



Newsletter

January 2009



Area Information:

Mailing Address

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

Website Address

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

ASC Meeting

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

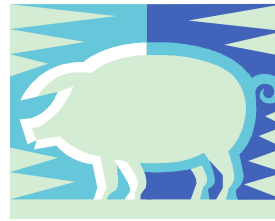
Sub-Committee Meeting

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

Meeting of the Month

The Ties That Bind Us

When: January 19th
Where: Christ Family Church
518 2nd St. East Hastings



PIG 2009

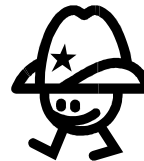
The PIG Committee continues to need volunteers to help with writing up new by-laws. If you have ever held a position on the PIG Committee please feel free to write a short description of what responsibilities you had and give to your GSR.

* We also need support for continuing this exciting event. There are many positions open to take advantage of.

Here is a list of current open positions:

PIG Co-chair, Co-treasurer, Co-Gates chair (1), Food chair, Co-Breakfast chair, Co-Merchandise chair, Activities chair, Co-Activities chair, Kids Activities chair, Co-Kids Activities chair, Co-concessions chair, Co-Radio chair, Co-Outreach chair, Coffee chair, Co-Coffee chair, Clean up chair.

If you are interested please contact Kyle M (PIG chair) or show up at the next PIG meeting. They meet at 6pm the 1st Thursday of each month at the same location as the ASC meeting. Thanks so much for your participation.



Hospitals and Institutions

H& I Committee meets the 2nd Thurs. of the month, 7pm at the Sub-Committee Meeting.

The H& I Committee is offering wonderful opportunities to carry the

message to the addict who is still suffering inside Hospitals and Institutions. All you need is 2 years off paper and 6 months clean to share the message in jail & prisons, 6 months clean to share at Hospitals & recovery centers and any amount of time clean to go along and help support.

The H&I Commitments are as follows:

2nd Tuesday of the month: Avalon Treatment (Eagan) 6-7pm

☎ Vern B. 651-263-1614

⇒ 3rd Wednesday of the month: Cochran Treatment 7-8pm

☎ LeAnn J. 651-208-8187

⇒ 3rd Thursday of the month: Lino Lakes Prison 7-8pm

☎ Dan W. 651-278-8833

⇒ 4th Monday of the month: Red Wing Juvenile Facility.

☎ Buddy K. (Need young people to carry the message.)

⇒ 4th Thursday of the month: Dakota County Detox. 7-8pm

☎ Chris C. 612-481-5535

⇒ Every 3 months (Feb, May, Aug, Nov) The Haven Treatment. (Please call contact for exact day and time)

☎ Garret L. 763-360-8151

They may be having a new meeting in Dakota Co. Jail. No given time yet. They need NEW addicts to go into jails & prisons. There is also a female treatment center in West St. Paul that they would like to set up a commitment for but, they need FEMALES to help carry the message there. If you have any free time that you would like to attribute to getting the message out to these addicts, please feel free to contact any of these panel leaders including Brent F. 651-276-6050. They would be more than happy to bring you along.

OPEN POSITIONS AT AREA:

- ☺ Outreach Chair
- ☺ Activities Chair
- ☺ Personal Relations Chair
- ☺ RCM (have one, need two), Region meets every other month: Feb, April, June, August, October, December

****Interested in being on the Area Committee?****

Show up at the next Area meeting: 7pm
1st Thursday of each month to see what's in store!!!

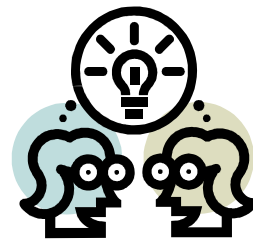
Activities:



“Old Men on Ice”

Skates or No Skates

Every Saturday at 12:30pm. You are invited to play Hockey! It will take place at the hockey rink right off of Southview Ave. in South St. Paul. Everyone is welcome. If you need better directions please feel free to contact Bruce 651-552-1804. See you there!



Have an idea for a FUNdraiser or FUNction?

Talk with other groups and see what you can put together. Bring your ideas to the next ASC meeting or e-mail me & I can share your ideas with the committee/groups.

Step one

"We admitted we were powerless over our addictions and that our lives had become unmanageable."

The first step is exactly what it is-the first *step*. You have to start somewhere when you want to get anywhere. Be it wanting a job or starting school there are basic steps you will have to take in order to get where you are going. With change and going forward there are different feelings that go along with it. You might feel anxious, worried, happy and confused all at the same time. With growth there is discomfort but, there are also many rewards.

For me, admitting I am powerless over anything was difficult at first. But, what did I have to lose? Everything that I was doing wasn't making me *powerful*. I was reading in a book one day that it might be easier for me to feel that I have power-with my addiction. That I can do something about it. I can except that my life was something that was unmanageable but not impossible.

Tradition one

"Our common welfare should come first: personal recovery depends on NA unity."

I think what this tradition is saying is that our common welfare- (why we are there, what we are trying to accomplish) by being able to attend a meeting -should come first. Being active in my recovery is what I believe they are taking about when they say, 'personal recovery depends on NA unity,' because when

each member is working on their recovery- it is displayed through helping other addicts by sharing their experience strength and hope. Without addicts sharing what they found to work for them would be no NA. For me, helping another addict is anything from showing up to a meeting, listening and/ sharing to serving on a committee. Each addict is directly responsible for their recovery there for, personal recovery depends on NA unity.

If there is anything you would like to share in these monthly newsletters, please e-mail me tbinc07@yahoo.com and I will be sure to add your experience, strength and hope. Thanks for everyone's contribution.

-Jocelyn

Another Recovering Addict

