

**SOUTH SUBURBAN FIRESIDE
AREA
NEWSLETTER
January, 2008**



Area Info

Mailing Address: South Suburban
Fireside Area PO Box 565 South St
Paul, MN 55075-0507

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

Website:

<http://www.ssfa.naminnnesota.org/>

Monthly Step:

**Step One "We admitted that
we were powerless over our
addiction, that our lives had
become unmanageable."**

*I have no control over my addiction
when I use drugs and unable to put any
order in to my life when I use.*

Step one is only done correctly when I
make this honest admission to my own
self. This admission was the beginning
of my recovery.

During active addiction, I used drugs
against my better judgment and will.

I made a decision to come to Narcotics
Anonymous because of the pain and
agony of my mind, body and soul. With
realization of defeat, I finally made the
decision to surrender or at least try to
change what was not working.

My body was unable to function with or
without drugs. My mind was obsessive
and would act on impulses. Thoughts
and emotions were distorted to the point
of no control. "Our disease is
progressive, incurable and fatal. Most of
us are relieved to find out we have a
disease instead of a moral deficiency."

My addiction is a disease. Finding out
why I have this disease is not beneficial
to my recovery. Staying clean, and doing
whatever it takes, including accepting
help from others is beneficial to
maintaining my recovery.

Changing the drugs I used and the
amount did not work for me.

Justification and rationalizing with
others and myself helped me to continue
my losing battle with active addiction.

Reservations to use again or not follow
spiritual principles, especially honesty,
will bring disorder and eventually active
addiction back into my life.

I must ask for help. "The foundation of
this program is the admission that we, of
ourselves, do not have the power over
addiction."

Being that I am an addict, just not using
drugs would cause misery in my life. I
must change my ways of thinking and
acting. My choice to do so is with the
help of NA.

If, or because, society considers me
acceptable does not mean I have quality
recovery in my life.

Everyday clean is better than in one day
that I have chosen to use. One reason for
this is because of my decision to
surrender, meaning I no longer have to
fight.

The meaning of life is no longer
associated with death. Now with sanity
in sight, I begin to look toward a Power
greater than my self which is no longer
addiction.

Monthly Tradition:

Tradition One" Our common welfare should come first; personal recovery depends on NA unity"

In NA the 1st tradition states that "our common welfare should come first; personal welfare depends on NA unity." This means that if Na did not exist we would not recover and in the end we would likely find ourselves in jails intuitions or death. To me this is a very important tradition because there have been many times where I have relied upon Na's unity whether it be the meetings themselves or the fellowship afterward. I know after coming back from my relapse I needed the unity of Na to help me through difficult times. If not for this tradition, I don't know if I'd be here to talk about it right now. All in all I would like to thank NA and the fellowship for keeping me around and helping me to keep coming back!

Jessica L.

The traditions are not all that important *if all you are looking for is abstinence*. *Abstinence* can be achieved without the steps, traditions, meetings, or change in lifestyle. However, the reason for abstinence won't be answered and the quality of life will remain basically the same.

The initial reasons that we come to NA are varied, but the reasons that we stay are basically the same, we couldn't stand living the way we were living and we wanted the changes that we saw happening in the lives of those around us in the fellowship of NA. To this end, we started doing some of the things that were suggested by others that we met in

these rooms, and our lives started to improve. The longer we stick around and the more of these suggestions that we follow, the greater the changes that occur in our lives. Soon we are the examples that the newcomer want to model their lives after, and we can't begin to imagine (or want to) what our lives would be like without NA.

This is the point that forces us to not only look at the traditions but too incorporate them into our daily living. As a newcomer we depended upon NA just being there, helping us along in our recovery. We knew that we needed it and we enjoyed the fellowship that it brought to us, but we depended on others to make sure that the meeting would be there or perhaps we just assumed that it would be there without even thinking about the why's or how's.

We know now that without NA our lives would soon return to the misery that we came from, so we need to ensure that NA is available to us. This is where the 1st tradition comes into our lives on a personal level. We must, as individuals, do the things that are necessary to keep our meeting alive. Someone must ensure that the doors are open; someone needs to ensure that coffee is made; someone needs to ensure that the newcomer is greeted and made welcome; someone need to keep the meeting running and focused on recovery.

As we grow in recovery we expand these things to ensure that other meetings are doing the same because we find that we need more than one meeting. Perhaps we become active in the area or region or whatever other position of service we can help out in the best, as we find our strengths and weaknesses as we grow. At each point in our recovery we find it more and more important to keep the common welfare

of NA first and foremost, as our own recovery depends entirely on the overall unity of the program of NA.

Bob A.

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”

H&I Committee meets: Second Tuesday of each month at 7:00pm at the **Faith United Methodist Church** on 1530 Oakdale Avenue West Saint Paul, MN Contact Chair **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 Tuesday 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

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

Upcoming Events:

January 19th, 2008 Saturday 4pm to Late Open Door Area Holiday Ball
MNNAC Awareness Rochester, MN

January 19th, 2008 Saturday 8pm to Midnight ICUC Jean Dance
Minneapolis

February 2nd, 2008 Saturday 5pm to Late Recovery in the Heartland Area RITH GIG

February 23rd, 2008 Saturday 3:30 pm NA Day Mtg SSFA Annual Chili Cookoff ,feed & Cribbage Tourney...
PIG Fundraiser

May 23-26th, 2008 Friday 5pm to Monday UMRCNA XXV Fair Hills Resort Upper Midwest Regional NA Convention

July 18th-20th, 2008 Friday ' till Sunday SSFA PIG ROAST 2008 24th Annual Pig Roast and Campout
Gaylord, MN