



South Suburban Fireside Area of Narcotics Anonymous Newsletter

June 2010

A Personal Story

It was November 11th 2009, My son (12) & I just spent A week going threw a horrible trial, we had to testify against my Ex husband. On November 11th the verdict came in as "GUILTY" at that time it had been about 2 years dealing with horrible divorce. On that day I felt a drink, some pills, a joint, anything would be great for celebration. After going on a 3

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day binge I had become so out of it and drained and under the influence of anything I could get my hands on I got into a huge depression. As a women I felt completely demoralized, humiliated, chewed up spit out. As a mom I felt like I had failed my children because "it's a Mom's job to keep the family together", I didn't even feel like a person. I felt like a statistic, a failure, I felt like a nothing. Everything I had been fighting for 13 years was gone. I had nothing to show for the all those years I gave my all to my children & my husband. I had lost my father in March & my Mom when I was 17. I was lost! I felt completely powerless! Completely Hopeless. I was devastated.

So On Nov. 11th I tried to commit Suicide. Laying watching TV with my kids hoping they would fall asleep before me. We were watching Dog the Bounty Hunter & my 5 year old daughter Said Mom I can hear your heart we all 3 have heart WE ARE A FAMILY, I freaked out, I realized then that suicide was not what I really wanted. I don't remember much of that night I remember 3 of my "friends" couldn't understand what I was upset about but finally one gave me and the kids a ride to the hospital. I walked in balling my eyes out all I could say was "someone please help me"! For the first time in along time (meaning years) I asked for help. I remember the police coming and telling me they were going to take my kids to my sister Ann's house. I woke up 3 days later in Minneapolis in Station 30 of Fairview Hospital. So here is my poem. I hope this makes some kind of sense....

- Crystal

Service Work

By Catie O.

What does service mean to my recovery?

That is a question a lot of newcomers are boggled with when the overwhelming subject of serving others comes up at a meeting. All I can do is share my experience, strength, and hope of service in my recovery. When I first got into the program all I was worried about was staying clean another minute let alone anything else. My first service position was helping make the coffee at my Tuesday night meeting Addicts in Recovery. It gave me a sense of accountability and being able to look forward to something when I got there. It also helped me to realize that the group is there for me to share a piece of selfless actions.

Growing into the greeter of service took a little work. You know, giving hugs to complete strangers at the beginning and then growing relationships every week with the people I hugged. Then I got to know most of the people in the program that came back every week. I started to feel like they became my family.

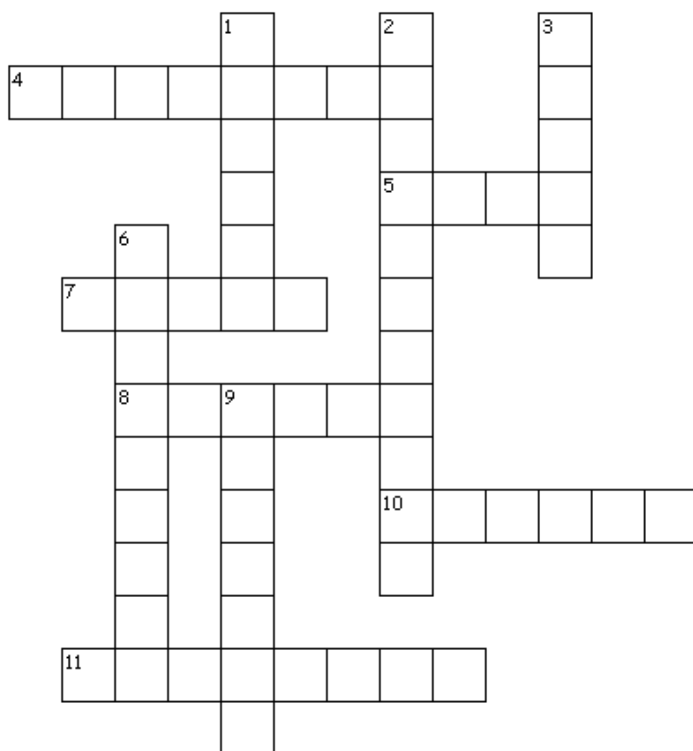
It helped me on one of my character defects, speaking in front of people. I was nervous at first because I never really had leadership qualities growing up. I was the type of girl who would go with the flow.

(Continued on page 3)

Around the Region

(Go to naminnesota.org for more information, and many other events not listed.)

June 4th - 6th, 2010	Collinwood Campout - Wright County, MN
June 11th - 13th, 2010	S.M.A.R.B. 22 - Lake Washington, MNJ
June 18th - 20th, 2010	Wooden Frog Bugfest - Voyageurs Nat'l Park (near)
June 25th - 27th, 2010	Freedom Campout '10 - Upsala, MN
July 25th, 2010	NA Birthday Event - Minneapolis, MN
June 26th, 2010	Summer Speaker Jam
August 27th- 29th, 2010	Just For The Weekend - Rochester, MN



Across

4. The Twelve _____ of NA service.
5. ...regardless of age, race, sexual identity, creed, religion or _____ of religion.
7. The Triangle of Self Obsession: Resentment, _____, and Fear.
8. The ultimate _____ for recovery is the recovering addict.
10. Understanding these Traditions comes _____ over a period of time.
11. _____ and Relapse

Down

1. The only requirement for membership is a _____ to stop using.
2. The First Step leaves us with a need to believe in something that can help us with our powerlessness, _____, and helplessness.
3. It _____ How and Why.
6. "GOD, grant us _____ that we may write according to Your Divine precepts. ..."
9. _____ is a drug.

A Poem

POWERS THAT BE!

By Crystal

Life is not yet complete I still have a lot to accomplish

At least that's what I believe !!

My Body, Heart & Soul Started to drift away I just couldn't continue to fight So God let me rest for 3 days,

When I awoke I couldn't remember a think I sat in the hospital bed trying to listen to my heart sing I started to remember hearing a voice say "are you cold? "

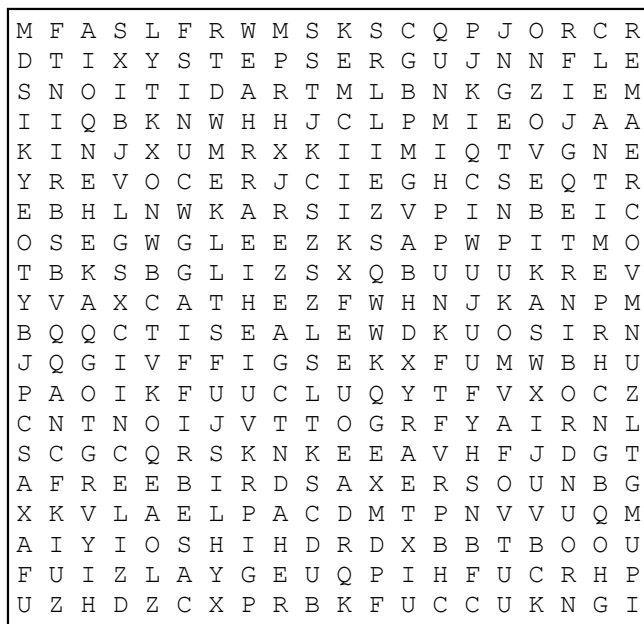
My body was shaking, lips were quivering All I could see was a bright light Hearing a voice say "Crystal, Crystal hunny it's going to be ok"

I remembered feeling completely calm Body was numb I closed my eyes & trusted my Higher Power to decide Because I awoke I know my job here is still not complete

I have greater things to do
I HAVE AN ADDICTION TO BEAT!

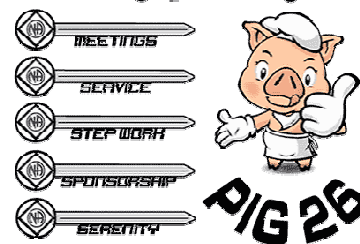
To show the world the true me
To spread the good That's what I believe

So take this walk with me &
The Powers That Be!!!!!!



ACTIVITIES	COFFEE	RECOVERY
BASIC TEXT	CREAMER	STEPS
CLEAN TIME	FREEBIRDS	SUGAR
ROUND ROBIN	MEETINGS	TRADITIONS
OUTREACH	PIG	PRINCIPLES
		PUBLIC RE-
		LATIONS

THE KEYS TO RECOVERY



PIG 2010, July 16th - 18th, 2010
Gaylord, MN
<http://gotopig.com>

Change

Before I found myself in the program of NA, change has been something that occurred in my life. Change in the form of adapting another's ideas, in order to be part of. Changing things about myself that would allow me to feel the acceptance of other people.

Coming in to rooms of Narcotics Anonymous I have learned that it wasn't the acceptance of others I was looking for.

The immediate changes I needed to make, the people, place, and things, allowed me to focus on a new way of life. In the new way of living I still need to find acceptance, "self-acceptance." It's in these rooms I have the opportunity to find this.

I used to think I was a follower. Now I know I just need guidance. I used to believe I was a product of my environment, which is somewhat true. I reflect the people in my environment. If I change the people, the people change me. To other recovery addicts and NA as a whole thank you.

-One Addict to Another

Want to be part of the SSFA Newsletter?

You may write about anything Narcotics Anonymous recovery related. Whether it be your own personal story, experiences, NA functions, poems, Steps, Spiritual Principles, Traditions or Concepts of NA service etc...

Some examples of spiritual principles are: honesty, acceptance, hope, commitment, faith, courage, willingness, humility, unconditional love, perseverance, open-mindedness, awareness, vigilance, self-discipline, sharing and caring, and service.

Please send your submissions to:
ssfanews@naminnesota.org

(continued) Service Work

This is where I grew in Service Structure. I became a chair of two of my meetings not in the same time period but within a year I was chair for two different meetings. So, I learned how to become comfortable with myself while learning communication skills in front of people in a meeting.

Next, I got a little more time under my belt and started to be a productive member of society. I started to be gainfully employed for a time period and paying my bills. This is where I decided to become a treasure. I had a checkbook and was being responsible with money. Why not share that asset I have found in recovery with the group? It made me responsible with finances and keeping track where money went. I never had that experience back when I was using. I started to get the financial stability side of the pro-

So the final service position I have taken is one of fun for me, the outreach chair for NA Pig Roast Campout. It has expanded my horizons of meetings and people. I go around and try to attract addicts to pig. Also, I get to check out different meetings. This helps me to broaden my base of recovery, meet more people, and network my recovery. The broader the base of supporting addicts the higher the pentacle of recovery you can reach.

Service to me means; helping me become accountable, makes healthy relationships with others in the program, working on character defects, learning leadership qualities, communication skills, share my assets with others, a chance to learn and grow, meeting more people in recovery, and don't forget selflessly serving others shows people you are a part of a group and not alone.

South Suburban Fireside Area Presents



Softball & Picnic



June 19, 2010 ~ 11am





McMorrow Field
(Syndicate Ave & South St. Pavilion)
200 South St E
South Saint Paul, MN

Bring your own glove and soda
Brats, hamburgers, and chips and water will be provided
Large playground
Free



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For more information

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