

The Message

May/ June 2012

Volume 14 / Issue 2

Moral and Spiritual Compass



Hello family, I am truly honored and grateful for the opportunity to share my experience strength and hope on the topic of moral and spiritual compass. I will be sharing from my story because an addict once told me it's important to share from our own story because it's the one we know best. From as far back as I can remember, I was raised to be morally aware in life (I knew right from wrong). Looking back through the eyes of recovery, I don't having any concept of spirituality. Through the grace of my higher power, and working the steps of narcotics anonymous, I, like many of us realized, the feelings of loneliness and inadequacy wouldn't allow us to grow spiritually. Then at some point we used something that we thought would make us feel better, or a part of something we thought was better than that special person that our higher power intended us to be. We thought if we used more we would feel even better, and when we came down we felt worse. This cycle no matter how long it lasts is insane. In recovery one of my goals is to achieve a level of balance in my life that will enable me to stay in recovery. That balance is my spiritual and moral compass. I take my direction from what I know is morally right in my heart , as well as what is right in the eyes of my higher power and society at large. I refine this direction with the spiritual growth I receive through remaining sponsor able today. When we are blessed with a sponsor who makes suggestions, instead of babysitting, giving ultimatums, or voicing expectations, we are given an opportunity to deal with feelings, make better choices, while growing mentally and spiritually. For this I am grateful to this fellowship. Another point of balance is the moral responsibility we as recovering addicts have to share our spiritual growth with other addicts. This is truly therapeutic in both directions. That needle on the compass travels in two directions from the center. So when we get an opportunity to share our experience, strength and hope, remember we may need that newcomer or predecessor to save us one day. My story, though it may sound a lot like yours is still my story and no one would hear it if I didn't share it. Thank you for letting me share. It is my sincere hope that I pick up the message and hear you share your experience, strength and hope. It's really all we have.

GRATITUDE PRAYER

"Our gratitude sneaks. 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.”

CMA of NA Clean Dates

Congratulations to:

Bob H- 5-5-2006

Jolon J- 6-2-2002

John W- 6-25-2005

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. Some have had people serving numerous terms.

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.



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](#)



Work cited:

- Sam M.- NA member (cover story)
- Recovery cartoons.com
- Minnesota bridging the Gap Program (flier)
- Gratitude Prayer (NA literature)

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 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.