



October 2018 Issue 10/18
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My Recovery Works for Me.
Submitted by Mal S.

I find it interesting as I meet more people in the rooms of NA both in Winnipeg and abroad, how different people work different programs. I am not one to say that there is one way to work the program because there isn't, but I do know that I have been told over and over again that there are four legs to the NA chair. These legs entail going to meetings, doing the steps, doing service and communicating with your sponsor. You can stay clean without doing all four legs, but I have noticed that this alternate method produces interesting types of "recovery". I am one who lives by the motto that recovery gives you clean time, but clean time doesn't give you recovery. I have encountered people who have double digit years of clean time, yet don't seem to be sitting on a four legged chair. If I pay attention to them and if I listen to them, I usually find that they don't have what I want in a recovery sense. For me, recovery not only includes "not picking up one day at a time", but it also involves learning a new way to live. That means in all areas of my life, not just some areas. I don't do select steps, and I try not to live by select traditions. If that is the case, then why would I choose to only change some areas of my life? Wasn't my entire life unmanageable when I look at it in a completely honest way? Although changing everything in my life seemed so daunting at the beginning, it has become somewhat straightforward at this point in my recovery. I simply use the same steps, traditions and spiritual principles in all situations in my life. As I type this, I recognize that there are others who are not enamoured with my recovery. What makes me right and them wrong? Absolutely nothing. Those other opinions are just as valid as mine. Having said that, I use spiritual principles to determine if my recovery works for me. Does it make my life manageable? Does it make me peaceful and serene? Can I accept others who work different programs and get different forms of "recovery"? If the answer to those questions is truthfully yes, then I have reached happiness and for me and that is the ultimate goal.

**Wanna write something for the Newslines
and not sure where to start?**

**Here are a few questions to help get your
mind buzzin:**

1. What brought you into the rooms?
2. What keeps you coming back?
3. What have you learnt from your sponsor or the program that has helped you the most in your recovery?
4. What does recovery mean to you?
5. What is your favorite Just For Today reading and why? How has it helped you?
6. What is your Higher Power?
7. What is the toughest part of recovery for you? What can you learn from it and how?



NOTE:
PLEASE READ THE DISCLAIMER AT THE VERY
BOTTOM OF THE 2ND PAGE OF THIS NEWSLETTER

Something to think about:

When you share with your sponsor you are practicing Step 12!!
Don't understand? Ask your sponsor about it.
Don't have a sponsor? Get One!!!

October Birthdays, Events & Announcements

- **Tues. Sept. 24th** – Robert R. – 34 years at Equinox @ 7:30pm; 195 Colligate St.
- **Wed. Sept. 26th** – Aaron F. is celebrating 7 years at Foundation for Freedom: 6:30pm @ 400 Edmonton St.
- **Sat. Sept. 29th** – Candace S. is speaking at SOS; 7pm at 125 Sherbrook St.
- **Sun. Sept. 30th** – Cory B. is speaking at Road to Recovery; 8pm at 146 Magnus St.
- **Tues. Oct. 2nd** – George M. is celebrating 31 years at Equinox: 7:30pm @ 195 Colligate St.
- **Sun. Oct. 8th** – Matt K. is celebrating 1 year at Road to Recovery: 8PM @ 146 Magnus St.
- **Sat. Oct. 20th** – M.A.S.C. meeting at 12 noon; 430 Langside St. There are open positions to be filled including: MASC Chair, Treasurer, A&E, Public Relations and Convention Chair. NA members are encouraged to attend; please get involved.
- **Sat. Oct. 27th** – Halloween Potluck at SOS: 125 Sherbrook St. after the meeting. See poster in this newsletter
- **Tues. Oct. 30th** – Jeff W. is speaking at Equinox. 7:30PM @ 195 Colligate St.

MASC Happenings:

(Manitoba Area Service Committee)



- **Broadway group has Friday 6pm meetings back effective immediately**
- Our RCM will be attending the regional meeting in Toronto on October 21st.
- The decision for Winnipeg to host this convention next year will be made in October at the CANA conference.
- Our area is in dire need of support from long timers with experience. We have many open positions and are coming close to folding with out a new treasurer. Please attend the next MASC meeting to find out how to get involved

The 2018 NA Membership Survey is here!

<https://www.surveymonkey.com/r/memsurv-en>

At every NA World Convention since 1996, NA World Services has distributed demographic surveys. In 2015, the survey was disseminated at the world convention that was held in Rio de Janeiro, Brazil. Additionally, this survey was available for members who chose to participate online and via mail and fax. With the high response that we received to the initial online survey, we made this available to our members for six months. There were 22,803 responses. We collect these data to provide information about our fellowship, strengthen our public relations efforts, and learn more about how and where we carry our message of recovery.

Please pass this on to your NA members at your home group.

We need to get an accurate picture of NA today. Encourage your service committees to get the surveys out to the fellowship, or go online to fill one out.

Thank you .

Deadline - 31 December 2018.

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Membership Survey



**Halloween
Potluck**
October 27th, 2018
8:30 PM
After the meeting
125 Sherbrook St.
Bring a dish if you
Can or just show
Up and enjoy with
Us!
Costumes are
Encouraged!

All Submissions, Enquiries, and Comments welcome at any time. Please forward to newsline@nascna.org Next deadline for *time-sensitive* submissions for the November issue is October 21st 2018. **YOU** can receive a FREE electronic copy of this Newsletter by forwarding your email address to:

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