



The Message

July / August 2012

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Learning to Surrender

by a recovering addict named Josh

It took me twelve years of active addiction to finally admit to myself that I needed help. I have always been impulsive, acting without thinking things through. It wasn't until a series of really horrible events occurred in my life that I really gave thought to "let's give this treatment thing a try." After all, what did I have to lose?

Gathering enough information on how to go about getting myself in the program, I went for my rule 25 assessment. I couldn't wait to get my life back on track. When my assessment was over I learned I would be going to Recovery Plus in Saint Cloud.

I didn't know anyone in Saint Cloud, so this was really a big change for me. Friends of mine had said they'd come and visit me, which was comforting. The day I went in I was crying, but I promised myself I was going to try this out.

The first few days felt awkward. I reminded myself to just give it some time. Eventually, I started to open up and talk to people. I started talking more in group and things began to get better. I was quickly making new friends, but I still felt unsure if treatment was going to help me. I wasn't listening to my feelings, and I was continuing to not really trust people.

I became frustrated one weekend. A few of the younger patients were acting like fools, harassing others, and making noise. This went on for a good portion of the morning into the afternoon. When a visitor came to see me that day, I told him how irritated I was. I started to cool down and somehow the conversation drifted towards drugs. My visitor was going to be running to the cities and asked if they could borrow money from me to pick up dope. My cravings started to kick in big time. I wanted to get high. So I told them I'd loan the money if they brought me back some. The arrangement had been set.

The next day they returned with what I had asked for. Grabbing it from them without thinking, I ran straight up to my room to get high. The rest of the day I became distant from everyone.

Alone in my room, I started to plan how I was going to get out of treatment. The drugs had seriously clouded my judgment. I was back on my will again, thinking I would be able to leave treatment, get a job, get my life back on track, and somehow manage to quit drugs on my own. Slick was whispering all the things I wanted to hear in my head.

The drugs kept me up all night. My roommate found me awake and I ended up telling him. I asked him to keep it secret and he said he would. When it was time to hop the bus to head to primary group, I stashed the paraphernalia in the trashcan in my room. Thinking back, that was what saved my life.

My roommate was to graduate that day and the residential assistants took our trash out. They had found my hiding spot. My roommate was questioned and he told my counselor the truth.

When I entered my primary group the meeting started out normally. Soon the question was asked, "Did anyone use over the weekend?" I realized that I must've been found out. Embarrassed, I announced my mistake. After being questioned about my motives I ended up telling them I planned on leaving treatment that day. Everyone in my group was trying to point out why I needed to stay, but I was still in the fog.

When we returned to passages, I seemed to stall myself from leaving. Continuing to talk with individuals from my group, I started to have second guesses. Then, as if a miracle occurred, one of my group members stood up and said, "Well you're going to do what you're going to do, but I think you should stay... and the only reason why I'm telling you this is because I like you." Those words shot through. I remembered how people were when I was heavy in my addiction. How they only wanted to be around me because I had the drugs. Here was someone telling me they wanted to see me stay, not because I had drugs, but because they enjoyed me for me. I decided to stay.

The next day, I was so proud of myself for making the right decision. All the embarrassment and shame I felt was lifted. My group had showed me care and concern. I opened up to their help and started to place trust into them. I came to believe that treatment was the right place for me. I found was I belonged.

Today I'm 70 days clean. I have a sponsor. I go to Narcotics Anonymous meetings five days out of the week. I've found my higher power, and I am happy. Something changed in me that day, I learned to surrender.

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."



Minnesota NA "Bridging the Gap" Program

Addicts nearing release from facilities and institutions can experience feelings of fear about re-entering society. They may worry that they won't find the support to keep their recovery going. Narcotics Anonymous can help. In those first critical days, a temporary NA contact can accompany the addict to a variety of NA meetings, make introductions to other NA members, and share his/her experience of recovery in the Narcotics Anonymous program. The chances of recovering alone are not good. If you would like help for an addict in bridging the gap between release and their first meeting, please request a temporary contact on our website:

<http://naminnesota.org/> Main Menu ☐ For Professionals ☐ Request a Temporary Contact

CMA of NA Clean Dates

Congratulations to:

Krista W.	7-6-95
Howard W	7-7-95
Loren M.	7-16-10
Jessica H.	7-17-10

Sincere apologies for neglecting to post

Sharon J.'s clean date (5-13-88) in the last edition of the newsletter.

Sharon celebrated 24 years on 5-13-12 !!

Hey! In case you haven't heard. There are positions that need to be filled at the Area level. Several positions have been left open Rather than just fill them with people that don't meet the requirements.

Please come to an Area MEETING and let your willingness to serve be known. **Everyone** is welcome and encouraged to attend. Be a part of the solution!!!

Area meetings are always the 3rd Sunday following the 3rd Saturday of the month.

Work cited:

- Josh- NA member (cover story)
- Minnesota bridging the Gap Program (flier)
- Gratitude Prayer (NA literature)
- Recoverycartoons.com

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Pop Up Tissues

Content of this newsletter does not in any way 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 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.

July 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Benton Jail 7:15PM Princeton spkr mtg. 7PM	2 Assembly of God spkr mtg	3 "It works" Speaker mtg. Atonement Luth. 7PM	4 Independence Day	5 Wilmar Treatment mtg Road Trip leaves Richmond 6PM	6 "Just for today" spkr mtg 7PM Bethlehem Luth	7 Stearns Jail mtg. 3:45 Freedom Campout
8 Freedom Campout	9	10	11	12 H&I SC meeting @ Caribou 5:30	13	14 UMSD spkr. Mtg Bethlehem Luth. 7PM
15 Benton Jail 7:15PM Outreach to Onamia Meet @ Caribou 5:45P	16	17	18 Recovery in the daytime Speaker	19 Salem Luth spkr mtg. 7PM	20	21 Stearns Jail mtg. 3:45 Face to face Helpline orientation Sabathani Ctr. 9:30-11:00
22 ASC 10:00 Area 11:00	23	24	25 Outreach to Long Prairie- Meet @ Caribou 5:45P	26	27	28
29	30	31	All Subcommittees need to meet 1 hr before Asc	For other Area's Functions Go to www.naminnesota.org		

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