



May 2019 Issue 05/19  
newsline@masnca.org

## Family

Submitted by: Robert R.

Family isn't only the people who are given to us in life or even those that have given life to us. Family is the people who offer a hug when it's needed most or just welcome us home when we've been away for a while. A family isn't always someone who shares the same blood, DNA, or the same last name.

Family is someone in our life that expresses care and concern about our well being and happiness without requiring or demanding anything in return.

Family is someone who supports us in all our efforts to just be ourselves. Family is a person who wants the best for us because it brings out the best in them.

Family is someone who is there to share our greatest accomplishments and most unfortunate struggles. Family is someone who has the capacity and the willingness to take the time to listen, to truly hear us and make us feel we're an important part of their life.

Family is the people who were there that had faith in us when we lacked faith in ourselves and just needed to know someone was there when we needed it most.

They are the people that teach us what family is really all about by accepting us and allowing us to feel a part of something greater than the loneliness, alienation, emptiness and hurt that imprisoned our spirit.

Family isn't always blood. Family is someone who loves and cares unconditionally. Family is a feeling that we are connected to one another. Even at a distance from one another, the thinnest thread of a memory helps us feel connected as our heart swells in the fullness of Fellowship and Love.

Family is the people in our life who want us to share in their lives; the ones who accept us and love us simply for who we are. The ones who offer to do anything to help us feel safe and secure within the Family. They are the ones who's only hope is to see us smile as we learn to love ourselves as we are loved by them.

Our Family is Our Home Group and Fellowship of Narcotics Anonymous.

## Top Ten Reasons for Avoiding Service Work: 1987

Reprinted from *The NA Way* magazine June 1987 Vol. 5 No. 6

1. "I don't have enough clean-time." *(Give away what you've got. We have enough twenty-year people at WSC to save the world – don't worry.)*

2. "I'm not ready yet." *(When will you be ready? You don't have to dress formal. We'll pick you up at 7:00. Can you be ready by then?)*

3. "I've been to area service – it's a zoo. I don't want to upset my serenity levels... I'm so fragile." *(Serenity without a little stress can be unhealthy. It has been known to cause cancer in laboratory animals.)*

4. "I hate service-work people, especially H&I-types. They all have tattoos that say "Mom: The Cause of My Addiction" and "Work the Steps or Die!" *(Pick your own favorite passage out*

*of the Basic Text – we know a great tattoo parlor. Besides, H&I-types are pussycats anyhow.)*

5. "I can't get into service work. I work "in the field" and I get enough recovery at work. Besides I wouldn't want my patients to see me there."

*(Why not settle on one hat. That professional hat's getting too small for your head anyhow.)*

6. "Too much travel involved."  
*(Willing to go to any lengths ...)*

7. "I don't know ... I don't know what I could do."  
*(We train. OJT is our way of life.)*

8. "Well, I'm not much of a joiner."  
*(It beats the Marines. It's not just a job, it's an adventure!)*

9. "Somebody else will do it." *(Yeah ... sure ...)*

10. "I'm too busy working the Steps. Excuse me ... I see a foxy newcomer over there and she needs me to help her turn her will over."  
*(Keep coming back ...)*

*L.D., New Jersey*

## May Events

- Tues. Apr. 30th – Tamara G. is speaking at Equinox; 195 Collegiate St. @ 7:30pm
- Tues. May 14<sup>th</sup> – Bo Jessie is celebrating 2 years at Road to Recovery; 146 Magnus St. @ 7:00pm
- Tues. May 21<sup>st</sup> – Kevin L. is celebrating 15 years at Equinox; 195 Collegiate St. @ 7:30pm
- Sun. May 26<sup>th</sup> – Anson F. is celebrating 1 year at Road to Recovery; 146 Magnus St. @ 7:00pm
- Thurs. May 30<sup>th</sup> – Allan F. is speaking at Genesis; 187 Kilbride Ave. @ 7:00pm

## Meeting changes and Information

- ~ Genesis needs support for the Friday night 10pm meetings. Chair persons and attendance.
- ~ Road to Recovery now meets at 7:00pm on Tuesdays

## MASC Happenings: (Manitoba Area Service Committee)

### Open Positions at MASC

- Vice Chair - Nomination in Oct. Elections in Nov.
- Secretary – Nomination in Dec. Elections in Jan.
- Public Relations – Nominations in Feb. Election in Mar.
- Phoneline – Nomination in Feb. Elections in Mar.
- Literature – Nominations in Mar. Elections in Apr.
- Outreach – Nomination in Mar. Elections in Apr.
- Convention- Nomination in July Elections in Aug.
- A & E – Nominations in Aug. Elections in Sept.

NA  
A DAY  
CLEAN IS  
A DAY WON  
A GRATEFUL  
ADDICT WILL  
NOT USE 90 IN 90  
JUST FOR TODAY  
KEEP COMING BACK  
DO THE WORK  
RESULTS IT  
YOU WORK  
SICK AS OUR  
STEPS 12  
HAPPY  
AND FREE  
WE MUST  
TO WIN  
MORE WILL  
ATTITUDE  
A CLEAN  
MIRACLE  
NOTHING  
NOTHING  
FREEDOM  
SELF ESTEEM  
ESTEEMABLE  
I CAN'T BUT  
NEVER ALONE  
FEELINGS

SERVICE  
ACT AS IF  
UNTIL  
CARRY THE  
MESSAGE  
LET GO &  
LET GOD  
EASY DOES  
IT BUT DO IT  
THE MASKS  
MUST GO  
KEEP IT  
SIMPLE  
JOYOUS INSIDE JOB  
THE BROADER THE BASE THE HIGHER THE POINT OF FREEDOM  
LIVE OURSELVES INTO A NEW WAY OF THINKING  
SPONSORSHIP IS THE HEARTBEAT OF THE PROGRAM  
BE REVEALED PRINCIPLES BEFORE PERSONALITIES WE CAN  
OF GRATITUDE  
ADDICT IS A  
TURN IT OVER  
CHANGES IF  
MEDITATE  
THROUGH  
ACTIONS  
WE CAN  
AMEND  
AREN'T  
FACTS  
PRAY  
STAY  
1953  
NA

NA  
DON'T  
LEAVE FIVE  
MINUTES BEFORE  
THE MIRACLE HAPPENS  
H. O. W. HONESTY  
OPENMINDEDNESS  
AND WILLINGNESS  
PROGRESS NOT PERFECTION  
DIAL 'EM DON'T FILE 'EM  
WE COME, WE COME, WE COME TO BELIEVE  
CALL YOUR SPONSOR  
1 ADDICT HELPING  
ANOTHER IS WITHOUT  
PARALLEL HOPE, TRUST  
MIRACLES HAPPEN  
NO ADDICT NEED DIE  
GET IN THE SOLUTION  
THE HIGHER THE POINT OF FREEDOM  
SURRENDER  
FIND & JOIN A HOMEGROUP  
ASK FOR & TAKE HELP  
RESTORED TO SANITY  
INVENTORY AND AMEND  
COURAGE TO CHANGE  
NO LONGER CONTROLLED  
BY FEAR & SELFISHNESS  
GUIDE ME IN RECOVERY  
FAKE IT TIL YOU MAKE IT  
SECRETS DIE IN THE LIGHT

## Profile of an Addict

Submitted by Bailey W

**Q:** What brought you into the rooms of N.A. Bailey?

**A:** I hated myself from a very young age and started using daily at the age of 14. At 16, I did well in a harm reduction program but once I started regular school again, I quickly found my drug of choice. At 17, I got into an unhealthy and abusive relationship and 6 1/2 years later, I had enough of life and in spring 2013, I overdosed on purpose. The hospital staff gave me the AFM number; I left the hospital and used in the parking lot but eventually called AFM. The intake counselor at appointment put me on the waiting list for treatment and told me I had to go to meetings while waiting and gave me an NA meeting list. Due to my living situation, I secretly started going to Broadway at noon. That's where I found a new way of life.

**Q:** What keeps you coming back?

**A:** I keep coming back because NA gave me a life. I have been clean for half as many years as I was actively using, which is a miracle. I have a career and gifts in my life that I could never have imagined. I also learned that I can only keep what I have by giving it away, to do that I need to stick around.

**Q:** What service work have you done in the past year?

**A:** This past year I started chairing Broadway noon meetings once a week. I also continue to sponsor.

**Q:** What has been your greatest challenge?

**A:** My greatest challenge this past year has been transitioning from full time Mum to starting a new career path.

**Q:** How did you deal with that challenge?

**A:** Remained close to my small circle of people. I talk to them even if I can't make it to meetings. I also utilized resources and community programs that offered extra support when I needed it. Living this program to the best of my ability has given me the tools to conquer any obstacle clean.

**Q:** What do you suggest for the newcomer or those that are still struggling?

**A:** I suggest getting to as many meetings as possible if you're struggling or new. For me, meetings open up my sometimes isolated little world. They give me a chance to build connections with other addicts who have had similar experiences and stayed clean. The steps are where I found freedom from active addiction. The only wrong way to do the steps is alone! Meetings are the best way to find a sponsor to do them with. Keep coming back no matter what.

**Q:** Any final thoughts?

**A:** Just for today you don't have to use.

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

Next deadline for *time-sensitive* submissions for the June issue is May 19th. **YOU** can receive a FREE electronic copy of this Newsletter by forwarding your email address to: [newsline@mascna.org](mailto: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.