



South Suburban Fireside Area of Narcotics Anonymous **Newsletter**

February 2010

A Personal Story

Through my addiction, I continued to run my life off the road and into the ditch over and over again. I soon realized that my current way of life was not Working and needed to change. Admitting this was difficult and was my first introduction to humility. The basic text defines humility as "the result of being honest with ourselves," a completely new concept for me. However, soon I became willing, willing to talk to members, sponsors and most im-

"I have also learned in these walls, that I am not perfect, nor do I expect perfection of myself."

portantly, my God. With this I grew strength to honestly examine my life, my actions and my behaviors. Through this examination I was able to identify several shortcomings. The Basic Text defines shortcomings as "things that cause pain and misery all of our lives." By practicing the principles of NA, I learned I have the opportunity to remove my shortcomings by humbly asking Him. I have also learned in these walls, that I am not perfect, nor do I expect perfection of myself, but I do, however, expect progress. Keeping a conscience contact of a God of my understanding, daily meditations, practicing humility and attending meetings all play a crucial role in the success of my Seventh Step. I'm Dave – a gratefully recovering addict.

What is H & I ?

The purpose of an Hospitals and Institutions meeting is to carry the message of recovery to addicts who do not have full access to regular Narcotics Anonymous meeting.

- 2nd Tuesday of every month: Avalon Treatment (Eagan) 6-7p
Contact: Vern B. 651-263-1614

- 3rd Wednesday of every month: Cochran Treatment 7-8p
Contact: Matt K. 651-239-4805

- 3rd Thursday of every month: Lino Lakes Prison 7-8p
Contact: Dan W. 651-278-8833

- 3rd Thursday every month: Haven Treatment (adolescent) 6-7p
Contact: Chris C. 651-769-7250 / Sage

- 4th Thursday of every month: Dakota County Detox. 7-8p
Contact: Matt 651-239-4805 / Chad. 651-319-3048

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

Contact: Garrett L. 763-360-8151

Y P N W S V H K U X Y M B O T
R A G T A U Q P T Z A S E D J
A T D J F D P I F S D N M G T
H B S A D B O D F Y O O O H S
T K M W N J P W E L T I S C V
Y T S E N O H C A E R T U O Q
Y F N F F N N R O P O I D N C
C K Q Y S E E Y H Z F D B C T
C U K U I V M H M G T A M E V
O B S T E P S R X O S R X P R
V D A N F V I X O I U T D T R
L P F T J S M B C I J S G S M
G J V D T W K H Q J U V D R U
K F K X K K P I K S S Y U A V
W L J E W V B O M O J T C P X

ANONYMOUS	BASIC
HONESTY	JUST FOR TODAY
NEVER ALONE	OUTREACH
STEPS	TEXT
TRADITIONS	NA DAY
CONCEPTS	PATIENCE
TNT	

Around the Region	(go to naminnnesota.org for more information)
January 23rd, 2010	Artic Blast - St. Cloud, MN
January 23rd, 2010	Fishin' For Hope - Madison Lake, MN
January 30th, 2010	Holiday Ball - Rochester, MN
February 6th, 2010	MNNAC Volley Ball '10 - Hutchinson, MN
February 6th, 2010	RITH Gig '10 - Hutchinson, MN
February 13th, 2010	Valentines Dance - St. Paul, MN
February 20th, 2009	Chili Feed Cook Off - South Saint Paul, MN



SSFA Pig roast committee gets a website

www.gotopig.com

An Addict named Matt

I was cruising along in my truck the other day, and I passed by one of those clever Powerball signs on the side of the road. You know, the ones that have those sayings; 31 million reasons not to have an alarm clock, and 54 million reasons to go on vacation. I usually start thinking about what I would do if I won the lottery. Like build a house for my mom and dad, or take my family on an amazing vacation, or

I began to ponder if I won the lottery today, would I still be clean and want to do the next right thing.

all the toys I would buy. This time it was different. I began to ponder if I won the lottery today, would I still be clean and want to do the next right thing. That was a really tough question, however I came to the conclusion that I would remain clean today. I think I decided that because during that previous week I had been to 3-4 meetings and I had also been to two h and I commitments, so my recovery was strong that week. I also began to wonder if I would decide to stay clean if it had been a different week that I won the lottery. I can count quite a few weeks in the last six months that I wouldn't have been strong enough to stay clean after winning all that money.

This tells me a lot of things about my recovery. For starters I need to be getting to every one of my home meetings no matter what, and also

try to get to one or two other meetings during the week. I also need to read my daily meditation, do a nightly inventory of my day to keep tabs on myself, and not wait until I need a meeting before I get to one. As long as I follow a few simple suggestions and keep a sober network of people close around me I find it easy to do the next right thing. So this was a good reality check for me in the end. Thank you everybody. Just For Today!

Regards

-Matt K.

Letting Go

Life is great, life is grand.

Get up and take a stand.

*Put recovery first and you will see,
all the gifts it brings to you and me.*

*Sing a song, write a poem,
whatever it is let it flow.*

*Get out of your head, let it be and
bring about a better life.*

*Make the change, take a chance,
you may be surprised to see what a
difference it is when you take a
second glance.*

*All that you want, all that you need,
let your higher power set you free.*

- Another grateful recovering addict

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