

CLEAN TIMES

Southwest Area of Narcotics Anonymous Newsletter December
www.cirna.org - swananarcoticsanonymous.com - www.na.org 2020

9 WAYS
TO STAY CLEAN
THIS HOLIDAY SEASON
PAGE 7

STEP TWELVE

“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.” (page 2)



Twelfth Tradition

“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.” (page 6)

12TH CONCEPT

PAGE 5

We came to Narcotics Anonymous as the result of the wreckage of our past. The last thing we expected was an awakening of the spirit. We just wanted to stop hurting.

The steps lead to an awakening of a spiritual nature. This awakening is evidenced by changes in our lives. These changes make us better able to live by spiritual principles and to carry our message of recovery and hope to the addict who still suffers. The message, however, is meaningless unless we live it. As we live it, our lives and actions give it more meaning than our words and literature ever could.

The idea of a spiritual awakening takes many different forms in the different personalities that we find in the Fellowship. However, all spiritual awakenings have some things in common. Common elements include an end to loneliness and a sense of direction in our lives. Many of us believe that a spiritual awakening is meaningless unless accompanied by an increase in peace of mind and a concern for others. In order to maintain peace of mind, we strive to live in the here and now.

Those of us who have worked these steps to the best of our ability received many benefits.

We believe that these benefits are a direct result of living this program.

When we first begin to enjoy relief from our addiction, we run the risk of assuming control of our lives again. We forget the agony and pain that we have known.

Our disease controlled our lives when we were using. It is ready and waiting to take over again.

We quickly forget that all our past efforts at controlling our lives failed.

By this time, most of us realize that the only way that we can keep what was given to us is by sharing this new gift of life with the still-suffering addict. This is our best insurance against relapse to the torturous existence of using. We call it carrying the message, and we do it in a number of ways.

In the Twelfth Step, we practice the spiritual principles of giving the NA message of recovery in order to keep it. Even a member with one day in the NA Fellowship can carry the message that this program works.

When we share with someone new, we may ask to be used as a spiritual instrument of our Higher Power. We don't set ourselves up as gods. We often ask for the help of another recovering addict when sharing with a new person. It is a privilege to respond to a cry for help. We, who have been in the pits of despair, feel fortunate to help others find recovery.

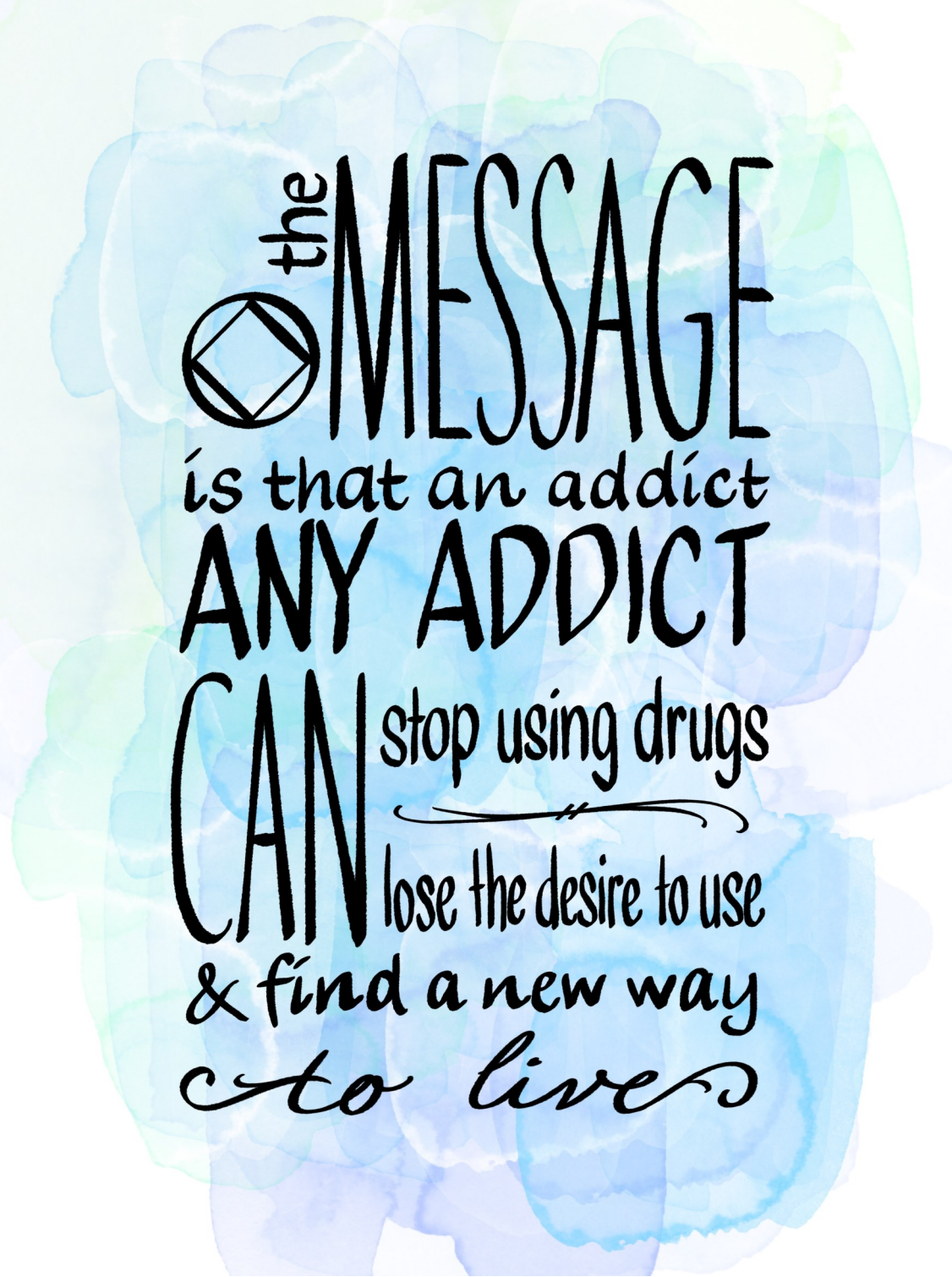
(cont. on page 3)

We help new people learn the principles of Narcotics Anonymous. We try to make them feel welcome and help them learn what the program has to offer. We share our experience, strength and hope. Whenever possible, we accompany newcomers to a meeting.

The selfless service of this work is the very principle of Step Twelve. We received our recovery from the God of our understanding. We now make ourselves available as His tool to share recovery with those who seek it. Most of us learn that we can only carry our message to someone who is asking for help. Sometimes, the only message necessary to make the suffering addict reach out is the power of example.

An addict may be suffering but unwilling to ask for help. We can make ourselves available to these people, so when they ask, someone will be there.

Learning to help others is a benefit of the Narcotics Anonymous Program.



the MESSAGE
is that an addict
ANY ADDICT
CAN stop using drugs
lose the desire to use
& find a new way
to live

Remarkably, working the Twelve Steps guides us from humiliation and despair to acting as instruments of our Higher Power. We are given the ability to help a fellow addict when no one else can.

We see it happening among us every day. This miraculous turnabout is evidence of spiritual awakening.

(cont. on page 4)

We share from our own personal experience what it has been like for us. The temptation to give advice is great, but when we do so we lose the respect of newcomers. This clouds our message. A simple, honest message of recovery from addiction rings true.

We attend meetings and make ourselves visible and available to serve the Fellowship. We give freely and gratefully of our time, service, and what we have found here. The service we speak of in Narcotics Anonymous is the primary purpose of our groups. Service work is carrying the message to the addict who still suffers. The more eagerly we wade in and work, the richer our spiritual awakening will be.

The first way that we carry the message speaks for itself. People see us on the street and remember us as devious, frightened loners. They notice the fear leaving our faces. They see us gradually come alive.

Once we find the NA way, boredom and complacency have no place in our new life. By staying clean, we begin to practice spiritual principles such as hope, surrender, acceptance, honesty, open-mindedness, willingness, faith, tolerance,

patience, humility, unconditional love, sharing and caring. As our recovery progresses, spiritual principles touch every area of our lives, because we simply try to live this program in the here and now.

We find joy as we start to learn how to live by the principles of recovery. It is the joy of watching as a person two days clean says to a person with one day clean, "An addict alone is in bad company." It is the joy of watching a person who was struggling to make it suddenly, in the middle of helping another addict to stay clean, become able to find the words needed to carry the message of recovery.

We feel that our lives have become worthwhile. Spiritually refreshed, we are glad to be alive. When we were using, our lives became an exercise in survival. Now we are doing much more living than surviving. Realizing that the bottom line is staying clean, we can enjoy life. We like being clean and enjoy carrying the message of recovery to the addict who still suffers. Going to meetings really works.

Practicing spiritual principles in our daily lives leads us to a new image of ourselves. Honesty, humility and open-mindedness help us to treat our associates fairly. Our decisions become tempered with tolerance. We learn to respect ourselves.

(cont. on page 5)

The lessons we learn in our recovery are sometimes bitter and painful. By helping others we find the reward of self-respect, as we are able to share these lessons with other members of Narcotics Anonymous. We cannot deny other addicts their pain, but we can carry the message of hope that was given to us by fellow addicts in recovery. We share the principles of recovery, as they have worked in our lives. God helps us as we help each other. Life takes on a new meaning, a new joy, and a quality of being and feeling worthwhile. We become spiritually refreshed and are glad to be alive. One aspect of our spiritual awakening comes through the new understanding of our Higher Power that we develop by sharing another addict's recovery. Yes, we are a vision of hope. We are examples of the program working. The joy that we have in living clean is an attraction to the addict who still suffers.

*We Do Recover to live clean
and happy lives.*

WELCOME TO NA.

The steps do not end here.

THE STEPS ARE A NEW
BEGINNING!

How It Works, Sixth Edition Basic Text - Copyright © 1982, 1983, 1984, 1986, 1987, 1988, 2008 by Narcotics Anonymous World Services, Inc. All rights reserved.

Twelfth Concept

“In keeping with the spiritual nature of Narcotics Anonymous, our structure should always be one of service, never of government.”

Twelve Concepts for NA Service, Copyright © 1989, 1990, 1991 by Narcotics Anonymous World Services, Inc. All rights reserved. Published 1991. Approved Edition 1992.

Selfless service is an essentially spiritual endeavor. Our Twelfth Step says, in part, that “having had a spiritual awakening,” we individually “tried to carry this message to addicts.” Our collective service efforts arise from that same spiritual foundation. Having experienced the results of this program in our own lives, we join together to carry the recovery message farther than we could individually. NA service is not about forcing our will or our ideas on others; rather, it is about humbly serving them, without expectation of reward.

This principle underlies all we do in our groups, service boards, and committees. The Twelfth Concept reminds us that we ourselves have experienced recovery only because others put this selfless principle into action before us, taking the time and the care to carry the NA message to us when we were still suffering from active addiction. In service, we express our gratitude for the recovery others have shared with us by carrying ours to others. Nothing could be further from the drive to rule or direct than this spirit of selfless service.

.- Certain paragraphs of this literature were used for this newsletter. For the full chapter, go online for the full length PDF of this literature.



TRADITION TWELVE

“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”

A dictionary definition of anonymity is “a state of bearing no name.” In keeping with Tradition Twelve, the “I” becomes “we.” The spiritual foundation becomes more important than any one group or individual.

As we find ourselves growing closer together, the awakening of humility occurs. Humility is a by-product that allows us to grow and develop in an atmosphere of freedom, and removes the

fear of becoming known by our employers, families or friends as addicts. Therefore, we attempt to rigorously adhere to the principle that “what is said in meetings stays in meetings.”

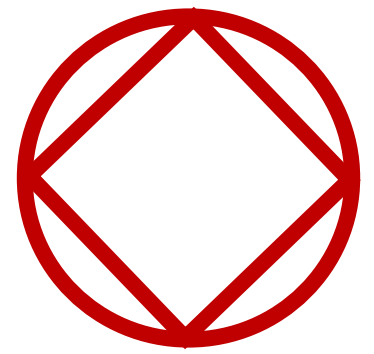
Throughout our Traditions, we speak in terms of “we” and “our” rather than “me” and “mine.” By working together for our common welfare, we achieve the true spirit of anonymity.

We have heard the phrase “principles before personalities” so often that it is like a cliché. While we may disagree as individuals, the spiritual principle of anonymity makes us all equal as members of the group. No member is greater or lesser than any other member. The drive for personal gain in the areas of sex, property and social position, which brought so much pain in the past, falls by the wayside if we adhere to the principle of anonymity. Anonymity is one of the basic elements of our recovery and it pervades our Traditions and our Fellowship. It protects us from our own defects of character and renders personalities and their differences powerless. Anonymity in action makes it impossible for personalities to come before principles.

How It Works, Sixth Edition Basic Text - Copyright © 1982, 1983, 1984, 1986, 1987, 1988, 2008 by Narcotics Anonymous World Services, Inc. All rights reserved.

9 ways to stay clean

during this **HOLIDAY SEASON**



- with these few suggestions -

- ✧ Avoid people, places, and things you used with or at
- ✧ Come early and stay late
- ✧ Get and use a sponsor
- ✧ Don't use, and go to meetings
- ✧ Go to 90 meetings in 90 days
- ✧ Get a Homegroup
- ✧ Use the phone
- ✧ Keep coming back it works
- ✧ Get involved in service

E	A	R	P	Y	R
R	Y	P	A	E	R
P	E	Y	R	R	A
A	R	R	Y	P	E
Y	R	A	E	R	P
R	P	E	R	A	Y

December Birthdays

KARI W. 12/01/13

KIMBERLY R. 12/7/05

KYMBERLEE 12/07/06

EMALEE M. 12/17/08

YVONNE F. 12/17/16

BOB K. 12/20/16

YVONNE I. 12/26/90