THE BUZZ

Volume 13, Issue 22 **Sept. / Oct. 2011**

Welcome to Narcotics Anonymous

This is NA Fellowship-approved literature.
Copyright © 1986, 1987 by
Narcotics Anonymous World Services, Inc.
All rights reserved.

This pamphlet was written to answer some of your questions concerning the program of Narcotics Anonymous. Our message is very simple: We have found a way to live without using drugs, and we are happy to share it with anyone for whom drugs are a problem.

Welcome to your first NA meeting. NA offers addicts a way to live drug-free. If you are not sure you're an addict, don't worry about it; just keep coming to our meetings. You will have all the time you need to make up your own mind. If you are like many of us when we attended our first NA meeting, you may be feeling pretty nervous and think that everyone at the meeting is focusing on you. If so, you are not the only one. Many of us have felt the same way. It has been said, "If your stomach's all tied up in knots, you're probably in the right place." We often say that no one comes through the doors of NA by mistake. Non-addicted people don't spend their time wondering if they're addicts. They don't even think about it. If you're wondering whether or not you're an addict, you might be one. Just allow yourself the time to listen to us share about what it has been like for us. Perhaps you will hear something that sounds familiar to you. It doesn't matter whether or not you have used the same drugs others mention. It is not important which drugs you used; you're welcome here if you want to stop using. Most addicts experience very similar feelings, and it is in focusing on our similarities, rather than our differences, that we are helpful to one another.

You may be feeling hopeless and afraid. You may think that this program, like other things you have tried, will not work. Or you may think that it will work for someone else but not for you because you feel you are different than us. Most of us felt like that when we first came to N.A. Somehow we knew that we couldn't go on using drugs, but we didn't know how to stop or stay clean. We were all afraid to let go of something that had become so important to us. It is a relief to discover that the only requirement for membership in NA is a *desire* to stop using.

At first, most of us were mistrustful and fearful of trying a new way of doing things. About the only thing we were sure of was that our old ways were not working at all. Even after getting clean, things didn't change right away. Often, even our usual activities, such as driving a car or using the telephone, seemed frightening and strange, as if we had become someone we didn't recognize. This is where the fellowship and support of other clean addicts really helps, and we begin to rely on others for the reassurance we so desperately need.

You may already be thinking: "Yes, but" or "What if?" However, even if you have doubts, you can use these simple suggestions for starters: Attend as many NA meetings as you can and collect a list of NA phone numbers to use regularly, especially when the urge for drugs is strong.

The temptation is not restricted to the days and hours where meetings occur. We are clean today because we reached out for help. What helped us can help you. So don't be afraid to call another recovering addict. The only way to keep from returning to active addiction is not to take that first drug. The most natural thing for an addict to do is to use drugs. In order for most of us to abstain from using mood-altering, mind-changing chemicals, we have had to undergo drastic changes physically, mentally, emotionally, and spiritually. The Twelve Steps of NA offer us a way to change. As someone said: "You can probably get clean by just coming to meetings. However, if you want to stay clean and experience recovery, you will need to practice the Twelve Steps."

This is more than we can do alone. In the NA Fellowship, we support one another in our efforts to learn and practice a new way of living that keeps us healthy and drug-free.

Welcome to Narcotics Anonymous
(Cont. from pg. 1)

At your first meeting, you will meet people with various lengths of clean time. You may wonder how they could remain clean for that period of time. If you keep coming to NA meetings and stay clean, you will come to understand how it works.

There is a mutual respect and caring among clean addicts because we've all had to overcome the misery of addiction. We love and support each other in our recovery. The program of NA is comprised of spiritual principles that we have found help us to remain clean. Nothing will be demanded of you, but you will receive many suggestions. This fellowship provides the opportunity for us to give you what we have found: a clean way of living. We know that we have to "give it away in order to keep it."

So, welcome! We are glad that you have made it here, and hope that you decide to stay. It is important for you to know that you will hear God mentioned at NA meetings. What we are referring to is a Power greater than ourselves that makes possible what seems impossible. We found that Power here, in NA, in the program, in the meetings, and in the people. This is the spiritual principle that has worked for us to live drug-free a day at a time; and whenever a day is too long, then five minutes at a time. We can do together what we could not do alone. We invite you to use our strength and our hope until you have found some of your own. There will come a time when you too may want to share with someone else what has been freely given to you.

KEEP COMING BACK—IT WORKS!

MY NAME IS DANIELLE AND I AM 27 YEARS OLD, I BELONG TO THE NA GROUP IN PRINCETON. 1 YEAR AGO MY 5 YEARS OF METH HAD BROUGHT MY LIFE TO A CROSSROAD. I WAS TRYING TO STAY CLEAN LONG ENOUGH TO COMMIT SUICIDE BECAUSE I WAS SO DEPLETED, HOWEVER I COULDN'T EVEN DO THAT. I HAD 3 CHILDREN AND I FILLED MY DAY WITH DODGING P.O.'S AND SOCIAL WORKERS AND TRYING TO END MY LIFE. I WAS SICK OF RUNNING, SICK OF GETTING HIGH AND SAW NO WAY OUT.
OCTOBER 4TH 2010, I TURNED MY LIFE OVER TO A HIGH POWER, NOT UNDERSTANDING HOW HE COULD HELP, BUT I HAD NO MORE AMBITION. THROUGH THE NARCOTICS ANONYMOUS PROGRAM, THE STEPS, MY HIGHER POWER, MY SPONSOR AND THE AMAZING FRIENDS I HAVE MET THROUGH NA MY LIFE IS NOW A SPIRITUAL EXPERIENCE. EACH DAY I GET A NEW BEGINNING. I NOW AM A MOM, A FRIEND, AND A MIRACLE. THERE IS HOPE AND I AM PROOF OF THAT. NO LONGER DO OUR LIVES HAVE TO BE FILLED WITH INSANITY. NARCOTICS ANONYMOUS HAS HELPED CHANGE ANOTHER LIFE AND FOR THAT I AM GRATEFUL. TODAY I HAVE NO SUFFERING, ONLY A LIFE FILLED WITH OPPORTUNITY FOR GROWTH. LIFE CHANGES HAS OCCURRED.

Key tag needs keys

Handling Stress

A young lady confidently walked around the room while leading and explaining stress management to an audience with a raised glass of water, and everyone knew she was going to ask the ultimate question, 'half empty or half full?'…she fooled them all. "How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8oz. to 20 oz. She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I have an ache in my arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes", She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on". As with this glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden-holding stress longer and better each time practiced. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into night… pick them up tomorrow.

Author unknown—submitted by Paul G.

Oh! The Places You'll Go!

This is one of my favorite poems (books) by Dr. Seuss, I get more from his books as an adult than I did as a child It's not quite so good without the pictures. Interestingly, Dr. Seuss had a challenging early life, particularly at high school, and he was rejected by countless publishing houses before becoming one of the most well-known children's authors in the world. In case you didn't know.

Oh! The Places You'll Go!
by the incomparable Dr. Seuss

Congratulations! Today is your day.
You're off to Great Places! You're off and away!

You have brains in your head. You have feet in your shoes.
You can steer yourself any direction you choose.
You're on your own. And you know what you know. And YOU are the guy who'll decide where to go.

You'll look up and down streets. Look'em over with care. About some you will say, "I don't choose to go there." With your head full of brains and your shoes full of feet, you're too smart to go down a not-so-good street.

And you may not find any you'll want to go down. In that case, of course, you'll head straight out of town. It's opener there in the wide open air.

Out there things can happen and frequently do to people as brainy and footsy as you.

And when things start to happen, don't worry. Don't stew. Just go right along. You'll start happening too.

Oh! The Places You'll Go!

You'll be on your way up! You'll be seeing great sights!
You'll join the high fliers who soar to high heights.

You won't lag behind, because you'll have the speed. You'll pass the whole gang and you'll soon take the lead. Wherever you fly, you'll be best of the best. Wherever you go, you will top all the rest.

Except when you don't. Because, sometimes, you won't.

I'm sorry to say so but, sadly, it's true that Bang-ups and Hang-ups can happen to you.

You can get all hung up in a prickle-ly perch. And your gang will fly on. You'll be left in a Lurch.

You'll come down from the Lurch with an unpleasant bump. And the chances are, then, that you'll be in a Slump.

And when you're in a Slump, you're not in for much fun. Un-slumping yourself is not easily done.

You will come to a place where the streets are not marked. Some windows are lighted. But mostly they're darked. A place you could sprain both your elbow and chin! Do you dare to stay out? Do you dare to go in? How much can you lose? How much can you win?

And if you go in, should you turn left or right…or right-and-three-quarters? Or, maybe, not quite? Or go around back and sneak in from behind? Simple it's not, I'm afraid you will find, for a mind-maker-upper to make up his mind.

You can get so confused that you'll start in to race down long wiggled roads at a break-necking pace and grind on for miles across weirdish wild space, headed, I fear, toward a most useless place.

The Waiting Place…for people just waiting.

Waiting for a train to go or a bus to come, or a plane to go or the mail to come, or the rain to go or the phone to ring, or the snow to snow or waiting around for a Yes or No or waiting for their hair to grow. Everyone is just waiting.

Waiting for the fish to bite or waiting for wind to fly a kite or waiting around for Friday night or waiting, perhaps, for their Uncle Jake or a pot to boil, or a Better Break or a string of pearls, or a pair of pants or a wig with curls, or Another Chance. Everyone is just waiting.

No! That's not for you!
Somehow you'll escape all that waiting and staying. You'll find the bright places where Boom Bands are playing. With banner flip-flapping, once more you'll ride high! Ready for anything under the sky. Ready because you're that kind of a guy!

Oh, the places you'll go! There is fun to be done! There are points to be scored. There are games to be won. And the magical things you can do with that ball will make you the winning-est winner of all. Fame! You'll be famous as famous can be, with the whole wide world watching you win on TV.

Except when they don't. Because, sometimes, they won't.

I'm afraid that sometimes you'll play lonely games too. Games you can't win 'cause you'll play against you.

All Alone! Whether you like it or not, alone will be something you'll be quite a lot.

And when you're alone, there's a very good chance you'll meet things that scare you right out of your pants. There are some, down the road between hither and yon, that can scare you so much you won't want to go on.

But on you will go though the weather be foul. On you will go though your enemies prowl. On you will go though the Hakken-Kraks howl. Onward up many a frightening creek, though your arms may get sore and your sneakers may leak. On and on you will hike. And I know you'll hike far and face up to your problems whatever they are.

You'll get mixed up, of course, as you already know. You'll get mixed up with many strange birds as you go. So be sure when you step. Step with care and great tact and remember that Life's a Great Balancing Act. Just never forget to be dexterous and deft. And never mix up your right foot with your left.

And will you succeed? Yes! You will, indeed!
(98 and ¾ percent guaranteed.)

Kid, you'll move mountains!
So…be your name Buxbaum or Bixby or Bray or Mordecai Ale Van Allen O'Shea, you're off to Great Places!
Today is your day!
Your mountain is waiting.
So…get on your way!

Let's Put Our Minds Together

If we sat in a circle and put an object in the center of the circle and we all described what we saw, everyone would see different points of view from each other. Some would even see opposites because they would be sitting on opposite sides of the circle.

In other words, you don't have to see what I see for you to be right. In fact, everyone in the circle is right based on their own point of view.
If we are willing to listen to everyone's point of view, then we can get a more accurate description of the object in the center. This is one way to put our minds together. When we get the clarity from each other, we should give thanks and be grateful to each other.

GRATITUDE PRAYER

"Our gratitude speaks, when we care and when we share with others the N.A. way, that no addict seeking recovery need ever die from the horrors of addiction."

You say you have nothing to do? You say recovery is getting boring?
Come to the Area meeting. Join a subcommittee and get to know some people who are active in the NA program and who are trying to make a difference.
You might even have some fun!! Try it and see! See what giving back is all about.

ALSO

There is an urgent need for recovering addicts to take meetings into the jails and at the Willmar treatment facility. Volunteers are appreciated by the inmates and patients. For more info and to get contact info call Sharon J @ 320-685-8560 Do it today. You will not regret it.

Work cited

- I.P. #22 Welcome to Narcotics Anonymous
  This is NA Fellowship-approved literature.
  Copyright © 1986, 1987 by
  Narcotics Anonymous World Services, Inc.
  All rights reserved.
- www.soberrecovery.com (Dr. Seuss poem)
- Recovery Cartoons- http://www.recoverycartoons.com

Hey! In case you haven't heard. There are positions that need to be filled at the Area level. In order to be productive, we need qualified people to fill these positions. Rather than leave them open, or have people serve numerous terms, please come to Area and let your willingness to serve be known.
Everyone is welcome and encouraged to attend.

Addict Dialogue

Who can come to an Area meeting and what do they do there??

Stan: I am curious about what goes on at an Area meeting. I know our GSR is supposed to go and bring back information, but sometimes our GSR isn't at group or didn't bring their notes.

Alex: Anybody can attend those meetings as a guest. GSRA's can come as well.

Stan: What goes on there?

Alex: It's where the group conscience is brought from the groups by a GSR (Group Service Representative) or GSRA. Concerns can be addressed, and ideas or announcements made about group activities etc... Our conscience as an Area is taken to the Region by our RCM (Regional Chair Member) (same as a GSR does for the group). Group reports are given and we vote on concerns that groups have given their conscience about. If your group is concerned that they are not getting thorough information, it is in your best interest to get involved and attend.

Stan: When is the Area meeting held?

Alex: Area Subcommittee meetings are held the Sunday following the third Saturday starting at 10:00 A.M. The Area meeting starts at 11:00 AM.

Stan: I guess I still have questions; maybe I will attend one of those meetings and see for myself. I've heard some bad feedback and I just don't believe it could be all that bad.

Alex: I've been going for years. If it was all that bad, I wouldn't keep going back. I hope to see you there. I'll save you a seat.

*Position open for nominations

Name (Executive committee)	**Phone #**	**Position**	**Email**
Sam M.	320-241-6721	Area Chair	samuel.miller21@yahoo.com
Scott N	763-234-7325	Area Co-Chair	scottie71407@gmail.com
Jackie H	320-310-9321	Area Treasurer	jhennen88@yahoo.com
Joan S	763-482-1693	Area Secretary	jeschneider96@hotmail.com
Lucy K	320-453-8010	*RCM	
Ned S	763-482-1695	RCMA	largeone35@hotmail.com
Name (Sub-Committee)	**Phone #**	**Position**	
		*PI Chair	
		*Web Maintenance	
Krista W	320-241-4829	Newsletter Chair	cmascnewsletter@gmail.com
Randy P	320-250-6761	*Outreach Chair	rptower@hotmail.com
Jerry G	320-217-5437	Policy Chair	
		*Literature Chair	
Sharon J	320-685-8560	H&I Chair	garysharonj@juno.com
Arvis	320-282-4160	Activities Chair	

Content of this newsletter does not in any way represent NA as a whole. It represents the views, opinions and concerns of the CMA Newsletter Sub-committee. Any constructive criticism shall be directed to the CMA Newsletter Sub-committee. Any comments, concerns and submissions for content including but not limited to articles, poems, artwork, personal stories, events, Etc. must be submitted to the CMA Newsletter Sub-committee via mail, e-mail, or in person. All submissions become the exclusive property of the CMA Newsletter Sub-committee with all rights reserved and are subject to change or editing at any time.