

**SOUTH SUBURBAN FIRESIDE
AREA
NEWSLETTER
October, 2007**

Area Info

Mailing Address: South Suburban
Fireside Area Como Station PO Box
8089 St Paul, MN 55708

Meeting: 1st Thursday of the month at
first Presbyterian Church at 7:00 535
20th Ave N. South Saint Paul, MN

Website:

www.ssfa.naminnnesota.org

Monthly Step:

**Step Ten: "We continued to
take personal inventory and
when we were wrong
promptly admitted it"**

The literature tells us the point of Tenth Step is to pay attention to our thoughts, behaviors & values, then work on what we need to change. Character defects & character assets do not exclude each other we are sure to find both on any given day. The admission is made from the sixth step "nature of our wrongs". We learn to have awareness of our defects of character and surrender our defects of character to a loving God. When we honestly admit our wrongs, we find humility. We accept ourselves a little bit more we surrender; our willingness to change increases. Writing our inventory sharing it with ourselves & the God of our understanding & another human being we become more aware. (Self-centeredness - Self-righteousness) In our step working guide it talks about recovery has a price it demands our awareness, we have to continue doing all

the things we've been doing for our recovery. The inventory is necessary for



me to continue to look at how honest have I been today, has my trust and faith stayed up front with my actions? Have I trusted my God, to guide me to my sponsor today to ask for direction? When I allow myself to believe in my gut feelings and leave the situation alone. My actions become than what I was feeling. If I was to continue to allow my self to be hurt, I'm losing faith & trust that I will get through this experience. I'm not in God's will. When I don't allow those fearful feelings to overcome my faith I'm in God's will. I don't always have to be in control of my relationships with others, their opinions are just as valued as mine. Personal inventory is a must for me everyday; starting with asking for God's will and guidance to help me to remove my selfish behavior, continuing to guide me to be of service whether at home, work, and Narcotics Anonymous fellowship, Asking the God of my understanding to show me how to live just for today, and continuing my recovery with integrity and self discipline. Our literature talks about going to meetings when we only want to sit back and think about it. That's when we need to go to a meeting. (Self discipline) Tenth Step Spiritual Principles *self* discipline, honesty, integrity, this has been proven for many addicts, lost dreams new possibilities awaken. Working Step Ten creates more balance in our lives we have total

freedom to create any kind of life we want for ourselves. *I.L.S Jeanie M. PS. I'm Grateful*

Monthly Tradition:

"Narcotics anonymous has no opinion on outside issues; hence the Na name ought never be drawn into public controversy"

Tradition 10 talks about having no opinions on outside issues. In the "It Works How and Why;" it states: "We do not suggest that everyone adopt our views," we can explain. "We simply want you to know what the Narcotics Anonymous program is like. "So long as we focus as groups and as a fellowship, on our recovery experience rather than our opinions of why or how NA works we stay as far as possible from public controversy. Tradition 10 restricts NA, as a fellowship from stating opinions on outside issues. However, it places no such restrictions on the individual member. Even our leaders are only trusted servants, with no power to tell individual members what to do, think or say. The only caution Tradition 10 offers individual NA members is that, when speaking publicly we think through what we're going to say before we say it.

But what about speaking in a recovery gathering? Does the 10th Tradition tell us we must not talk in NA meetings about the challenges we face? No. Even though a particular problem might be an outside issue it's effect on our recovery is not, everything affecting a recovering addicts life is material for sharing.

In my own experience, I have often struggled with what is my experience and what is just me having an opinion? This tradition clears that up for me. I can ask myself some questions:

Am I open-minded to others beliefs and opinions, or am I being cut and dry about a subject, am I only seeing in black and white? Am I allowing others to have their own opinions, thoughts or beliefs without passing judgment on them either verbally or in my own private thoughts? I have come to understand that it's OK not to agree or believe in another's views but I also must remember in disagreeing not to force my views and beliefs on them. The phrase it's better to understand than to be understood helps remind me of this. I need to remember that in all I do to apply spiritual principles so as not to build resentments against someone behind my own self-centeredness. The things I remind myself of is that in recovery, we are all addicts, what works for one may not work for someone else, there is no right or wrong way to recovery, there is only the suggestion to work the twelve steps and traditions to the best of our ability. Progress not perfection, remembering that our primary purpose is that any addict can lose the desire to use and find freedom from active addiction and find a new way of life, to help the still suffering addict, and at times that suffering addict is me, this helps me to remember that I'm right where I'm suppose to be.

When it comes to the fellowship I can say a simple phrase from our readings keeping in mind what it means to me, "As long as the ties that bind us together, (Addiction and Recovery) are stronger than those that would tear us apart,(religion, politics, organization) all will be well." As a fellowship we don't concern ourselves with what laws the government wishes to pass or veto, since we are a spiritually based program we don't have any thoughts on who should or should not be the next pope and what

religion everyone should practice, having only trusted servants not organized offices and titles, we can only focus on the still suffering addict, not world peace or social injustice. At times I can't organize my own closet let alone my thoughts; thank goodness I don't have to worry about these issues when it comes to recovering.

In closing all I can do is pray that I'll wake up each day without the desire to use, have the willingness to change, pray that I remain teachable, be honest with myself, trust in someone in NA who believes in me and wants to help me in my recovery, have faith in a Higher Power other than myself so that I may find a new way to live and keep coming back.

I'm Jodi, and I'm an addict.

Hospitals and Institutions:

"Na's primary purpose is to carry the message to the addict who still suffers. Its not surprising then that carrying the message into Hospitals and Institutions is one of our top priorities"

On august 13, 2007, I attended my first H&I experience at Avalon outpatient center in Eagan. I found it to be very rewarding and a positive boost for my recovery program, not to mention a chance for me to give back what has been so freely given to me since getting involved in service work and the program of Narcotics Anonymous. Thanks to the H&I committee for welcoming me and being so supporting.
Vern B.

H&I Committee meets: Second Monday if each month at 8:30pm at the First Presbyterian Church in South Saint Paul. (Same place as the area meeting listed on page 1) Call Brent F. at 651-276-6050 or email brentfoy@gmail.com for more details.

*Currently in need or a Co-Chair.

Current Commitments and contacts:

- 2nd Thursday of the month:
Avalon Treatment
 - Brent F. 651-276-6050
- 3rd Thursday of the month:
Lino lakes prison
 - Dan W. 651-278-8833
- 4th Monday of the month:
Dakota County Detox
 - Chad O. 715-760-3144

Regional Activities:

October 6th, 2007 Saturday 6pm to 11pm B2B Area B2B Saturday Night Fever Disco Party!
Hope, MN

October 13th, 2007 Saturday noon 'till late Lake Agassiz Area Lake Agassiz Area Fall Banquet
Fargo, North Dakota

October 14th, 2007 Sunday 10 am to ? New Beginnings Homegroup Recovery Picnic in Myrick Park La Crosse Wisconsin

October 20th, 2007 Friday 4:30 pm - Midnt Winona NA 6th Annual Frolic in Disguise Halloween Bash - Winona, MN

October 26th, 2007 Friday 8pm to Late Twin Cities Thanksgiving Day Marathon - Fundraiser - 26th & Blaisdell

October 27th, 2007 Saturday 3pm-11:30pm Central Area Activities Fall Ball 2007 "The Ties That Bind" St. Cloud MN

November 16th, 2007 Friday 8pm to Late Twin Cities Thanksgiving Day Marathon - Fundraiser - 26th & Blaisdell

November 22nd, 23rd,

24th, 2007 Thursday, Friday, Saturday Noon - 10pm Twin Cities Thanksgiving Day Marathon Speaker Meeting Chicago Ave & 26th

Abbott Northwestern Hospital - Education Building

If you would like to share your personal story or write about the monthly step or tradition, or if you have any suggestions at all, please contact Outreach Chair Geoff D.

Phone: 612-309-6304

Email: Rollermasterg@msn.com