



Solid Recovery: Stories and articles to enhance our well-being.

The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away.

Clean Time Celebrations



60 Days
Jarred D.



One Year
Morgan D.



18 Months
Ashley H.
Effrain P.



6 years

Lisa H. Annalisa B.
Mark G.

31 years
Mike C.

9 years

29 years
David B.

32 Years
Esmeralda I

Please Send in your information and let's Celebrate all Milestones. Congratulations to All. swanacleantimes@gmail.com

A southwest area's addict's recovery

I have always taken comfort in the slogans that get thrown around at NA meetings. I have always found them to be simple reminders of what I have to do to keep moving forward to continue to see myself as the person that my Higher Power knows I am. One of my favorite sayings is "You can only keep what you have by giving it away." What this slogan means to me seems to broaden in its meaning as time goes on and I grow and change. In the beginning, I couldn't really fathom what it meant. Thought it was directed at everyone else - all of the people that I met in the rooms that were helping me stay clean. Back then I did not realize I had anything to give anyone. As I built a relationship with a sponsor and allowed people to come into my life - that support group that everyone told me to get - I learned that I did have something to give, which all of us do from day one. I learned that by simply showing up, introducing myself as an addict and putting my hand up, and sharing my feelings, my fears, and my joys, I was giving back. This allowed others to love me and let those who were hesitant to share knowledge that it was okay to get vulnerable and to surrender to the disease. I also learned that by participating in a relationship with a sponsor and other people in my life, I was giving back - that God speaks to us through others. I also learned early on that taking commitments was a way to give back. **I started with a coffee commitment.** I would get to the meeting early to make the coffee and set up the chairs. I found that other people would wander in early as well and help me set up. Began to get to know more people and I found that I felt more a part of. I guess this was my first real realization of what it meant - you can only keep what you have by giving it away. I was performing a service by making coffee and putting out chairs and as a result, I was making friends and developing a foundation, a feeling of belonging, in this fellowship. I began to take commitments as secretary and

chairperson at meetings. *I was terrified at the thought of sitting in the front and having the focus on me. But at the same time, it felt so good to know that the group thought enough of me to want me up there.* I gave my time and faced my fears and in return, I began to develop a sense of self-esteem. I began to take on sponsees, even though I was afraid that I wouldn't be a good sponsor - that I didn't know how to sponsor someone. I was told to love them and listen to them and to share my hope, strength, and experience. After I got through the initial fear, Found sponsorship to be my favorite way to serve this fellowship. I still feel that way today. More often than not, after having a conversation or going over a step with a sponsee, I feel a sense of love and healing - a feeling that, once again, reminds me that "you can only keep what you have by giving it away." These relationships can also be difficult at times. I have truly learned about things such as unconditional love, agreeing to disagree, allowing people to learn their own lessons, and that what's right for me in a situation is not necessarily what is right for another in the same situation. These lessons can be uncomfortable, but working through them, for me, has resulted in more love and healing than I ever thought possible. *I have always been surrounded by people who believe in service.* Many members of my support group have been involved in service not only at the group level but at the area and regional levels as well. Since I made it a habit to stick close to my sponsor and support group, and they went to Area Service once a month, I ended up at Area Service when I had six months clean. **I was intimidated at first but then began to participate rather than hide in the shadows.** Eventually, I began to take commitments at area and on the various sub-committees. I have served on the Convention Committee, H & I, Recovery by Mail, the Newsletter Committee, PI, the Bot and on the area administrative committee at various times in

my recovery. *As a result of stepping up and taking commitments, despite my fears, my ego, and my self-centered worries that I did not have the time to serve, I consistently found myself being afforded the opportunity to look at myself and grow and change through serving in these positions.* Again, many of these lessons were uncomfortable and some were just plain painful, but they were, and continue to be, so worth it. Today I continue to serve the fellowship in many capacities. I am a sponsor and a sponsee. I have a commitment at Area. I take group-level commitments when I can.

I attend meetings regularly and make it a point to welcome newcomers. I try to reach out to those in pain. My life is very full as a result of working the program of Narcotics Anonymous.

There are times that I get overwhelmed and feel like I want to give up all of my commitments, pull my telephone out of the wall and just focus on "my life." But for me, I need to remember that *I have this full life as a result of working the program of Narcotics Anonymous*, and I need to continue to make Narcotics Anonymous an integral part of my life. I have not forgotten the life I lived before I found the rooms and I don't doubt for a minute that that misery could be mine all over again if I "forget to remember." The truth is, I enjoy going to meetings and I look forward to seeing people at Area Service that I don't see at my regular meetings. **When I hug, I feel loved. When I share, I don't feel alone. When I take the time to truly listen to someone, I feel understood. When I reach out to someone who is hurting, I feel healed.** Where else would I have the opportunity to do all of these things on a regular basis?

I wouldn't trade this life for anything.

In loving service,
Eileen A.

**Service
Prayer
Basic Text**
pg. XVI

God, grant us the knowledge that we may serve according to your divine precepts. Instill in us a sense of your purpose. Make us servants of your will and grant us a bind of selflessness, that this may truly be your work, not ours - in order that no addict anywhere need die from the horror of addiction.



“We are people with the disease of addiction who MUST abstain from all drugs in order to recover.” - pg. 18 .

“Assets MUST also be considered, if we are to get an accurate and complete picture of ourselves.” - pg. 28.

“We MUST always remember that as individual members, groups, and service committees we are not and should never be in competition with each other.” pg. XVI .

“ We MUST realize that we are not perfect.” - pg. 3

“Everything that occurs in the course of NA service MUST be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers. - pg. XVI .“

“Our disease involved much more than just using drugs, so our recovery MUST involve much more than simple abstinence.” - pg.53 20

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“We MUST face our problems and our feelings.” - pg. 15 .

“A second admission MUST be made before our foundation is complete.” pg. 21

“Our experience tells us that we MUST become willing this step will have any effect.” - pg. 36 (step eight) .

“We MUST give up this old concept and face the fact that reality and life go on, whether we choose to accept them or not.” -

“We MUST give freely and gratefully that which has been freely and gratefully given to us.” - pg. 47.

“We MUST separate what was done to us from what we did to others.” - pg. 37

“As with each step we MUST, be thorough.” - pg. 38

“Our experience tells us that we MUST become willing this step will have any effect.” - pg. 36 (step eight) .

Explanation: It is not enough to admit that we are powerless over drugs, we MUST also admit that our lives had become unmanageable. . “We MUST be done with the past and not cling to it.” - pg. 28’

Recovery Quotes from Wednesday's 6:30 pm LGBTQ+ Meeting

Expectations are premeditated resentments.

An addict is a person who wants to be held while he's isolating.

Anger is fear in a party dress. Cunning, Baffling, Powerful, & Persistent. Easy does it

Everything happens for a reason.

I hope you all enjoyed this issue of the Clean Times Newsletter.

Brian S.

Editor.