

# THE BUZZ

January/February 2009

Volume 3, Issue 3

## Editor's Notes

- In the next issues we are re-exploring the IP's.
- Although we read these at meetings, there is a slight chance that the still suffering addict may see a copy of this newsletter and it may help to ease any fear of what NA is about.
- The "Steps & Traditions" have been addressed in the past issues and will not be printed in this issue.

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## WHO, WHAT, AND WHY? from IP #1

### Who is an addict?

Most of us don't have to think twice about this question. *We know!* Our whole life and thinking was centered in drugs in one form or another-the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions, and death.

**" We suggest that you keep an open mind and give yourself a break . "**

### What is the NA program?

NA is a non-profit fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work. There are no strings attached to NA. We are not affiliated with any other organizations, we have no initiations fee or dues, no pledges to sign, no promises to make to anyone.  
(cont. on pg 2)

### Why are we here ?

Before coming to the fellowship of NA, we could not manage our own lives. We could not live and enjoy life as other people do. We had to have something different and we thought we had found it in drugs. We placed there use ahead of the welfare of our families, our wives, husbands, and children. We had to have drugs at all costs. We did many people great harm, but most of all we harmed ourselves. Through our own inability to accept personal responsibilities we were actually creating our own problems. We seemed to be incapable of facing life on it's own terms. Most of us realized that in our addiction we were slowly committing suicide, but addiction is such a cunning enemy of life that we had lost the power to do (cont. on pg 2)

## SURRENDER

*There was so much pain in my heart*

*I know not where to start.*

*My world grew more dismal each day*

*So I prayed and God led me to the VA.*

*At first I resisted every turn*

*Then I gave my will to God and began to learn.*

*To rid my pain I could not hurry,*

*Cuz to overwhelm myself was cause to worry.*

*God came to my rescue to slow me down.*

*Now I enjoy the inner peace I have found.*

*If you find yourself in the sane sphere,*

*On your knees to God pray and be sincere.*

*If you take all your worries and all your pain,*

*Turn them over to God and let your tears flow like rain.*

*So to this end of my glorious story,*

*But it's only the beginning of me experiencing God's glory.*

Jerry G.

June 2008

## THE BUZZ

(from cover) **WHAT?**

We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join us, regardless of age, race, sexual identity, creed, religion, or lack of religion. We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

( from cover) **WHY?**

anything about it. Many of us ended up in jail, or sought help through medicine, religion, and psychiatry. None of these methods was sufficient for us. Our disease always resurfaced or continued to progress until, in desperation, we sought help from each other in Narcotics Anonymous. After coming to NA we realized we were sick people. We suffered from a disease from which there is no known cure. It can, however be arrested at some point, and recovery is then possible.

*"We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. "*

“Those of us who have found the Program of Narcotics Anonymous do not have to think twice about this question: Who is an addict? We know! The following is our experience.

As addicts, we are people whose use of mind-altering, mood-changing substance causes a problem in any area of life. Addiction is a disease that involves more than the use of drugs. Some of us believe that our disease was present long before the first time we used.

Most of us did not consider ourselves addicted before coming the Narcotics Anonymous Program. The information available to us came from misinformed people. As long as we could stop using for awhile, we thought we were alright. We looked at the stopping, not the using. As our addiction progressed, we thought of stopping less and less. Only in desperation did we ask ourselves, “ Could it be the drugs?”

We did not choose to become addicts. We suffer from a disease that expresses itself in ways that are anti-social and that makes detection, diagnosis, and treatment difficult .

Our disease isolated us from people except when we were getting, using and finding ways and means to get more. Hostile, resentful, self-centered, and self-seeking, we cut ourselves off from the outside world. Anything not completely familiar became alien and dangerous. Our world shrank and isolation became our life. We used in order to survive. It was the only way of life that we knew.

Some of us used, misused and abused drugs and still did not consider ourselves addicts. Through all of this, we kept telling ourselves, “ I can handle it.” Our misconceptions about the nature of addiction included visions of violence, street crime, dirty needles and jail.

When our addiction was treated as a crime or moral deficiency, we became more rebellious and were driven deeper into isolation. Some of the highs felt great, but eventually the things that we had to do to continue using reflected desperation. We were caught in the grip of our disease. We manipulated people and tried to control everything around us. We lied, cheated, and sold ourselves. We had to have drugs regardless of the cost. Failure and fear began to invade our lives.”

One aspect of our addiction was our inability to deal with life on life’s terms. We tried drugs and combinations of drugs to cope with a seemingly hostile world. We dreamed of finding a magic formula that would solve our ultimate problem-ourselves. The fact was that we could not use any mind-altering or mood-changing substance, including marijuana and alcohol, successfully. Drugs ceased to make us feel good.

At times, we were defensive about our addiction and justified our right to use, especially when we had legal prescriptions. We were proud of the sometimes illegal and often bizarre behavior that typified our using. We “forgot” about the times when we sat alone and were consumed by fear and self-pity. We fell into a pattern of selective thinking. We only remembered the good drug experiences. We justified and rationalized the things that we did from being sick or going crazy. We ignored the times when life seemed to be a nightmare. We avoided the reality of our addiction.

**The only person that can tell you if you’re an addict or not is yourself.**

The only requirement for membership is a desire to stop using.

**You are a member when YOU say you are.**

**If you think you are an addict, give yourself a break and find a meeting. You might find what you’re really searching for.**

## **GRATITUDE PRAYER**

*"Our gratitude speaks, when we care and  
when we share with others the N.A. way,  
that no addict seeking recovery need ever*

*die from the horrors of addiction. without finding a  
better way to live."*

***"I don't think that anybody anywhere can talk about the future of their people or of an organization without talking about education. Whoever controls the education of our children controls our future, the future of the Cherokee people and of the Cherokee Nation."***

--Wilma P. Mankiller, CHEROKEE

Sometimes adults think they know more than the children. But the children are closer to the truth. Have you ever noticed how quickly they can let go of resentments? Have you ever noticed how free they are of prejudice? Have you ever noticed how well the children listen to their bodies? Maybe adults need to be more like children. They are so innocent. The children pray to the Creator and trust that He will take care of them.

*Grandfather, today let the children be my teacher.*

### Works Cited.

- \* **Who, What, and Why. Reprinted from the white booklet NA. Copyright 1976**
- \* **Basic Text, Fifth Edition, Narcotics Anonymous World Services, Inc.**
- \* **MNNAC XVI Website**
- \* **Elder's Meditation Website**



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MN Region of  
Narcotics Anonymous



# MINNAC

## XVI

### 2009



April 17th - 19th, 2009  
St. Cloud, MN  
Held at the Holiday Inn

MINNAC  
XVI  
2009  
Special Appearances!

