



Together We Can

N.A. GROUPS OF THE FREE STATE REGION NEWSLETTER

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TOGETHER WE CAN

JUNE-JULY 2021

Thought for the Month

"When we find ourselves disturbed by the turmoil of our world, we can find comfort in prayer and meditation."

(Just for Today, May 7th)



We gain self-respect when we follow through on commitments. These may begin with group service commitments: making coffee, chairing a meeting, and so forth.

As our ability to follow through begins to grow, we take on larger challenges. Perhaps the biggest one is following through on our commitment to work the steps. One of our members suggests that it's not just the work we do in the steps, but the way we work the steps that sets the pattern for our lives.

Living Clean: The Journey Continues

Please submit items from your "Recovery Tool Box"

N.A. HISTORY

DID YOU KNOW ... 1976. This is the year of the first World Service Conference and when copyrights were filed for our first six pamphlets, including *Who, What, How, and Why; The Group; Another Look; and Recovery and Relapse.*

Acronym of the Month

H O P E

HOLD
ON
PAIN
END S

*Have you done any
SERVICE WORK lately?*

There are lots of ways to serve the fellowship ...

Choose a subcommittee and get involved, you'll be grateful you did!

Editors for the June-July issue of "Together We Can"

Curtis C. - Baltimore
Ericka N. - Baltimore
James A. - Baltimore
Jonelle L. - Baltimore
Kim H. - Baltimore
Milton W. - Baltimore
Nichole R. - Baltimore
Peggy S. - NEFA

"Sound Off"

QUESTION OF THE MONTH

Why is taking a searching and fearless moral inventory necessary?

Taking a searching and fearless moral inventory allowed me to take a deeper look inside myself to discover things that I thought I knew about myself that I really didn't know. Which helped me open the door to recovery.

Curtis C.

It's necessary for me because it allows me to see my patterns. I can see my good & not so good characteristics. Doing an inventory allows me to identify negative thoughts, emotions, and actions that have ruled my life.

Nicole

Because it introduces you to the real you. It shows you your liabilities and your assets. Your triggers, patterns, old behaviors. Also shows you the new and improved you and getting better by each day that GOD lets me see.

Shelia

For me I had to go inside my spiritual temple and make a thorough amends to GOD and myself so that could make amends to other people. Moral inventory is an assessment of oneself, thoroughly taking the good in one's life and noticing those characters that are troublesome.

Laverne

To face our character flaws and to fearlessly face them.

Jonelle L.

The purpose of a searching and fearless moral inventory is to sort through the confusion and contradictions so we can find out who we really are.

Juan

Doing a searching and fearless moral inventory is necessary so I can recognize and deal with issues that causes me pain and confusion in my life, so I can find out who I really am.

Anthony

Fearless means with courage and it takes a lot of strength and courage to look at oneself. For me to grow internally, get to know who I really am. Learn my patterns, and to see I don't have a more deficiency, that's part of the reason to do a searching and fearless moral inventory.

Verlie H.

A searching and fearless moral inventory is necessary to get to know yourself.

Bonnie

To take a deep look at me and to uncover the ugly forbidden life experience I've had. I can feel, deal, and heal. Also, it's just important to look at my good life experience to get my full truth. Then to get with other addicts with the fourth step experience to help further my understanding. This puts me in a better position to help another addict. The inventory helps lighten the load and fortify the foundation.

Craig

A searching and fearless inventory is necessary of ongoing recovery. The rest of the steps don't work without the process of sorting through the confusion and contradiction my thinking and my life. They might work on the surface but for a deeper level of recovery searching and fearless is necessary. Otherwise, eventually I will use drugs again. Also, a searching and fearless moral inventory is never complete. It may be appropriate and timely for that stage of my recovery but like an onion there are countless layers to my person and my disease for that matter. More is always being revealed. Exploration never ceases.

Jetun

It was necessary for me to do a searching and fearless moral inventory, Step 4, because I truly wanted and needed to get to know Katrina. Being as honest as possible with myself, relieved me of the junk I had been carrying around for years, that weighted me down. It darkened my spirit, it clogged my heart, and blurred my vision. What and who I thought I was, was far from the truth about Katrina. After I completed my first of many more to come, searching and fearless moral inventory, I looked at my life, situations, and experiences differently. My eyes are open, my vision is clear, and my spirit is free, free to be who I am today. Non-judgmental of others, willing to be lead and guided in my new way of life, open to change and becoming a better me.

Katrina W. Thanks for listening

Because that's the step where you learn about yourself and others and work on getting better with life on life's terms.

Tina R

For me, so much change has happened in my life since the last time I did a fourth step inventory, that I know it is the right time to repeat this process. Searching will be to examine all of the changes I'm changes I'm going through in my life and fearless will be how I need to pray and continue through the process in spite of any sad feelings that this is likely to bring up. That will allow healing to begin.

James A.

It is important to me because it gives me a place to go and call home and feel like I belong.

Milton W.

N.A. Readers Write

Let Me Be

When I hold out my hands
 Let me give not take
 When in pain and joys of tears
 Let me be real, not fake
 When I'm asked to be a friend
 Let me open my heart
 Let me help by listening
 Let me do my part
 When a woman is in trouble
 Let me ask her what she needs
 When I open my mouth
 Let me be true
 Not only what I say
 But what I do too
 When I can be of service
 For a cause to help mankind
 Let me step outside myself
 And help the world shine
 When I feel my feelings
 And get scared and want to run
 Let me look inside myself
 And reach up for the sun
 When I am sick or hurting
 And just can't be alone
 Let me ask a friend for help
 Let me ask a friend for help
 Let me pick up my phone
 God let me feel my power
 Let me keep the faith in you
 Let me take us both along
 In all that I do
 Let me stay here
 Where my eyes can see
 God what I ask of you is...
 Let me be me.

Reprinted from BASIC NEWS Multi-Area
 Newsletter of the Lower Mainland, May 11, 2021

The following articles are the opinions of the writers,
 and do not represent the opinion of this committee or the
 fellowship as a whole. We have given permission to all
 other Service Boards and Committees of the Fellowship of
 Narcotics Anonymous to reprint any material appearing
 in this publication.

I'VE FOUND A NEW HOME & FAMILY

Hello. I'm addict named "Scharmaine". I was introduced to recovery back in 1988. If I knew what I know now, back then, I would have more time right now. Bit its okay today because GOD has me right where I'm supposed to be. I say that because back then, I didn't want to believe that I was an addict, or that I had the disease of addiction that was out to kill me, no matter what. Today I know that all it took was a willingness to participate in my own self destruction. So, I continue to go back and forth with this daily struggle, knowing that I can't continue to live my life like that.

Today, I know that there is hope. Once I admitted that I'm an addict, and accepted it, I became willing to change and get a sponsor. Among a few addicts who know how to do this thing called "recovery", it's been said that "You don't have to dance with everybody, but you have to dance with someone". Working and applying the steps allowed me to get a God of my understanding; learn the traditions concepts, and spiritual principles.

You know I never thought that life could be so abundant, but it really is. Today I'm able to have brothers that are not my lovers, sisters – real women who are true to me and actually love me today. Recovery has taught me how to be a true friend in return. Even though I'm clean today, I still have struggles, but I never want what I had before I came the House of Narcotics Anonymous.

To the newcomers: go to 90 meetings in 90 days. Get a GOD of your understanding. Get a sponsor and get into the process. Look for the winners and you too shall be a winner.

A recovering addict named "Scharmaine"

GO TO:
freestatena.org
FOR ZOOM & LIVE
NA MEETINGS

N.A. Readers Write

This and That

48 Musts in Narcotics Anonymous as found in the Basic Text.

1. Everything that's occurs in the course of N.A service must be motivated by the desire to more successfully carry the message to the addict that suffers. Pg. xvi
2. We must always remember that as individual members, groups and service committees...Pg. xvi
3. We must face our problems and our feelings. Pg. 15
4. We are people with the disease of addiction who must abstain from all drugs in order to recover. Pg. 18
5. A second admission must be made before our foundation is complete. Pg. 21 Step One
6. We must be done with the past, not cling to it. Pg. 28-Step Four
7. Assets must also be considered.... Pg. 28 Step Four
8. Although He already knows, the admission must come from our lips to truly be effective Pg. 31 Step Five
9. We must make sure that they know who is to hear our Fifth Step. Pg. 31 Step Five
10. We must make sure they know what we are doing and why we are doing it. Pg. 31 Step Five
11. We must be exact Pg. 32 Step Five
12. We must realize that we are not perfect Pg. 35 Step Seven
13. Our experience tells us that we must become willing before this step will have any effect. Pg. 36 Step Eight
14. We must separate what was done to us from what we did to others. Pg. 37 Step Eight
15. As with each step, we must be thorough. Pg. 38 Step Eight
16. We must remember the pain that they have known Pg. 40 Step Nine
17. It is said that for our meditation to be of value, the results must show in our daily lives Pg. 46 Step Eleven
18. We must give freely and gratefully that which has been freely and gratefully given to us Pg. 47 Step Eleven
19. Our disease involved much more than just using drugs, so our recovery must involve much more than simple abstinence Pg. 53
20. We must give up this old concept and face the fact that reality and life go on Pg. 53
21. When we are prepared, we must try out our newly found way of life. Pg. 55
22. We must learn to adapt our life to the program Pg. 55
23. Unity is a must in Narcotics Anonymous. Pg. 60-Tradition One
24. We must live and work together as a group to ensure that in a storm our ship does not sink, and our members do not perish Pg. 60 Tradition One
25. We must constantly be on guard that our decisions are truly an expression of GOD's will. Pg. 61- Tradition Two
26. AN atmosphere of recovery in our groups is one of most valued assets, and we must guard it carefully...Pg. 61 Tradition Two
27. We must remember that offices have been placed in trust...Pg. 61- Tradition Two
28. Our sixth Tradition tells us some of the things that we must do to preserve and protect our primary purpose. Pg. 66 Tradition Six
29. We must first understand what N.A. is...Pg. 70 Tradition Nine
30. In order to achieve our spiritual aim, Narcotics Anonymous must be known and respected Pg. 71 Tradition Ten
31. To improve ourselves takes effort, and sincere there is no way in the world to graft a new idea on a closed mind, an opening must be made somewhere. Pg. 75
32. We must relearn many things that we have forgotten and develop a new approach to life if we are survive. Pg. 77
33. We realize we must do something. Pg. 78
34. When we feel the old urges come over us, we think there must be something wrong with us...Pg. 79
35. We come here powerless..., but we must reach out for it Pg. 79
36. Recovery found in Narcotics Anonymous must come from within...Pg. 80
37. If we have relapsed, it is important to keep in mind that we must get back to meetings as soon as possible. Pg. 80
38. We must totally surrender ourselves to the program. Pg. 81
39. We must use what we learn, or we will lose it in a relapse Pg. 81
40. We must use what we learn, or we will lose it, no matter how long we have been clean Pg. 82
41. Eventually we are shown that we must be honest... Pg. 82
42. We must smash the illusion that we can do it again Pg. 82

N.A. Readers Write

This and That

43. Staying clean must always come first. Pg. 82
44. Some things we must accept, others we can change. Pg. 92
45. We must be willing to do whatever is necessary to recover. Pg. 93
46. We never know when the time will come when we must put forth all the effort and strength, we have just to stay clean pg. 93
47. No matter how painful life's tragedy can be for us..., we must not use, no matter what! Pg. 98
48. In order to receive, we must be willing to give. Pg. 10

Funny How:

\$3.00 looks so big when a basket is passed at an NA meeting, but so small when we take it to shore.

Long 90 minutes are when serving Narcotics anonymous but so short when playing basketball.

Difficult it is to read a step from our Basic Text but how easy it is to read 200 pages of a best seller.

We can't think of anything when we pray (11th step) but don't have any difficulty gossiping.

We need two- or three-weeks advance notice to fit an NA event into our schedule but have no problem adjusting to a social Neverson at the last minute.

People scramble to get front seats at any concert but scramble but scramble for back seats at an NA meeting

Difficult it is to share the message of recovery with others but how simple it is to talk about everything else.

D.T. Reprinted from the September 1999 Issue-of Bronx NA Connection

WHY DO PEOPLE RELAPSE?

1. Very simple, the desire to use
2. Because they forget where they come from
3. They stop working the program of NA
4. They are not grateful for their recovery
5. They didn't hit bottom
6. They are afraid of change
7. They had a reservation
8. They are running on self -will
9. They get tired of doing the work
10. They forget the pain drugs brought us
11. They didn't stay in the basics
12. They were not sharing their feelings

13. They didn't use their sponsor
14. The disease of addiction
15. People, places & things
16. Trying to lead an active lifestyle
17. Pain
18. They stop making meetings
19. They think they are normal
20. They didn't surrender to the program
21. Isolation
22. They didn't work the first step
23. They are not ready to change
24. Some have to die so others can live
25. They want their old jail cells back

Anonymous, Reprinted from the September 1999 Issue of Bronx NA Connection

NO MATTER WHATS

My name is Gwen, and I am an addict. I am grateful for my life and sanity and I'm grateful to be a part of this fellowship called, "Narcotics Anonymous." I remember when I first came around here a little over four years ago, hearing people share about "NO MATTER WHATS". I didn't have a clue what they were talking about, but you guys told me to keep coming back, that more would be revealed, and that's what I did.

On September 6, 1999, the day after our area's first Convention. (It was also the day I turned 18 months clean) I experienced my first "NO MATTER WHAT". My father died. I was devastated and very angry. I was also grateful that my father lived to give me my first cake and died knowing that I was clean. The members of Narcotics Anonymous embraced me, surrounded me with love and support, and no matter what, I did not use. Last September, my son was shot in the head, paralyzed, unable to walk, talk or care for himself. After a few months of convalescence and rehabilitation therapy, and what the doctors called "remarkable" improvement, he was transferred to a rehabilitation therapy center, where I was told that I would soon be able to bring him home on passes. He was doing so well, and the GOD took him too. HOW WAS I GOING TO GET THROUGH THIS???????? Once again, I was embraced by you people. The support and love were overwhelming. The phone calls, messages, visits, etc. You guys were right there. Thank you. I am very grateful for the women and some of you men too, for helping me through the rough times.

Today, I know without a doubt, that whatever happens, whatever I'm going through, whoever likes or dislikes me, and whatever else you can come up with, I don't have to use behind it and neither do you. – Gwen B.

Step Five

[Excerpt from, "Basic Text"]

"We admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

Some of us tried to hide part of our past in an attempt to find an easier way of dealing with our inner feelings. We may think that we have done enough by writing about our past. We cannot afford this mistake. This step will expose our motives and our actions. We cannot expect these things to reveal themselves. Our embarrassment is eventually overcome, and we can avoid future guilt.

We do not procrastinate. We must be exact. We want to tell the simple truth, cut and dried, as quickly as possible. There is always a danger that we will exaggerate our wrongs. It is equally dangerous to minimize or rationalize our part in past situations. After all, we still want to sound good.



EDITOR TO READERS:

RELEASE FORM

I hereby give the Narcotics Anonymous Fellowship, *Together We Can*, their successors, assigns and those acting on their authority permission to publish the attached original article(s), poem(s), or other written material pertaining to my personal experiences with or opinions about the N.A. Fellowship or program, I understand that my material may be edited. I further understand that every effort will be made to assure my anonymity. I possess full legal capacity to exercise this authorization and hereby release *Together We Can* and the Narcotics Anonymous Fellowship and its service boards and committees from any claim by myself, my successors and/or my assigns.

Signature (first and last name)

Date

Witness Signature (first and last name)

The following information is optional, and if supplied will be kept in complete confidence. It will help us to contact you if we have any questions about the material you submit.

Address

City, State and Zip Code

Telephone

Tradition Five

[Excerpt from, "It Works How and Why"]

"Each group has but one primary purpose—to carry the message to the addict who still suffers."

Tradition Five focuses the group's priority on carrying the message. Members can do many things to further our primary purpose. For example, we show our care and our willingness to help by taking turns greeting people at the door, preparing lists of telephone numbers to distribute, or offering packets of literature to newcomers. When members come together as a group to undertake the task of carrying the message, they offer an attractive picture of recovery in action.

Many meetings are structured to carry the message to our newest members. These new members often need more encouragement to stay, more answers to their questions, more of our love and care. But the newest members are not the only addicts who need the message of recovery. The still-suffering addict with whom we share our hope may be any one of us, regardless of clean time. Tradition Five is not limited to helping newcomers. The message of recovery is for all of us.

WANTED!

DESCRIPTION: Art, poems, cartoons, short stories, articles, ideas, comments, anniversaries, gratitude lists, etc. by recovering addicts.

SALARY: If what you have to say touches even one addict, your reward will be immeasurable!

PS We at "Together We Can" must have a release form for any original Reader's Writes.

SEND YOUR INPUT TO:

TOGETHER WE CAN
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**Have You
Called An
N.A. Member
Today?**

