

Editor's Notes

- In this issue we are exploring IP #2
- Please leave a copy of the current newsletter lay out with IP's or where a newcomer might have access to it.

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March/April 2009

Volume 3, Issue 4

# THE GROUP From I.P.#2

## The Group Definition and purpose

A Narcotics Anonymous group is any meeting of two or more recovering addicts who meet regularly at a specific time and place for the purpose of recovery from the disease of addiction. All Narcotics Anonymous groups are bound by the principles of the Twelve Steps and Twelve Traditions of NA. Each group has but one primary purpose—to carry the message of recovery to the addict who still suffers.

It is important to remember our primary purpose so that addicts who come to their first meeting can relate and identify with others at the meeting. One responsibility of the group is to provide an atmosphere of recovery for the newcomer who has a desire to stop using as well as existing members.

We want to make the newcomer feel welcome. We can all remember how frightened and apprehensive we were when we first came to NA. We welcomed that initial smile and learned a simple loving hug could make all the difference in the world when we felt alone. We needed to find others like ourselves who had been through what we had and would understand our feelings and experiences. From the very start we found that any addict could stay clean by following the example of others who were clean and living the NA program.

The group is the most powerful vehicle of carrying the message of hope and the promise of freedom from active addiction. Any addict can stop using, lose the desire to use, and find a new and better way to live. In meetings we hear other addicts share their

experience, strength, and hope in order to stay clean themselves and help others to stay clean. We have found that the therapeutic value of one addict helping another is without parallel.

It has been our experience that when we attend meetings regularly the feelings that used to haunt us start to leave. They are replaced by feelings of hope, joy, and gratitude for the new way of life we have found through Narcotics Anonymous. And most importantly, those who keep coming to our meetings regularly stay clean.

**Home group**  
Choosing and supporting a home group is an important part of recovery. A home group is a meeting where you are comfortable and one you will attend regularly. We call this our home group because it suggests a place where we fit in and belong. Having a

***“From the very start we found that any addict could stay clean by following the example of others who were clean and living the NA program.”***

The Group (cont. from cover)

Our home group is also the place where we celebrate each new clean time. We develop true friendships often for the first time in our lives and learn to respect each other. This can be very important in our recovery. As the members mature, so do the group. We learn to practice the spiritual principles of Narcotics Anonymous in all our affairs. We learn to divide and share the responsibilities for the growth and well-being of the group.

Home group members should try to remain aware of problems or difficulties their group faces and be willing to help. A home group is where you vote as a member of the group conscience on matters affecting NA as a whole as well as matters concerning your home group's well-being. Home groups also participate in carrying the message of recovery at an area level. In the spirit of unity, oneness of purpose, for the good of NA as a whole, it is important that we all do our part.

The formation of a group

When starting a group, the first priority is to secure a regular meeting location. Try to find a facility that is conducive to an atmosphere of recovery and will allow room for the meeting to grow. It is important to find a location that will allow the group to practice the Sixth Tradition, which states, "An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of

money, property, or prestige divert us from our primary purpose." This principle of non-affiliation allows the group to develop its own autonomy. After

on, establish the meeting space, and any arrangements necessary. As the group grows, establish a means for the facility; NA may be self-financing. Providing literature, and by distributing flyers. Some groups have lost their meeting space because they failed to properly care for the meeting facility. But if we try to leave the room better than we found it, we protect the atmosphere of recovery and the reputation of Narcotics Anonymous.

If the meeting is slow in getting started, be patient. Experience proves it will grow. Support can be generated by contacting the nearest area or regional committee, making announcements at other meetings, and by distributing flyers.

When there is enough participation and support, a group business meeting is held. At this first meeting, matters of the group are formalized (name, format, etc.) and trusted servants are elected. Though the group may seem more businesslike at this time, we must remember we are setting the foundation for carrying out our

primary purpose. It is our responsibility as group members to care for NA and make an investment in our recovery. It is truly our privilege to participate in our home group.

Trusted servants

Our Second Tradition tells us, "For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern." Our trusted servants, therefore, are the backbone of the group and their regular attendance at all meetings is extremely important. One of the pitfalls which has caused many NA groups to suffer or even fold has been the election of officers who were unqualified to serve or did not have a history of recovery in our fellowship. Often NA elections have seemed to be popularity contests rather than the selection of trusted servants. The officers of a group must be chosen with great care because of the responsibilities that their offices carry and the potential effect bad officers can have on the group. Fulfilling the commitment to serve is important. The following paragraphs contain a brief description of the group's trusted servants.

For a more comprehensive description, refer to the approved NA service manual.

For more information on starting an NA group, see *The Group Booklet*. As a general guide, we have found that trusted servants are most successful if they have certain assets necessary for the performance of

*To our new groups in areas that are just forming: We have found step study meetings and literature study meetings to be a very important beginning of the members' growth. We encourage you to do your best together with love and fellowship, and keep coming back: It works!*

## WHAT DOES THAT ACRONYM STAND FOR ?

Page Title	<ul style="list-style-type: none"> <li>◆ F.I.N.E.</li> </ul>
Page Title	<ul style="list-style-type: none"> <li>◆ Frustrated, Insecure, Neurotic, Emotional</li> </ul>
Page Title	<ul style="list-style-type: none"> <li>◆ F.E.A.R.</li> </ul>
Page Title	<ul style="list-style-type: none"> <li>◆ Face Everything And Recover</li> </ul>
Page Title	<ul style="list-style-type: none"> <li>◆ N.U.T.S.</li> </ul>
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Page Title	<ul style="list-style-type: none"> <li>◆ E.G.O.</li> </ul>
Page Title	<ul style="list-style-type: none"> <li>◆ Edging God Out</li> </ul>
Page Title	<ul style="list-style-type: none"> <li>◆ D.E.N.I.A.L.</li> </ul>
Page Title	<ul style="list-style-type: none"> <li>◆ Don't Even Notice I Am Lying</li> </ul>
Page Title	<ul style="list-style-type: none"> <li>◆ H.A.L.T.</li> </ul>
Page Title	<ul style="list-style-type: none"> <li>◆ [Don't get too]</li> </ul>
Page Title	<ul style="list-style-type: none"> <li>◆ Hungry, Angry, Lonely, Tired</li> </ul>
Page Title	<ul style="list-style-type: none"> <li>◆ H.O.P.E.</li> </ul>
Page Title	<ul style="list-style-type: none"> <li>◆ Happy Our Program Exists</li> </ul>
	<ul style="list-style-type: none"> <li>◆ H.O.W.</li> </ul>
	<ul style="list-style-type: none"> <li>◆ Honesty, Open-mindedness, Willingness</li> </ul>
	<ul style="list-style-type: none"> <li>◆ S.P.O.N.S.O.R.</li> </ul>
	<ul style="list-style-type: none"> <li>◆ Serene Person Offering Newcomers Suggestions On Recovery</li> </ul>
	<ul style="list-style-type: none"> <li>◆ G.O.D.</li> </ul>
	<ul style="list-style-type: none"> <li>◆ Good Orderly Direction</li> </ul>
	<ul style="list-style-type: none"> <li>◆ S.L.I.P.</li> </ul>
	<ul style="list-style-type: none"> <li>◆ Serenity Losing It's Priority</li> </ul>
	<ul style="list-style-type: none"> <li>◆ A.C.T.I.O.N.</li> </ul>
	<ul style="list-style-type: none"> <li>◆ Any Change To Improve Our Nature</li> </ul>
	<ul style="list-style-type: none"> <li>◆ P.R.O.G.R.A.M.</li> </ul>
	<ul style="list-style-type: none"> <li>◆ People Relying On God Relaying A Message</li> </ul>
	<ul style="list-style-type: none"> <li>◆ K.I.S.S.</li> </ul>
	<ul style="list-style-type: none"> <li>◆ Keep It Simple Sweetheart</li> </ul>
	<ul style="list-style-type: none"> <li>◆ N.A.</li> </ul>
	<ul style="list-style-type: none"> <li>◆ New Attitude</li> </ul>
	<ul style="list-style-type: none"> <li>◆ Never Alone</li> </ul>
	<ul style="list-style-type: none"> <li>◆ New Acquaintances</li> </ul>

***You say you don't have anything to do?***

Well here's an idea. ***Come to a sub-committee meeting*** (see calendar). Sub-committees need help and are eagerly seeking ambitious people willing to help carry the message. If you need a ride, there is usually someone willing to give rides. We need your ideas *and* you might just have some fun!

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B.	A	Page Title
V.	A	Page Title
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ie O.	F	Page Title
ie C.	F	Page Title
ma	F	Page Title
Committee	F	Page Title
N.	F	Page Title
a W.	N	Page Title
H.	C	Page Title
ny S.	F	Page Title
P.	F	Page Title
.	F	Page Title
W.	Activities Chair	

**C**ENTRAL  
**M**INNESOTA  
**A**REA  
**S**UB  
**C**OMMITTEE



# MINNAC

## XVI

### 2009



April 17th - 19th, 2009  
 St. Cloud, MN  
 Held at the [Holiday Inn](#)

# March 2009 Events

	Mon	Wed	Thu	Fri
1			5	6
8		11	12	13
15	16	17	18 St. Cloud Prison 5:30P	19 Outreach Road trip Paynesville Area Hospital 7:30p
22	23	24 St. Cloud Prison 5:30P	25	26
29	30	31	Sub committees meeting 1 hr. before CMASC *Policy *H&I *Public Info *Newsletter *Web	

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# April 2009

	MON	TUE	WED	THU	FRI	SAT	SUN
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5	6	7	8 Outreach Road Trip Long Prairie 7:00P	9	10		
12 Outre Caribe front o Mall	13	14 St. Cloud Prison 5:30P	15 St. Cloud Prison 5:30P	16	17 MNNAC XVI		
19 10. comm 11:00 (ARE. MN	20	21 Outreach Road Trip Eden Valley 7:30P	22	23	24		
26 Lit. St "Hom Sauk I	27	28 St. Cloud Prison 5:30P	29	30			

# POETRY CORNER

The Soul

I hope and I dream and

But these chains I

I know there is a be

gras,

In shame I just keep allowing them to pass

I deserve more than this I can clearly see,  
but still I refuse to set myself free.

In my fear and loathing, I can't even cry  
And still I keep asking myself why

I need to be free for my dreams to take  
flight  
But then again they just possibly might.

By  
Lilith Anne Rose

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## NATURAL HIGHS

(PART1)

- ◆ FALLING IN LOVE.
- ◆ LAUGHING SO HARD  
YOUR FACE HURTS.
- ◆ HOT SHOWER
- ◆ NO LINES AT THE  
SUPERMARKET.
- ◆ SPECIAL GLANCE.
- ◆ GETTING MAIL.
- ◆ TAKING A DRIVE ON A  
PRETTY ROAD.
- ◆ HEARING YOUR  
FAVORITE SONG ON  
THE RADIO.
- ◆ LYING IN BED  
LISTENING TO THE  
RAIN OUTSIDE.
- ◆ HOT TOWELS FRESH  
OUT OF THE DRYER.
- ◆ CHOCOLATE  
MILKSHAKE  
(VANILLA OR  
STRAWBERRY).
- ◆ BUBBLE BATH
- ◆ GIGGLING
- ◆ GOOD CONVERSATION

**GRATITUDE PRAYER**

**Next Issue**

- ♦ Points of interest from IP #5
- ♦ 12 Steps to Total & Complete Insanity
- ♦ Calendar of upcoming events
- ♦ Editor's Choice
- ♦ Natural Highs part 2
- ♦ Elder's Meditation

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*"Our gratitude speaks, when we care and we share with others the N.A. way, no addict seeking recovery need ever the horrors of addiction. without finding a better way to live."*

*...ail, or a footprint that you do not know, follow it*

es Eastman, SANTEE SIOUX

We never gain new knowledge or new experience unless we are willing to take risks.

It's good to be curious. Also, it pays to be cautious. Walk in balance.

The path of the Warrior is filled with opportunities to seek new knowledge.

As we travel down the Red Road, we will run into trails of opportunity.

*Great Spirit, help me to make good choices in choosing only the trails You would have me take.*

Works Cited.

- \* Elder's Meditation Website
- \* I.P. # 5
- \* Poem by Lileth Anne Rose
- \* MNNAC Website



CMASC NEWSLETTER SUBCOMMITTEE  
 c/o Krista W.  
 P.O. Box 321  
 Rockville, MN 56369  
 320-290-0242  
 howiekristaw@hotmail.com

Content of this newsletter does not in anyway represent NA as a whole. It represents the views, opinions and concerns of the CMA Newsletter Subcommittee. Any constructive criticism shall be directed to the CMA

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