



Manitoba Area Newsline

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newsline@mascna.org

Living the NA Way is Groovy For This Recovering Addict.

Submitted by Mal S

Over my time in the rooms of NA, I have seen some addicts stay while others have chosen to leave. Some that have left got their lives back in NA and decided that they were too busy to work the program that gave them their lives back in the first place. I am not judging these people, but I am learning from them. Over the years, I have been taught how to live a healthy spiritual life in the rooms of Narcotics Anonymous and peace and serenity is available to me daily should I make the healthy choices required to achieve it. Having said that, I fully realize that anything that I put in front

of my recovery is at risk of being lost, and it is imperative to never forget that hell is just around the corner. One of my fears is that I get lazy or egotistical or simply "don't have time to work the program". I believe that I will quickly see that I am not cured after all, but have simply been given a reprieve from using one day at a time. That reprieve is as fleeting as me correctly thinking that "I have my shit together now and no longer need NA". I still have situations where old emotions come to the surface such as fear, feeling sorry for myself, thinking that "this isn't fair", I deserve better, or God shouldn't test me anymore. I am grateful that these feelings don't last long if I do work the program diligently. I promptly see that there is indeed a solution to the problem

that I have encountered. I am not alone unless I choose to be, so it is important to maintain a conscious contact with a God of "my understanding", and not someone else's. When people say that life isn't fair, they are exactly right. It isn't fair. When I am willing to acknowledge that and even more importantly accept that, then recovery is there to help me. If I dwell in the misery of how wrong this is, my disease jumps with joy and proceeds to kick the living shit out of me. The pain is both physical and emotional, but I understand today that if I feel sorry for myself then I have chosen the pain. The program isn't hard and complicated, I am. Everything is a choice, including living in pain.

Len S. a humble sponsor

Submitted by Ken S.

What can I tell you about Lenard Suppes? He passed away clean with over 35 years of recovery. He was wise, caring & loving to anyone and he shared his recovery freely. When I first met Len, I heard him share at the recovery group. What interested me was how spiritual he was. I was new in Narcotic anonymous but not new in the other fellowship. We were both different kinds of people but of course I was still young, foolish and a little bit crazy. I was native and he was a white guy but I liked what he had. What can this guy teach this young native man about spirituality even though I believed in my culture? Well that was a task that Len had when I asked him to be my sponsor. What Len was able to do is share his recovery, how he done the steps and traditions. So when I asked him and he said to me are you ready to do the work but of course with an ego I had and in the back of my brain saying to myself I like what he has but I'm a guy who's spirituality strong already, what I'm going to learn? So I said 'yup give me what you got, I want you as my sponsor'. So he gave me the business but back then when I asked him to be my sponsor, Len noticed that I was a single father with two young girls that I was raising on my own so here is another battle we had. So we went through the steps and I learned from this man and what I learned is to be happy in life and just take it as it comes and give up control. My spirituality got stronger with Len and I became wiser from him. I had Len as a sponsor for 12 years and I will share what he shared with me with another person, but most of all I seen him as a dad because my dad wasn't in my life so really he became my sponsor, my friend and a father figure. When he needed help with computers he would call on me and we talked for hours. I will miss him I will always love him because he gave me something that I couldn't find in my addiction; freedom! **RIP Len S**

PROFILE OF A RECOVERING ADDICT

Brian D - 1yr Clean date: January 15, 2009

Submitted by newsline

What brought you into the rooms Brian?

The thought had never occurred to me that I could overdose on what I was using until a friend of mine overdosed.

How did you find Narcotics Anonymous?

I went to an Institution seeking help and they suggested that I might want to check out the fellowship.

What kept you coming back?

Unmanageability in my life. Whenever I found myself back on the streets that was an indication that I needed to go back to meetings.

What has challenged you most during your first year in recovery?

Living in a recovery house with 17 other people.

How did you deal with that challenge?

Tried to mind my own business and cooperate with the rules.

Why do you do Service work?

Service work gets me out of me. Some days, I just want to listen. Chairing a meeting provides a good opportunity to practice listening.

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

Go back to the basics – 90 meetings in 90 days. Sometimes we just need to let others help us. Other times ... Just hang in there, it will pass.

Birthdays, Events & Announcements

- **Tues. May 21st** – Kevin L. – 15 yrs at Equinox; 7:pm – 195 Collegiate St.
- **Sun. May 26th** – Anson F. – 1 year at Road to Recovery; 7pm – 146 Magnus St.
- **Wed. May 29th** – Kim G – 1 year at Home at Last; 7pm –127 Cobourg Ave. Gordon King Memorial United Church
- **Thurs. May 30th** – Allan F. is speaking at Genesis @ 7Pm; 187 Kilbride St.
- **Wed. June 5th** – Doug B. – 3 years at Home at Last; 7pm – 127 Cobourg Ave. Gordon King Memorial United Church
- **Sun. June 9th** – Cory B. and Steven B. are celebrating 18 months at Road to Recovery; 7pm – 146 Magnus St.
- **Mon. June 10th** – Ashely P. – 1 year at Genesis; 7pm – 187 Kilbride St.
- **Wed. June 19th** – Dennis P. is speaking at Home at Last @ 7pm; 127 Coburg Ave.
- **Sat. June 15th** – M.A.S.C. meeting at 12 noon; 430 Langside St. There are open positions to be filled. NA members are encouraged to attend; please get involved.
- **Sat. June 29th** – Tina Q. is speaking at SOS @ 7pm; 125 Sherbrook St.

June 1

Keep coming back

“We don’t have to be clean when we get here but, after the first meeting, we suggest that newcomers keep coming back and come back clean. We don’t have to wait for an overdose or a jail sentence to get help from Narcotics Anonymous.”

Basic Text, pp. 10-11



Very few of us arrive in NA brimming with willingness. Some of us are here because we are court-ordered to attend. Some have come to save our families. Some come in an effort to salvage a career teetering on the brink of ruin. It doesn’t matter why we are here. It only matters that we are.

We have heard it said that “if we bring the body, the mind will follow.” We may come to meetings with a chip on our shoulders. We may be one of those who sits in the back of the rooms with our arms folded across our chest, glaring threateningly at anyone who approaches us. Perhaps we leave before the final prayer.

But if we keep coming back, we find that our minds begin to open up. We start to drop our guard, and begin to really listen when others share. We may even hear someone talking with whom we can relate. We begin the process of change.

After some time in NA, we find that more than our minds have arrived in our meeting rooms. More importantly, our hearts have arrived, too. After that happens, the miracles really begin!



Just for today: I will strive to listen with an open mind to what I hear shared.



MASC Happenings:

(Manitoba Area Service Committee)

- Lynn L. has withdrawn her nomination for MASC Treasurer
- Support is needed for the 10pm Genesis meeting

Open Positions at M.A.S.C.

- Vice Chair
- Secretary
- Treasurer
- RCM & RCM Alternate
- Phoneline
- Literature
- Convention Chair
- Outreach
- Public Relations
- Activities and Entertainment

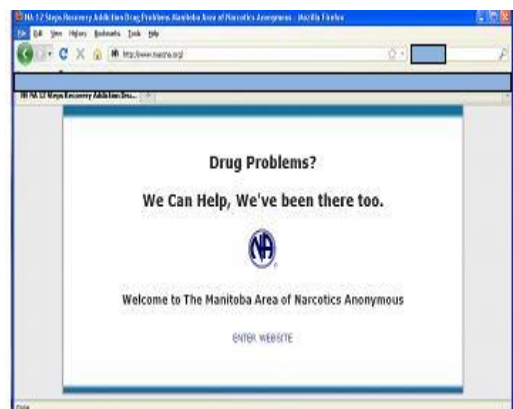
The Manitoba Area Service Committee website is on-line!

Check out the website at

www.mascna.org

Webservant: Paul F

There are lots of information and resources found here, click the link and check it out!



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

Next deadline for the July issue is June 16th. **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.