



# Manitoba Area Newsline



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## An Addict Like Me....

*Submitted by: Doug Rinker*

*North East Atlantic Area of Narcotics*

## The N A message of recovery is expressed by clean addicts living the 12 Steps.

*Submitted by: Robert R.*

An addict like me didn't wanna quit

An addict like me didn't know how  
An addict like me couldn't see straight  
An addict like me was broke  
An addict like me couldn't help the want for more  
And addict like me didn't know how to ask for help

Dreams, Desires, Goals  
An addict like me didn't have any  
An addict me wanted them all

An addict like me wanted to survive  
An addict like me wanted to quit  
An addict like me wanted to have money  
An addict like me had to learn....  
Learn to survive  
Learn to quit  
Learn how to have money

An addict like me was desperate  
An addict like me was alone  
An addict like me was lucky....Lucky to be alive

An addict like me is thankful  
Thankful that I quit  
Thankful I never gave up  
Thankful I can see straight  
Thankful to have a job  
Thankful for NA

An addict like me will survive  
An addict like me has dreams  
An addict like me has desires  
An addict like me has goals

An addict like me keeps going  
An addict like me won't give up  
An addict like me know I can do it  
An addict like me looks to the future  
An addict like me sees success

This is only part of....  
An addict like me

Our literature is how the "Fellowship" through its service structure, presents the message and shares the accumulated experience of recovering addicts. Though its creation has been spiritually influenced and directed, it's not the most powerful means of carrying the message of recovery. Our literature, by its very nature, lacks the dynamic impact an individual, recovering addict is able to express by sharing in a recovery meeting.

"Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts and to practice these principles in all our affairs". What is this implied message in Step 12? We have had a spiritual awakening as a result of following the previous 11 Steps and we continue to practice these principles in all our affairs. We share the NA message of recovery as a result of our surrender, acceptance and application of spiritual principles.

It doesn't require embellishment or exaggeration to carry the message. How we live our lives reflects the quality of NA recovery, not just our personal recovery. Newcomers are influenced more by the behavior and actions they witness than by what they read. Our actions must match our words. The impact of this message is determined by our sincerity in applying spiritual principles to every area of our life. It's not found in the literature alone; but through the integrity by which our lives express spiritual principles.

Our literature is a road map for still suffering addicts. It provides a direction she/he must travel to experience a spiritual awakening as the result of walking these Steps in Narcotics Anonymous. Here is the wonder of NA recovery: Any addict seeking recovery can find a new way of life and be transformed into the very heart and soul of our message of recovery. All we do is live our recovery as spiritually, principled individuals.

As we live the NA way of life, those seeking freedom from addiction recognize what NA has to offer. It's a living message we carry and express through our actions, words and the principles by which we maintain our relationship to a Higher Power, to fellow recovering addicts, to our Fellowship and to the world as a whole. Ours is a spiritual fellowship offering a spiritual program with a spiritual message.

We are the message of recovery.

## October Birthdays, Events & Announcements

- **Tues. Oct. 23<sup>rd</sup>** – Sam C. is celebrating 18 months at Road to Recovery; 8pm @ 146 Magnus St.
- **Sat. Oct. 27<sup>th</sup>** – Halloween Potluck at SOS: 125 Sherbrook St. after the meeting. See poster in this newsletter
- **Sun. Oct. 28<sup>th</sup>** - Amrita. T. is speaking at Road to Recovery; 8pm @ 146 Magnus St.
- **Tues. Oct. 30<sup>th</sup>** – Jeff W. is speaking at Equinox. 7:30PM @ 195 Colligate St.
- **Tues. Nov. 6<sup>th</sup>** – Dianna D. is celebrating 6 years at Equinox; 7:30pm @ 195 Colligate St.
- **Sat. Nov. 10<sup>th</sup>** – Lyle R. is celebrating 13 years at SOS; 7pm @ 125 Sherbrook St.
- **Fri. Nov. 16<sup>th</sup>** – Aimee M. is celebrating 2 years on Infinity group in Selkirk, MB
- **Sun. Nov. 18<sup>th</sup>** – Wendy F. is celebrating 20 years at New Beginnings; 7:30pm @ 613 St. Mary's Road
- **Sun. Nov. 18<sup>th</sup>** – Bo Jessie is celebrating 18 months at Road to Recovery; 8pm @ 146 Magnus St.
- **Tues. Nov. 20<sup>th</sup>** – Myk S. and Ray M. are celebrating 25 years together at Equinox; 7:30pm @ 195 Colligate St.
- **Sun. Nov. 25<sup>th</sup>** – Gabe P. is taking multiple years at Road to Recovery; 8pm @ 146 Magnus St.

## MASC Happenings:

(Manitoba Area Service Committee)

- Broadway group has Friday 6pm meetings back effective immediately
- Nominations to go to groups: Doug B. for MASC Chair, Robert R. for MASC treasurer and Erin D. for H&I chair.
- There are still open positions for nomination including: MASC vice chair, Outreach, Literature, A&E, Convention Chair, Public Relations, and Alt RCM. Please attend the next MASC meeting to find out how to get involved
- If anyone is interested in receiving minutes from the MASC meeting, please send your request to [secretary@mascna.org](mailto:secretary@mascna.org)

## Profile of an Addict:

Submitted by: An Addict in Recovery

What brought you into the rooms of NA?  
Sheer desperation and fear

What keeps you coming back?  
I find coming to meetings help me get a handle on "life on life's terms". I stopped going to meetings in the past and even though I didn't use I did become incredibly emotionally, mentally and spiritually sick, never want to be there again. Without NA meetings and all that goes with them (service, sponsorship, working the program) all I was during that time was a junkie without a fix!

What service work have you done in the past year or so?  
I've basically stuck to group level service

"What has been your greatest challenge in the last year?  
This past year I have struggled a lot with powerlessness

How did you deal with that challenge?  
By going to meetings, talking to my sponsor, and sharing with my close friends in NA  
6. I would suggest to Keep Coming! The solution is in the rooms, working the program, and asking other members for suggestions or their experience. At least that's what worked for me.

What do you suggest for the newcomer or those who are still struggling?  
I would suggest to Keep Coming! The solution is in the rooms, working the program, and asking other members for suggestions or their experience. At least that's what worked for me.

Any final thoughts?  
The only thing I can think of is, don't let anyone make you feel that you don't belong (push you out of the rooms)! we all earned a seat and we do belong.

