

South Suburban Fireside Area Newsletter

September 2008



Area Information:

Mailing Address

South Suburban Fireside Area
PO Box 565
South Saint Paul, MN 55075-0507

Sub-Committee Meeting

When: 2nd Thursday of the month, 7:00pm
Where: Faith United Methodist Church
1530 Oakdale Avenue
West Saint Paul, MN

ASC Meeting

When: 1st Thursday of the month, 7:00pm
Where: First Presbyterian Church
535 20th Avenue North
South Saint Paul, MN

Website Address

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

Meeting of the Month

Peace of Mind
When: September 19th,

Where:



PIG 2009

There is a contest for the PIG 2009 t-shirt designs. If you would like to enter your art/drawings please contact Kyle, chair of the PIG committee or attend a PIG committee meeting. They are also in need of committee members. They meet the 1st Thursday of the month-6:00pm at the First Presbyterian Church in South Saint Paul. The area is asking for descriptions of service positions on the PIG committee to create the by-laws, as they were lost. If you have been on the committee and would like help, please give your descriptions to your GSR.



Hospitals and Institutions

“NA’s primary purpose is to carry the message to the addict who still suffers. Getting the message to all addicts inside and outside of meeting walls is important and getting the message to the folks inside facility walls could change their outlook on life and save their lives.”

H&I Committee

When: 2nd Thursday of the month, 7:00pm
Where: Sub-Committee meeting (See Area Information Above)

Commitments & Contacts

⊕ 2nd Tuesday of the month
Avalon Treatment Center
Brent F (651) 276- 6050

⊕ 3rd Thursday of the month
Lino Lakes Prison

⊕ 4th Thursday of the month
Dakota County Detox

They are willing to act out a mock trial for your group to show fellow addicts what they do when visiting these facilities. If you are interested in learning about H&I or would like to participate please contact Brent F., (952) 276-6050, or e-mail brentfoy@gmail.com. This is a wonderful way to give back what was so freely given to you.

“One addict helping another is without parallel.”

Regional Activities



TCASC 25th Annual Banquet

When: Saturday, September 20th

Where: Mayflower Church
South Minneapolis, MN



Northern Lights Area of NA

24th Annual Camp Out

When: September 12th-14th

Where: Camp Vermillion



Potluck with speaker, cribbage and more.

When: September 20th or 27th

More information to come

Area Activities



Tubing, potluck, speaker and a meeting.

When: August 30th

Where: Welch Village
Redwing, MN

We will be meeting at 10:00 am, The cost will be \$9.00 per tube, \$8.00 per tube for a group of 25.

There will be a potluck with a speaker (Skip H.) to follow hosted by Hastings Basic Text at the United Methodist Church.

Step 9:

“We made direct amends to such people wherever possible, except when to do so would injure them or others.”

My experience with this step is that it lifted a huge weight off my shoulders and cleared my mind of things that had happened, for things I had done in the past, and help me forgive myself. At the same time it filled me with fear of what one may say or how they may react to my amends. I decided to embrace that fear. I took a chance and discovered that there was nothing to fear. Sometimes in recovery we tend to be a little hard on ourselves. For me it was because of things I had done, said or said I would have done and didn't. I began to realize that I wasn't in this alone and that I had fellow addicts in the program to talk with about what I was going through. When I needed help, I asked. When I needed space, I used the phone list. Some would suggest, some would just listen. Having other recovering addicts in the program supporting me is all I needed to conquer that fear.

Please remember the words after the comma in this step “-except when to do so would injure them or others” as they are very important.

Tradition 9

“N.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.”

This is an important tradition as is all traditions, and is here for a reason. Being “organized” in this sense is to be managed or controlled. All aspects of our business whether it be old or new is decided and motions are passed or denied based on a group conscious (a group vote, majority wins). That makes me feel good. Our opinions count and we do have an opportunity to put in our ideas and concerns. We have General Service Reporters (GSR’s) that we can take our concerns and they bring them to the area meeting. GSR’s are directly responsible to serve their group.

Something to think about

*I sit here in awe of the blessings that are coming about in my life right before my very eyes,
And in being able to see the path that the God of my understanding would have me on. I just
can't express how good it feels to day.*

*So what do I owe all this too? Among God, the fellowship of something greater than myself.
And how very simple is it? I'm coming to find out the ramifications of a life beyond my wildest
dreams. There are moments through out my day that I just humble before it all. Unable to keep the
tears of unending joy from flowing out my eyes. It's as if God Himself has reached down and dipped His
Holy finger into my soul. It's the only way I know that can even begin to describe how it feels. It's an
untangible thing to touch but not untangible to feel.*

*Narcotics Anonymous teaches me that the key to this program is simplicity, it is my locksmith.
If I wake up in the morning and examine myself, and know that I am not qualified to judge anyone, then I
risk a day of no resentments or expectations of others for that day, ask a loving, caring God of my
understanding to come in
and guide my heart, my thinking, and show me how to live today...only today, then perhaps it will lead me
to find the willingness to stay in the very moment. I'm seeing that each moment in life, each second is an
opportunity to behold something that you will never come across again. No matter how minute you think it
is, it's the most important moment. It could affect the rest of your life.*

*How do you get to a point where nothing else in life matters at any given moment, to learn to honor and
appreciate just a second of pure silence or to see some one going down a path, whom you love and adore,
that you know is going to bring destruction in their lives and to be able to just trust totally through some
meditation, prayers and self-less ness, the process they need to go through and that God will bring them
through it hopefully using you as a vessel, carrying the message to the addict who still suffers to the light
of one day clean and the desire to stay that way all by just sharing and caring of yourself. Getting out of
the way and letting the God of your understanding to do for you and another what you cannot do for
yourselves. That's where the growth comes in for me. Not just spiritually but mentally and emotionally as*

well.

Just for today, I pray that my higher power would allow, even if only but a moment, the joy that I feel in this very moment to be felt by all, to share a gift with the world so they can also know how simple life can be.

Just for Today I will have a God and allow Him to do for me what I cannot do for myself.

Just for Today I will invite others to help me stay in the moment, reflecting on only how special the moment is. Just for Today I will affirm I'm worthy of another moment clean and embrace it with all my faith.

Just for Today, I have the desire.



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ANONYMOUS ADDICTS CORNER

I ask myself why is it I can forgive some but hold resentments towards others? How can I accept one addict yet shun another away? I found when I really look at this I come up with the same answer. The ones I have no problem accepting or forgiving are the ones that I see the good things about me in. As with those whom I hold resentments against. I see the part of me in them that I do not like. I keep those addicts at a safe distance, not wanting to look at me.

So in all of this where am I working spiritual principles? My sponsor and what I hear in the rooms solution is to pray for those who I can not accept, have patients and tolerance for those I find hard to forgive, and trust in myself enough to believe I can change. This program is set up in a way that I cannot fail at change if I apply it to my life. So first off I need to realize that I am powerless over other people, that I can only change me, and that my emotions are unmanageable. What do I do about it? Step Two tells me that coming to believe can restore me to sanity. So I go to meetings, I listen to others, I read my Just For Today, I call my sponsor...I ask for help. If I don't have a license is it sane for me to keep driving?

Sooner or later I will get a ticket. So it's time for me to stop driving and sit in the passenger seat. If I find myself getting behind the wheel I need to move over again and look at it differently. Not as giving up control, but as being teachable. My addiction started as a child, not as an adult I need to let go of self and set down in the classroom to become an A student again. Looking back over my childhood, over my past does not have to hold me hostage. However, if I want to break the chain I need to deal with the feelings, I need to look at what caused them and not just what was done to me. I'm no longer a victim, I stopped being a victim when I walked in to recovery. I need to pick up the rug and sort through all that has been swept under it over the years. This is where my forgiveness must begin. I don't have to own the stigma of being the black sheep of the family any longer, it's time to wash away the dirt and put on a new outfit. My inventory will be my saving grace. I don't have to look at it as a reminder of how bad I was....but I need to do one so that I can understand what causes me to behave the way I do, or react in a negative manner, so that I can discover a better way. No one said it would be easy, but being an addict I do look for the easy way to do every thing. Even in my work, find the most efficient way to do things, a way that takes the least amount of exertion out of me. Naturally I want to do my inventory in a way that will cause me the least amount of pain, and then let that pain go, because it's not the pain that will kill me, but the long drawn out suffering.

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When I look at my life
the way it twirled
all the simple & right was all to lame,
I took the fast lane.
Swirling in and out of my life and I was not to
blame.

Out of control & under arrest,
the way I thought it would always be.

Until one day I reach a point where there was no
turning back,
I hit a fork.

Which way do I go?



- A recovering addict

If you have any questions or concerns please feel free to contact me at (612) 636-7463. You may also share your personally story by writing on the monthly step and/or tradition. E-mail your writings to tbinc07@yahoo.com.

Thanks for letting me share.
Jocelyn

What do I see?

The familiar landscape seemed too right for me.

I took a chance.
Turned over my will.

Let my Higher Power guide me in all hope that this
could until
and be given a life that was unknown to me.

So forgiving and trustworthy I came to be.
Chose the unfamiliar path and it led back to me.

Only this time it was simple and right for me.