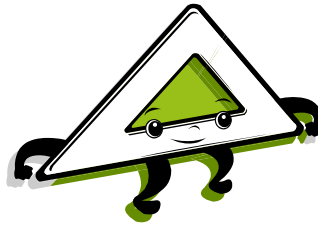


THE BUZZ

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The Triangle of Self-Obsession From IP #12



When we are born we are conscious only of ourselves, we are the universe. We perceive little other than our basic needs, and if these needs are met we are content. As our consciousness expands we become aware of a world outside ourselves. We discover that there are people, places, and things around us, and that they fulfill our needs. At this point we also begin to recognize differences and develop preferences. We learn to want and choose. We are the center of a growing universe and expect to be provided with the things we need and want. Our source of contentment shifts from basic needs miraculously met to the fulfillment of our desires.

Most children, through experiences over a period of time, come to realize that the outside world cannot provide all their wants and needs. They begin to supplement what is given to them with their own efforts. As their dependency on people, places, and things decreases they begin to look to themselves more and more. They become

more self-sufficient and learn that happiness and contentment come from within. Most continue to mature; they recognize and accept their strengths, weaknesses, and limitations. At some point, they usually seek the help of a Power greater than themselves to provide the things they cannot provide for themselves. For most people, growing up is a natural process.

As addicts, however, we seem to falter along the way. We never seem to outgrow the self-centeredness of the child. We never seem to find the self-sufficiency that others do. We continue to depend on the world around us and refuse to accept that we will not be given everything. We become self-obsessed; our wants and needs become demands. We reach a point where contentment and fulfillment are impossible. People, places, and things cannot possibly fill the emptiness inside of us, and we react to them with resentment, anger, and fear. Resentment, anger, and fear make up the triangle of self-obsession.

All of our defects of character are forms of these three reactions. Self-obsession is at the heart of our insanity.

Resentment is the way most of us react to our past. It is the reliving of past experiences, again and again in our minds. Anger is the way most of us deal with the present. It is our reaction to and denial of reality. Fear is what we feel when we think about the future. It is our response to the unknown; a fantasy in reverse. All three of these things are expressions of our self-obsession.

If we stay clean, and can learn to practice these principles in all our affairs, a miracle happens. We find freedom—from drugs, from our addiction, and from our self-obsession. Resentment is replaced with acceptance; anger is replaced with love; and fear is replaced with faith. They are the way that we react when people, places, and things (past, present, and future) do not live up to our demands.

In Narcotics Anonymous we are given a new way of life and a new set of tools.

The Triangle of Self-Obsession (cont.)

These are the Twelve Steps, and we work them to the best of our ability.

We have a disease that, in the end, forces us to seek help. We are fortunate that we are given only one choice; one last chance. We must break the triangle of self-obsession; we must grow up, or die.



The way we react to people, places, and things:

Negative

Resentment

Anger

Fear

Positive

Acceptance

Love

Faith

Past

Present

Future

A Walk through the Traditions of Narcotics Anonymous

July-August

The Twelve Traditions are what we adhere to in order to make the business side of our groups and our service bodies run smoothly. "Freedom for our groups spring from our traditions. As long as the ties that bind us together are stronger than those that would tear us apart all will be well (Basic Text 60)."

Tradition seven every NA group ought to be full self-supporting. What if an Alcoholic came in and made a donation, do we take his/her money? How about if someone donates one hundred dollars do we seek them out and give them special recognition? I experienced this once, and I wanted to ask for my donation back. What about if we had a longstanding member and they contribute a five-dollar bill every week, surely it equals up to more than one- hundred dollars not to mention their personal time and expertise every week. Do we seek them out and give them special recognition as well?" We need money to run our groups." There is rent to pay, supplies and literature to buy. We take collections in our meetings. What is left over gets sent to the area, the regional, and the world services of NA. Our policy concerning money is clearly stated: We decline any and all outside contributions. Whether the price is money, promises, concessions, special recognition, endorsements or favors it is too high for us. We cannot let our members contribute more than their fair share. We have found that if this is allowed the price paid by our groups is disunity and controversy. We will not put our freedom on the line (basic text 71-72).

Tradition eight states, "Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers." This tradition is vital to NA as a whole. The difference between professionals and special workers should be defined for clarity. Professionals work in specific professions that do not directly service N.A. but are for personal gain. Professionals do not follow the NA traditions. Our special workers are supposed to work within the tradition and should always be directly responsible to those they serve "this would be the groups of this fellowship." It is proper to inform our members that media, treatment centers and government are in fact paid professionals. Adhering to our traditions are the last things on their minds. Addiction is a psychological disorder. There is no cure for schizophrenia, bipolar disorder, and there darn sure isn't a cure for addiction to person's places and/or things. However they can be treated and recovery is then possible (Basic Text 73).

This is Narcotics Anonymous, as such – a simple fellowship using a nonprofessional, addict –to-addict approach to the disease concept (not the allergy concept) of addiction. We are a fellowship, not a lobbying organization or a medical service. We are certainly not a chain of treatment facilities. Our groups work as well as they do because they keep it simple.



Poetry Corner

Spirituality

- **Spirituality is the ability to get our minds off ourselves**
- Bend your knees before you bend your elbow
- **GOD = God Orderly Direction**
- Accept your admission and Get a new attitude
- **There is no magic in recovery only miracles**
- The road to disappointment is paved with expectation
- **It's a pity we can't forget our troubles the same way we forget our blessings**
- We are not human beings having spiritual experiences; we are spiritual beings having human experiences
- **If it isn't God's will, I can't make it happen**
- If it is meant to be.....I can't stop it
- **Religion is for those who fear god.....spirituality is for those who have been to hell and back**
- You are exactly where God wants you to be
- **To be forgiven - we must forgive**
- Time wasted in getting even can never be used in getting ahead
- **If you turn it over and don't let go of it, you will be upside down.**
- Serenity is not freedom from the storm but peace amid the storm
- **Trying to pray is praying**
- God taught us to laugh again but God please don't let us forget that we once cried
- **Faith is not belief without proof but trust without reservation**

Daily Living

- **Be part of the solution, not part of the problem**
- Take the cotton out of your ears and put it in your mouth
- **If you find a path with no obstacles, it probably doesn't lead anywhere**
- To thine own self be true
- **There are two days in every week which we have no control over---- yesterday and tomorrow. Today is the only day we can change.**
- When wallowing in your self-pity get off the cross! We need the wood
- **It is not the experience of today that drives people mad----it is the remorse or bitterness for something which happened yesterday and the dread of what tomorrow may bring.**
- Get it ---give it---grow in it
- **Before engaging your mouth, put your mind in gear!**
- Recovery is an education without a graduation
- **Easy does it, but do it**
- Addicts heal from the outside in.....but feel from the inside out
- **Stick with the winners**
- We are only as sick as our secrets
- **Count your blessings**
- We're responsible for the effort - not the outcome!
- **Sorrow is looking back, Worry is looking around, Faith is looking up**
- Formula for failure: try to please everyone
- **Humility is our acceptance of ourselves**

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
Editor's Choice

Work Cited:

- IP#12
- A walk through the traditions of Narcotics Anonymous- by Doug F.
- addictionz.com

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Editor's Notes : In this issue we are exploring IP #12

**Please leave a copy of the current
Newsletter lay out with IP's or where a
Newcomer might have access to it.**

To our outgoing Chair people,

Thank you for a great job this past year. Your service is more appreciated than you will ever know.

To our incoming Chair people,

I want to thank you in advance for stepping up into these positions and keeping our Area alive. Good Luck!

Content of this newsletter does not in anyway represent NA as a whole. It represents the views, opinions and concerns of the CMA Newsletter Sub-committee. Any constructive criticism shall be directed to the CMA Newsletter Sub-committee. 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 Sub-committee via mail, e-mail, or in person. All submissions become the exclusive property of the CMA Newsletter Sub-committee with all rights reserved and are subject to change or editing at any time.