

Central Minnesota Area of Narcotics Anonymous

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THE BUZZ

VOL. #13 ISSUE #16



SELF-ACCEPTANCE FROM I.P. #19

The problem

The lack of self-acceptance is a problem for many recovering addicts. This subtle defect is difficult to identify and often goes unrecognized. Many of us believed that using drugs was our only problem, denying the fact that our lives had become unmanageable. Even after we stop using, this denial can continue to plague us. Many of the problems we experience in ongoing recovery stem from an inability to accept ourselves on a deep level. We may not even realize that this discomfort is the source of our problem, because it is often manifested in other ways. We may find ourselves becoming irritable or judgmental, discontent, depressed, or confused. We may find ourselves trying to change environmental factors in an attempt to satisfy the inner gnawing we feel. In situations such as these our experience has shown that it is best to look inward for the source of our discontent. Very often, we discover that we are harsh critics of ourselves, wallowing in self-loathing and self-rejection.

Before coming to NA, most of us spent our entire lives in self-rejection. We hated ourselves and tried every way we could to become someone different. We wanted to be anyone but who we were. Unable to accept ourselves, we tried to gain the acceptance of others. We wanted other people to give us the love and acceptance we could not give ourselves, but our love and friendship were always conditional.

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**** The most effective means of achieving self-acceptance is through applying the Twelve Steps of recovery. ****

The Twelve Steps are the solution

Today, the first step toward self-acceptance is acceptance of our addiction. We must accept our disease and all the troubles that it brings us before we can accept ourselves as human beings.

The next thing we need to help us toward self-acceptance is belief in a Power greater than ourselves who can restore us to sanity. We do not need to believe in any particular person's concept of that Higher Power, but we do need to believe in a concept that works for us. A spiritual understanding of self-acceptance is knowing that it is all right to find ourselves in pain, to have made mistakes, and to know that we are not perfect. The most effective means of achieving self-acceptance is through applying the Twelve Steps of recovery.

SELF-ACCEPTANCE FROM I.P. #19 (cont.)

Now that we have come to believe in a Power greater than ourselves, we can depend upon His strength to give us the courage to honestly examine our defects and our assets. Although it is sometimes painful and may not seem to lead to self-acceptance, it is necessary to get in touch with our feelings. We wish to build a solid foundation of recovery, and therefore need to examine our actions and motivations and begin changing those things that are unacceptable. Our defects are part of us and will only be removed when we practice living the NA program. Our assets are gifts from our Higher Power, and as we learn to utilize them fully, our self-acceptance grows and our lives improve.

Sometimes we slip into the melodrama of wishing we could be what we think we should be. We may feel overpowered by our self-pity and pride, but by renewing our faith in a Higher Power we are given the hope, courage, and strength to grow.

Self-acceptance permits balance in our recovery. We no longer have to look for the approval of others because we are satisfied with being ourselves. We are free to gratefully emphasize our assets, to humbly move away from our defects, and to become the best recovering addicts we can be. Accepting ourselves as we are means that we are all right, that we are not perfect, but we can improve.

Everything you need
you already have.
You are complete right now;
you are a whole, total person,
not an apprentice person
on the way to someplace else.
Your completeness must be
understood by you
and experienced in your thoughts
as your own personal reality.

—Wayne Dyer

*Next Issue this space
will hopefully be filled
with a Question and
Answer Column.*

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NA Looks Great

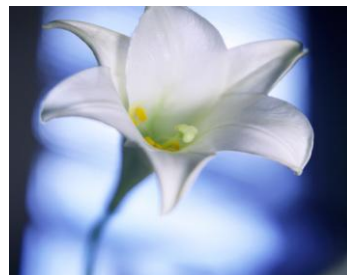
NATURAL HIGHS

1. Falling in love.
2. Laughing so hard your face hurts.
3. A hot shower.
4. No lines at the supermarket.
5. A special glance.
6. Getting mail.
7. Taking a drive on a pretty road.
8. Hearing your favorite song on the radio.
9. Lying in bed listening to the rain outside.
10. Hot towels fresh out of the dryer.
11. A milkshake (Chocolate, vanilla or strawberry).
12. A bubble bath.
13. Giggling.
14. A good conversation.
15. The beach.
16. Finding a 20 dollar bill in your coat from last winter.
17. Laughing at yourself.
18. Looking into their eyes and knowing they love you
19. Midnight phone calls that last for hours.
20. Running through sprinklers.
21. Laughing for absolutely no reason at all.
22. Having someone tell you that you're beautiful
23. Laughing at an inside joke
24. Friends.



Share the Love By B.C. Mattlock

Sharing the love is the road to giving
 To be of service to others makes our lives
 worth living
 We share the love to educate, encourage
 and empower
 We've been where you've been in that
 darkest hour
 We share the love to uplift, edify and
 inspire
 because seeing one addict stay clean is
 our hearts desire
 We share the love in order to grow
 We can't keep what we have
 unless we're willing to let it go
 We share the love because that's the way
 all must live
 It's that special kind of love that only
 a higher power can give
 So you see, we share the love because
 without you there's no me
 There's no "I" in "me" We share the love in
 recovery
 So share the love with all the love that's in
 your heart
 So that the newcomer can have a good
 head start
 Share The Love.



Inside The Spruce Room

For those that can't make it to the Area Sub Committee (ASC) for one reason or another; the newsletter subcommittee has chosen to add this section to highlight some things that happened there that might be of might interest to some of you.

- Newsletter is going to be adding a Q&A column with old-timers answering questions about addiction and recovery. If you have questions to submit or are an old-timer with answers and would like to brainstorm with other old-timers, please contact Krista W. We could always use more stories, poems, artwork and other ideas.
- H&I is looking for addicts to get involved with H&I. Holding meetings at Jails and Institutions. It's easy, try it and see.
- Outreach's focus is on helping Monday & Friday night in Little Falls, they really need our help.
- Clearwater; Clean in Clearwater; Wednesdays 7 PM United Methodist Church 405 Main St., *needs support*
- It Works NA; Atonement Lutheran Church 1144 29th Ave. N 7-9 PM
Speaker meeting on first Tuesday of the month.
- Elections: RCMA-Congratulations Ned!!
- Positions open
Treasurer- Randy J nominated,
Jackie H. nominated Q&A done for both nominees today
Secretary- Joan S. nominated
PI
H&I
Chair
Co-chair- Emergency motion to vote Scott in as co-chair until position is open.
Congratulations Scott!!
Policy-Jerry Q&A

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."

There are a few meetings that are struggling. If you are able, try to expand your meeting attendance to at least one of these meetings. As long as the ties that bind us together are stronger than those that would tear us apart, all will be well.

You say you have nothing to do and recovery is getting boring? Join a subcommittee and get to know some people who are active in the NA program and trying to make a difference. You might even have some fun!! Try it and see!

Work Cited:

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