

# The Journey Begins and Ends Today.

A long time ago in a galaxy,, er,, county, far, far away, a dozen hardy addicts beat their spoons, pipes and needles into weapons of Mass Instruction. We let go of conventional goals and ignored society’s expectations of us and filled our hearts with gratitude and our tanks with gas and set forth on The Quest.

We had no guidelines, no sanction from a body of authority nor the bitter taste of failure that might have suggested we could not do what we did. We had a simple, silly idea that what we found in The Rooms of NA had value, and that the world would be a better place if we could just share it with as many addicts we could find.

The Quest was, of course, the Primary Purpose of NA; to carry the message to the addict who still suffered; Simple, right?

We formed a Steering Committee whose responsibilities included a vibrant Outreach program targeting Alano clubs, halfway houses, jails and counseling clinics; We nick-named the program Atomic Twelve stepping. We went out in pairs, sat in groups whenever possible or hung out by the doors for the un-enlightened to emerge from their therapeutic indoctrination sessions, plying them with Little White books, cool stories and miles of smiles. As a result of these tactics, we inspired dozens of younglings to start whole new meetings, seek out disgruntled fellow addicts, and practice new and better lifestyles for years to come.

There was something unusual about our little Steering Committee. We never let ourselves be captured by rigid guidelines. We remained flexible enough to do whatever we had to do to honor the Primary Purpose and make Recovery available to everybody. If we needed some additional funds to put on a function, a car wash or a yard sale simply happened. We never locked ourselves into the restriction that a raffle need only happen during a dance or campout. Cars, cycles, guitars, guns or furniture were all fair game in the Means to an End

game we played to git‘er done. We had NO PROBLEM reminding groups of how much we used to spend on dope and that even a fraction of that amount would assure a fantastic result at any function we dreamed of.

We did one thing back in the day that I do not see today no matter how hard I want to find it. We REFUSED TO RE-INVENT THE WHEEL every time we took on a project. We actually remembered WHAT WORKED and WHAT DIDN’T before we started planning a dance or campout. This rare and wonderful habit meant we could feed hundreds of addicts with pot luck and eat like kings. You see, EVERYBODY HELPED. We were that young and naïve alright! No one ever convinced us we were sick junkies, burdens to society or wholly defective. We acted under the silly belief that since we had survived the worst of the deathly disease, we could do ANYTHING. It was our advantage over “Normies” and those who would condemn us; including ourselves.

When we went looking for a new way of life, we simply refused to settle for a mediocre life of defeat. We were, and are, the winners. The victory comes every day; by a mile or an inch. As long as we run along our path together, if one wins against the sickness, we all win. We have all the resources we will ever need to affect a genuinely high quality recovery life. All we have to do is ask everybody to seek their gifts, believe in them and share them unconditionally. Just for today, I do not have to re-invent the wheel, I must remember however, what makes it turn and where it’s going. If everybody helps turn it, there’s no place we cannot go.

Mike G.



**“When we went looking for a new way of life, we simply refused to settle for a mediocre life of defeat.”**

# Our Recovery is a Process; It Should Not Be Rushed.

The amount that we are able to give, whether it is measured in time, effort, or money is far less important than our willingness to give.

We find our willingness is often repaid tenfold in our own recovery.

We learn that our recovery is a gift with no guarantees. With this in mind, the insignificance of the past and future, and the importance of our actions today become real for us. This simplifies our lives.

A meeting can be looked at as anywhere that two or more members meet. Who you see here, What you hear here, when you leave here, let it stay here, will need to be practiced with extreme prejudice.

We should be finding that, when we are troubled, we can trust our feelings to another recovering addict. Our sponsors are not always available. This is why we have telephone and meeting lists.

Being mindful of the dangers that manifest themselves from meeting ones needs at the expense of another seems to be an accurate definition of the 13th step. Have we borrowed money without paying it back? Have we treated our meeting as a dating service? Have we made personal plans with somebody and not followed through? Did we leave them high and dry with out even a phone call? Are we still lying, cheating, or stealing?

Many of us feel that God expects no more from us than to do the things that we are able to do today. Working the program, the Twelve Steps of Narcotics Anonymous, has given us a new outlook on our lives. Today we no longer need to make excuses for who

we are. Our daily contact with a Higher Power fills the empty places inside that could never be filled before. Perfection is no longer a goal today; we can achieve adequacy.

**It is important to remember that any addict that can stay clean for one day is a miracle.** Going to meetings, calling our sponsor, working the steps and eventually the traditions, reading the daily meditation, keeping a journal, and talking with people in the program are things we do to stay spiritually healthy.

In this fellowship we should be able to make more true friends than we ever believed possible. Self-pity and resentments are replaced with tolerance and faith.



“We learn that our recovery is a gift”...

### HIDDEN WORDS

- |            |         |
|------------|---------|
| FELLOWSHIP | MIRACLE |
| STEPS      | HONESTY |
| TRADITIONS | ACTION  |
| TWELVE     | UNITY   |
| SERVICE    | SPONSOR |

B	I	L	S	P	O	N	S	O	R	M	A	D	P	E	O	E
N	I	L	M	P	I	H	S	W	O	L	L	E	F	A	P	O
D	E	L	J	S	T	E	P	S	E	U	A	R	S	M	R	D
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D	E	L	N	J	E	U	D	A	R	S	N	L	V	M	R	D
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C	X	T	Y	T	U	K	L	M	R	D	O	V	F	T	C	N
G	U	Y	F	U	N	B	R	A	I	N	W	N	S	O	H	A
I	Q	Y	Z	A	I	B	I	L	M	A	D	P	S	E	O	E
N	I	L	M	A	P	O	D	E	L	J	E	U	A	R	S	M



### 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."

#### NEXT ISSUE

- ◆ Points of interest from IP #9
- ◆ "Living the Program"
- ◆ Subcommittee's Choice
- ◆ Upcoming Events Calendar



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From all of us at Central MN Area Narcotics Anonymous, to all of you and your families.



The CMA printer is now located in Rockville in Krista W's office. If you have printing needs, email your document to: [cmascnewsletter@gmail.com](mailto:cmascnewsletter@gmail.com) and it will be made available for pickup or delivered to the ASC meeting.



**LOOKING FOR SOMETHING TO DO ? THE SUB-COMMITTEES COULD USE YOUR HELP. COME TO THE ASC MEETING OR CONTACT A MEMBER AND ASK HOW**

- Work cited IP #8
- Doug F.
- Mike G.

Please remember that the opinions expressed here are that of the individual. No one person can speak on behalf of this sub-committee or NA as a whole.

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 Newsletter Subcommittee. Final Editing will be done at the ASC prior to final printing.

Any comments, concerns and submissions for content including but not limited to articles, poems, artwork, personal stories, events, etc. must be submitted to the CMA Newsletter Subcommittee via mail, e-mail, or in person. All submissions become the exclusive property of the CMA Newsletter Subcommittee with all rights reserved and are subject to change or editing at any time. Personal clean-time anniversaries will be posted upon request.

#### INSIDE THIS ISSUE:

JUST FOR TODAY	COVER
SUB-COMMITTEE'S	1&2
HAPPEN-	BACK
INSERT	CALENDAR

# The Buzz

NOVEMBER/DECEMBER 2009

VOLUME 13, ISSUE 8

Just For Today IP #8

Narcotics Anonymous

Central Minnesota Area

Tell yourself:

Just for today my thoughts will be on my recovery, living and enjoying life without the use of drugs.

Just for today I will have faith in someone in NA who believes in me and wants to help me in my recovery.

Just for today I will have a program. I will try to follow it to the best of my ability.

Just for today, through NA, I will try to get a better perspective on my life.

Just for today I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life.

So long as I follow that way, I have nothing to fear.

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When we came into the program of Narcotics Anonymous, we made a decision to turn our lives over to the care of a Higher Power. This surrender relieves the burden of the past and fear of the future. The gift of today is now in proper perspective. We accept and enjoy life as it is right now. When we refuse to accept the reality of today, we are denying our faith in our Higher Power. This can only bring more suffering. When we focus our thoughts on today, the nightmare of drugs fades away, overshadowed by the dawn of a new reality.

"Just for today" applies to all areas of our lives, not just abstinence from drugs. Reality has to be dealt with on a daily basis. Today, we no longer need to make excuses for who we are.

**It is important to remember that any addict who can stay clean for one day is a miracle.**

We can replace loneliness and fear with the love of the fellowship and the security of a new way of life. We never have to be alone again. We are given the freedom, serenity, and happiness we so desperately sought.

A lot happens in one day, both negative and positive. If we do not take time to appreciate both, perhaps we will miss something that will help us grow. Our principles for living will guide us in

recovery when we use them. We find it necessary to continue to do so on a daily basis. IP #8

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#### Outreach road-trips

For information on current or upcoming road trips contact :  
Randy P.  
[cma.outreach@gmail.com](mailto:cma.outreach@gmail.com)

#### New Meeting Location

"It takes two addicts"

Is now at: Holy Cross Community Center  
102 N Crosier Dr.  
Onamia

Sundays 7:00 PM

If you know of a new meeting or any changes, and you would like to see it in the newsletter,

Contact Krista W. at [cmascnewsletter@gmail.com](mailto:cmascnewsletter@gmail.com)

#### Twelve Tips on Keeping Your Holiday Season Serene and Joyous

1. Line up extra NA activities for the holiday season. Arrange to take newcomers to meetings, speak, help with dishes, or visit a treatment center.

2. Be a host to NA friends, especially newcomers. If you don't have a place to have a party, take one person to a diner and spring for coffee.

3. Keep your NA telephone list with you at all times. If an urge to use or panic comes-postpone everything else until you've called an NA member.

4. Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.

5. Skip any parties where they may be a temptation to use. Remember how clever you were at excuses to use when you were using. Now put the talent to good use. No office party is as important as saving your life.

6. If you have to go to a party where there will be using going on, drive yourself so that you have a way out if it gets too intense.

7. Don't think you have to stay late. Plan in advance an "important date" you have to keep.

8. Worship in your own way.

9. Don't sit around brooding. Catch up on those book, museums, movies, walks, letters etc...

10. Don't start now getting worked up about all those holiday temptations.



Remember "One Day At A Time".

11. Enjoy the true beauty of holiday love and joy. Maybe you can't give material gifts-but this year, you can give love.

12. "Having had a..." No need to spell out the Twelfth Step here, since you already know it.