.C.
- Vice Chair
- Secretary
- Treasurer
- RCM & RCM Alternate
- Phonenumber
- Literature
- Convention Chair
- Outreach
- Public Relations
- Activities and Entertainment



June 12

Vision of Hope

"Yes, we are a vision of hope..."

Basic Text, p. 53

By the time we reached the end of our road, many of us had lost all hope for a life without the use of drugs. We believed we were destined to die from our disease. What an inspiration it was, then, coming to our first meeting and seeing a room full of addicts who were staying clean! A clean addict is, indeed, a vision of hope.

Today, we give that same hope to others. The newcomers see the joyful light in our eyes, notice how we carry ourselves, listen to us speak in meetings, and often want what we have found. They believe in us until they learn to believe in themselves.

Newcomers hear us carry a message of hope to them. They tend to see us through "rose-colored glasses." They don't always recognize our struggle with a particular character defect or our difficulties with improving our conscious contact with our Higher Power. It takes them time to realize that we, the "oldtimers" with three or six or ten years clean, often place personalities before principles or suffer from some other unsightly character defects.

Yes, the newcomer sometimes places us on a pedestal. It is good, though, to openly admit the nature of our struggles in recovery for, in time, the newcomer will be walking through those same trials. And that newcomer will remember that others walked through that difficulty and stayed clean.

Just for today: I will remember that I am a beacon to all who follow in my path, a vision of hope.

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

Next deadline for the August issue is July 21st. **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.