



Inside this issue... Step & Tradition 8, Poetry, Q&A, and more!

Eighth Step

“We made a list of all persons we had harmed, and became willing to make amends to them all.”



My experience, strength and hope.

By the time I got to step 8, working with my sponsor, I had strong, unflinching evidence that this program – and the steps- worked. My life had changed. It was better. I still had feelings of sadness sometimes, anger, guilt, etc... but my life was definitely better. With that in mind, I was willing to keep going forward. Kept it simple- made the list- with my sponsors’ help. I was not sure how I was going to actually make the amends in some cases but I just kept going forward. That is willingness.

For me, there is comfort in getting things written down. I actually made separate columns on the list- those people I was already making amends to, those I would be making amends to now and in the future, those who I was willing to make amends to but not sure if I would be able to, and finally those I would not be able to make direct amends to.

My children were at the top of the first list- I was already making amends daily to them but how was I ever going to be able to live with myself for what I had done to them ????? I have no idea why but by actually working the steps, reading, writing, praying, I am able to live with myself and continue on the journey for recovery.

How am I going to make amends to my father, who had passed away years earlier, or my sister, who had also passed away. My sponsor taught me about indirect amends. Once again, by taking small actions in the direction of recovery, I am able to live with myself and go forward.

Financial amends, Dear God, how am I going to make those too – becoming willing- that was all that was necessary at this point. So the process begins and we take action and seek guidance, that is how it works for me. Reading the basic text and It Works, How and Why, helps. Throughout the process, I practiced praying. That helps. I can not explain why or how, but it helps. The program works, working the steps is the process through which I am able to find out who I am and where I need to make changes.

Thank you for letting me share.

In Loving Service

-Anonymous

Eighth Tradition

“Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

For many of us, we read the 8th Tradition at every meeting but pass over with minimal concern because many of us feel that our recovery, as individuals, is not affected by professionalism or by special workers. After all, most of us do not consider our profession in the context of our home group, and most of us have not ever personally known a special worker. It is not often that we run into an 8th tradition issue at our home group business meeting. But if we take a closer look, this tradition has a vast impact on our fellowship, and none of us (thankfully) experience anything akin to individual recovery in the fellowship of Narcotics Anonymous. We do not recover alone but in a worldwide fellowship that has the power to save and change lives.



Let’s take a moment to consider the idea of professionalism in Narcotics Anonymous. If, as our Third Tradition states, our sole requirement for membership is a desire to stop using, professionalism has no role in our personal recovery in Narcotics Anonymous. We find the therapeutic value of one addict helping another beyond parallel, not one doctor helping one cashier, or one mechanic helping one teacher. And yet, as many of us have experienced in some part of our journey to recovery, there is a profession surrounding recovery from addiction. We must take great care to never confuse that profession with recovery in Narcotics Anonymous; “addiction professionals” do not adhere to our traditions or even our fundamental beliefs about the nature of addiction. As recovering addicts, we do not derive money, property, or prestige from our service in Narcotics Anonymous, nor is any addict more or less professionally qualified to help another addict.

This tradition also speaks to the professional services our fellowship sometimes requires. If we attend a Zonal Forum or visit a World Service Office, it is easy to see where the affairs of the fellowship have become too complex to reasonably expect volunteers to maintain. For this reason, our fellowship sometimes hires special workers, who have professional expertise in performing the specific tasks that are too demanding or specialized for our trusted servants to perform. It is only in these workers’ capacity

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The Bottom Line

Q & A- The NA Way



The 24 Hour Rooms

The holidays for many addicts stirred up a lot of emotions. Some emotions were good, some were bad. Because so many addicts have trouble, especially when new to the program, dealing with painful emotions and memories during the holidays there are 24 hour rooms available in Broward, S Broward and Palm Beach.

The 12 step house serves as the gathering spot for Broward and addicts started trickling in at 7 pm on Dec 24. Throughout the night addicts played spades and dominos, pool and other games while snacking on chips and donuts and food they brought from home like turkey and potato salad.

What time did you get here and what have you been doing?

GA: "I got here early this morning (12-25) and started seeking merchandise from last years' GITNA convention and there's been people coming in all day. At noon they served a complete Christmas spread, it was great!"

What kind of food was served, how many people were here?

CA: "There was turkey, ham, sweet potatoes, potatoes, vegetables, rolls, pies" "There were a couple of hundred people that ate." "And eating and meetings went on all day."

There were still people eating at 10:30 p.m. You just brought in quite a bit of food, Why?

JS: "Yes, I had plenty of leftovers so I thought they would be put to good use here. I brought ham, green bean casserole, candied yams"

The food JS brought quickly disappeared.

You all are fairly young and came to the 24 hour room every day, why?

SN: It's a great idea, a great place for people to come and fellowship. It's hard during the holidays for people who don't have families. Or even those people who do have families but are having problems with them.

-W.D.

Growing up in Recovery



I came to Narcotics Anonymous because I had a drug problem. Shocker! You all in the fellowship of NA gave me some simple suggestions. You told me, "Keep Coming Back" and "Get phone numbers and use them." People even passed around phone lists for me. You told me "Get a sponsor and use him. Get a home group, make 90 meetings in 90 days, get involved in service."

These things were a handful. I just wanted the pain to stop. The best I could do was get my nerve up and ask someone to sponsor me. I would call him, and he would tell me what to do. Can you believe his nerve? "What do you mean, call 5 people every day from the phone list?" Say, "I'm an addict and I don't know what to say?" Fine. So I did. Read, "We do Recover in the Basic Text." I did that too.

I can honestly say that I have never, ever met a stupid addict. Some who've done some stupid things? Sure. But stupid, no. Part of growing up is knowing that there's a difference between not knowing how to do something, and being unwilling to learn.

Here's the real hit for this addict. I don't like to follow directions. I like the adrenaline of kicking, screaming, struggling, and throwing a fit. Growing up in recovery means I have to follow directions. I don't like spinach. Cook some up with butter, garlic and put it in front of me and I'll just about puke. I like muscles, iron, and the benefits of what eating spinach provides, but I can't stand the stuff. I want the results without doing the work. I can't tell you how many pieces of furniture that comes in the box and you put it together yourself I've bought. I always made fun of the people who wrote the directions, and was convinced that that I didn't need the manual. I knew I was smart enough to make it. Funny, I thought, how I always ended up with extra pieces, and the furniture came out crooked and never lasted. One of the things Step One taught me is that I suffer from self-centeredness. I just want what I want, which is always right now, if not

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"Though we have yet to make peace with others, we've come a long way toward making peace with ourselves."

-It Works How and Why p.83

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sooner. I want the muscles from spinach, I want the furniture built. I learn, often the hard way, that if I follow directions, things tend to go better. I may end up not liking the furniture I bought, but following the directions in building it, it's solid. I still don't like spinach, but my beautiful vegetarian wife has taught me I can eat it raw, buried in dressing, and live. I hate to admit this, but you all are teaching me it's often right to tell myself "No." when I want to say, "Yes". I can do what I don't want to do. My Sponsor says "How come doing wrong still feels right and doing right still feels wrong?" We can learn to survive our feelings and emotions.

We share our experience, strength and hope in Narcotics Anonymous. People share their experience with me on a daily basis and occasionally ask me for mine. They teach me that it's O.K. to not know something, as long as I'm honest about it, open minded to suggestions and willing to try something different. Here are some of the directions I've been given that have helped me and others to stay clean all day today, and get into the process of recovery.

Get a sponsor. A sponsor is someone who can guide you through the process of step work, where recovery lies for the individual addict. Nothing more, nothing less. Do step work. Make meetings to be in the atmosphere of recovery. Follow suggestions. Ask for help. You might be amazed at what you are given. Get involved in service, which can be making coffee, setting up chairs, greeting people at the door with a hug, and much more. Learn the difference between the Fellowship of NA, and the Program of NA. Learn that there's a difference between the humanness and the spirit. We say, "Keep coming and it will get better." The "it" is not the outside, which may or may not change, but our insides. Want to grow up in recovery? Understand that this is not a selfish program! Eat spinach, use the instruction manual, and please Follow Directions! Truly, how dare we not be grateful!



Submitted by D.S., as reprinted from the February 2009 issue of The Northern New England News Regional Newsletter



Faith

Faith... What does that mean? Wow...

Such an amazing experience, trapped in such few letters. Faith is mind, body and soul. Faith enriches your life in such a way words can not describe. Faith is a belief. Faith is an inspiration. Faith is that look in your eyes, that jump in your step. Faith is a power that completes us...my faith is in GOD, who is loving, caring and understanding. My faith is in living and enjoying life without the use of drugs. My faith is in Narcotics Anonymous; with my faith I have a chance at life today. A miracle...that's what faith means to me.

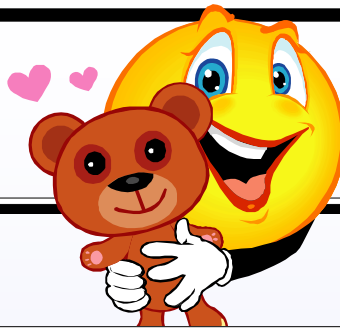
-S.P.

Seek a higher consciousness, a state of peacefulness, and know that GOD is always there, and every thought becomes a prayer

-Anonymous

"We are involved in a process designed to free us from our pasts so that we are able to live fully in the present"

- It Works How and Why p.83



RELATIONSHIPS

Participation versus Possession

I have learned much from my personal relationships in recovery. Most importantly, I have learned that to avoid them in general is to starve yourself of spiritual growth. They are microcosms of life, and of the old adage, "life shows up." From them, we gain strength in surrender. Allow me to share a little of what I have learned.

Like a besieged, beaten and starving army, my surrender came not a moment before the point where I was completely exhausted and utterly lacking any ability to continue waging the battle for control over my life. Addiction, the parasitic obsession and compulsion to think or act in a given manner, represents the ultimate effort at control, and my refusal to let go of control is what had for so long prevented me from experiencing the miracle of release. This is the paradox of surrender.

Surrender afforded me an alternative to viewing my life through the myopic lens of denial. Letting go of my illusions and of control opened the door that let in acceptance of reality, and with that acceptance came the experience of release. My self-centered refusal to let go of my demands for the antidote to what was wrong with me, the magical "fixing" of myself with something outside of myself, had blocked me from experiencing the miracle of release, and with it the miracle of spirituality. Spirituality allowed me the ability to begin "fixing" myself with something within myself, rather than without.

For so long I had been shackled to my demands for certainty in my life, driven by fear, and mollified by possessiveness. Today, I am beginning to move away from this attachment and towards detachment. In addition to surrendering self-will, I have had to learn to detach from property and material possessions. More importantly, I am now learning the need to detach from personal relationships. This does not mean that I have to completely reject all personal relationships, but rather that I have to develop a sense of distinguishing between the vice of possessiveness and the virtue of participation. In other words, I need to give up any claim to the right to control others.

I have read that in relationships there are three major human failings and they all center around power and control. Our egos and libidos drive us to lust for power over others and over nature, to lust for intense sensation, and to lust for the manipulative knowledge that will allow us to increase our own power, profit, and pleasure. These unbridled, often prurient interests are nothing less than the type of character defects for which we presumably seek the willingness to humbly ask God to remove. They are a far cry from the God-given instinct to pursue romance or to seek social standing in our community.

So here is the point of this missive: I cannot ask God to remove that which I am unwilling to give up, and I cannot become willing to give up that which I do not understand. Today, I understand that I must at least begin to move toward detachment from material gain, from self-importance, and from the urge to dominate others. If I do not, I will never experience the vicissitude of spiritual growth. If I am not growing spiritually I am robbing myself of the true rewards of my 12-Step Program of Recovery, because for me, today, it is less about drugs and alcohol than it is about becoming a better man. For becoming a better man brings with it the perfect release from obsession.

-D.S.



LOVING YOURSELF ENOUGH TO STOP

Two years ago, I bummed a cigarette from a fellow addict outside a meeting. I hadn't smoked in 27 years, and I thought it was going to be "Just One". What I didn't realize was that I was picking up a mood or mind altering drug called nicotine and that my addictive behavior would be awakened all over again. It was scary. Over a period of a week, I went from one cigarette, to a pack, to buying cartons. I couldn't stop thinking about using. I had to have a cigarette when I woke up and when I went to sleep. When I was not smoking, I was thinking about it. And the price? My health was deteriorating, and my wallet was also. I found this out, "A forty year old who quit smoking and put the savings into a 401(k) earning 9% a year will have around **\$250,000** by age 70. That didn't help with the overwhelming guilt and shame I was already felt. So I tried to quit. The craving for nicotine was just like any other drug.

I finally realized that the answer was in the first 3 steps. I was powerless all over again. My life became unmanageable all over again. And it happened so fast. One cigarette had turned my life upside down. I had to believe that my higher power would restore me to sanity because my own will had gotten me into this mess in the first place. Ok, "I am going to let go and let God", I told myself. I am going back to basics, my first three steps.

What I had learned from working steps, is that recovery is a process. We are learning about ourselves and that learning never stops. This experience with cigarettes and nicotine addiction, taught me a great deal. I learned how powerful my addictive personality was and that I had a disease that was powerful and cunning. I have the disease of "more" and I can't stop at one of anything. I also learned how vigilant I needed to be with my program.

I started to replace those negative feelings of shame and guilt with love and faith.

The story ends with this. Once I was able to love and forgive myself, and remember that my higher power loves me, I was able to take action. I had the tools, but forgot that I had them. How wonderful it felt to know that I wasn't alone this time. I had the fellowship of NA and the 12 STEPS and what more did I need? With the help of 2 days of Nicorette Gum and my loving God, I was able to put down the cigarettes. I am very thankful today for this experience.

I hope that this story might help another addict quit smoking by knowing that the most important part of the recovery process is learning how to love yourself.

-P.K..

THE NARCOTICS ANONYMOUS WASHING MACHINE

I heard a fellow say the other day that Narcotics Anonymous had tried to brainwash him, and that he was far too intelligent to let that happen. What I couldn't understand was how a fellow with such a dirty brain could think he was so smart.

For years I cleaned the mess in my head by soaking my brain in Substances. The result was frightening.

For starters, the colors all faded. My brain became dull, no longer sharp and bright. No matter what type of Substance I used, there was always a fuzzy residue. The worst part was that the dirt always came back immediately, and since the Substance never properly cleansed my brain, the build up became out of control and unmanageable. I finally decided there had to be another way, and I asked for some help.

I was introduced to this Narcotics Anonymous, and I'm here to tell you that it is the most powerful Brain Washing Machine I believe the world has ever seen. Here's how it works.

It uses something called Steps to sanitize the cranium. Alone, these Steps don't do a proper job, but when these Steps are combined with other ingredients in this Magic Machine, the result is absolutely amazing.

There are actually twelve of these Steps in total, and the First Step is Water. You simply have to put your brain into it.

The Second Step is the Detergent, which really is the magical ingredient in the whole process. Different brains use various Brand Names of Detergent, but it is commonly referred to as Higher Power. I will be referring to this Detergent a lot, for it is truly the root of the way the entire process works.

Step Three is where the Detergent begins to penetrate the brain, and take control over the dirt.

Now, I did say there was a lot of build up on my brain, and the first three Steps took quite a long time to start taking affect. There were other ingredients introduced to get at the really tough, stubborn stains (and let me tell you, there were a lot of those). One of the most effective products for my brain was Shut Up and Listen, and the new and improved Grow Up.

At first, you spend an enormous amount of time washing your brain. For the first 90 days, it's a daily routine to place it in the water, and the occasional twice a day doesn't hurt. Slowly but surely, your brain will begin to feel cleaner.

I should point out that you will be immediately introduced to the 12 parts and tools that keep this Machine running, known as Traditions. They make sure the Machine runs smoothly, and in correct timing with all the other parts. For instance, Tradition Three ensures that only brains that want washing go into the water, and Tradition Seven is the coin slot. Tradition Eleven is a neat one; it's the tool that allows your brain to look out of the machine, but only lets those people who want their brains washed look in.

You soon learn that while your brain is being washed, you are helping all the other brains stay clean. In fact, this Detergent is so powerful, that helping to wash another brain actually washes your own. Most brains find another who has been in the Machine a little longer, is a bit cleaner, and can be a great source of agitation. These brains are called Sponsors.

By now you feel the effects of the Machine are paying off. Your brain is no longer fuzzy, and the colours have started to come back. Steps Four and Five are necessary to get at the dirt that has built up underneath the surface. These are the High Spin Cycle and the Flush.

The High Spin Cycle is done on your own, and what a ride it is. You will find dirt in there you never knew existed.

Once you get it all in the open, you get another brain to help Flush it out, right down the drain. The Detergent is still there during the whole process.

Once that is complete, you prepare for the Detergent to remove the dirt. This preparation is known as Step Six, and Step Seven is the actual removal process. I should point out that the Machine never completely washes the brain, and there will always be an accumulation of dirt from time to time. This is why I continue to get my brain washed at least three times a week.

At this point in the process, there is still some common dirt that remains. This dirt is the residue from when you were soaking your brain in Substances, and caused when, while splashing around, dirt had gone flying in all different directions. Believe it or not, the dirt left around has to be washed up as well, or your brain will never be completely clean. It starts with another Spin Cycle known as Step Eight. Again, the dirt is identified, and then in Step Nine; the Detergent with you; you try to clean up all of the dirt you sent flying.

Step Ten is merely a Rinse Cycle you go through, over and over again, finding new dirt and washing it away.

During the Step Eleven process, you begin to understand more about the powerful Detergent used. The more you learn about it, the cleaner your brain becomes. Whenever you take your brain out of the Machine, the Detergent sticks, helping it stay clean. You simply have to ensure that your brain holds onto the Detergent at all times.

When you get to Step Twelve, you will have an Amazing Discovery. Your brain, thoroughly washed, has actually undergone a complete change; a very Awakening change. This change is called Spirituality, which can only be described as a dependence upon the Detergent which makes your brain more resistant to dirt. You continue to cycle through all the Steps over and over again, helping other brains get washed as well.

Some of the other ingredients and parts include the Just for Today, which is just a timer on the machine, limiting the amount of dirt that a brain should be exposed to at one particular time. There's the Live and Let Live, which, when properly used, allows you to focus only on your own dirt. You can help another brain get washed, but concentrating on their dirt only adds to yours. These small portions of the Washing Process, known commonly as Slogans, really help when you first put your brain in the water, and continue to be a big part as you go through the Steps.

One of my favorite Slogan ingredients is Keep Coming Back, which is a Scheduler for brains to follow when they need to get washed.

I've seen a lot of brains since I've been using the N.A. Machine. All of them have been subjected to the Substance Soaking Method one way or another, and have pretty much had similar results to my own. Some brains come to the Machine through a ringer, where the Substance is squeezed out and the brain is dumped in the water. In this ringer, known as a Treatment Center, the brains are introduced to the N.A. Machine and the magic Detergent.

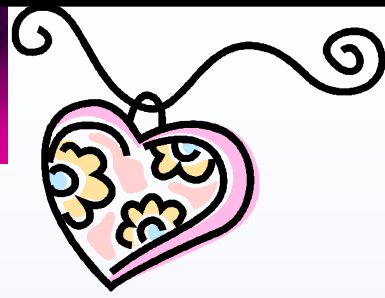
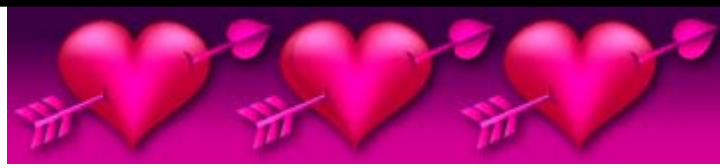
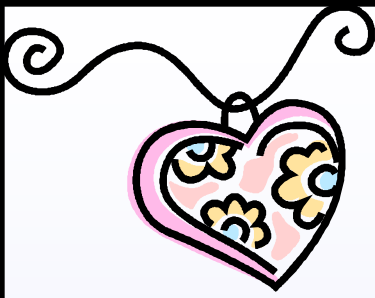
A lot of brains just get into the water, not believing the Detergent will work. Some go back to the Substance Soaking Method, and tragically enough, it isn't long before the brain is dirtier than it was before.

Even more tragic are the ones who have been using the Machine for a while, sometimes years, and then revert back to the Substance. What usually happens is they stop putting their brains in the water regularly, forgetting about the good old Scheduler Keep Coming Back. The dirt begins to accumulate, and then, for some baffling reason, they decide to try the Substance Soaking again, and the dirt begins to pile on at an alarming rate.

All in all, though, any brain I've ever seen who uses the Washing Instructions properly, taking advantage of all the Steps, Traditions, and other helpful ingredients explained, has always stayed clean. That powerful Detergent; the root of the cleaning process; always stays with them.

If your brain is dirty, and you've been trying the Substance Soaking Method with little success, I strongly urge you to try the greatest Brain Washing Machine in the world, Narcotics Anonymous.

-Author Unknown



How much LOVE is in this Box?

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

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|--------------|----------|-------------|
| LOVE | AMENDS | ACTION |
| BROTHERLY | DECISION | FEELINGS |
| FORGIVENESS | FRIENDS | HIGHERPOWER |
| HOPE | HUGS | POWER |
| RELATIONSHIP | UNITY | WECOVERY |

*"We want to look the world in the eye with
neither aggressiveness nor fear" - Basic Text*

Things that make you go MMM...

If you keep one foot on yesterday and one foot in tomorrow, you're pissing all over today.

If you like everyone in Narcotics Anonymous, you're not going to enough meetings.

My brain said more, but my body said enough!

These guys offered me steps. I needed a ladder to get me out of hell!

Bring the body to N.A. and the mind eventually follows.

Today, fear alone won't keep me clean, but for the newcomer, it's not a bad place to start.

Today there's still a monkey on my back. He's just sleeping, and really easy to wake up.

Addicts end up in one of three houses; The Big House, The Bug House or the Ice House.

The people I have in my life today are merely on loan from my Higher Power.

Short version of the Serenity Prayer; "Lighten up."

Tradition 8 Continued from pg. 1

to perform such tasks that their professional credentials are considered. These special workers should never be confused with recovery professionals. While in some cases, they may be addicts in recovery, their employment in, for example, a Regional Service Office, does not qualify them as experts in Narcotics Anonymous. The spirit of anonymity implies that we view these workers as people with a job, just like most other addicts in the rooms of Narcotics Anonymous. The distinct advantage of hiring special workers is that as a fellowship, we can require that they adhere to our traditions in the performance of their duties.

The 8th tradition is founded on spiritual principles that help to keep our fellowship alive and free. These include humility, anonymity, integrity, and prudence. As *How It Works and Why* tell us, we must remain humble in recognizing tasks we are not qualified to perform, practice anonymity in our interactions with other recovering addicts from all walks of life, exercise integrity maintaining our primary purpose, and act with prudence in considering whether our fellowship's needs merit hiring special workers.

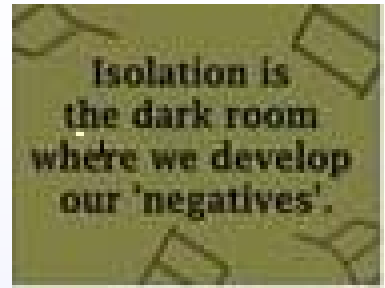
We take care to live by these principles in all of our affairs in order to protect both our personal recovery and our fellowship's existence. It is nothing short of a miracle that our fellowship, which only half a decade ago consisted of a few scattered groups of addicts, has become a worldwide organization. But with our growth comes the added responsibility of ensuring financial responsibility, international outreach, the availability of literature, and other services that we sometimes hire professionals to maintain. This is not a far cry from our personal experiences in Narcotics Anonymous; as individuals we must remember that we are not experts in our own or anyone else's recovery. By remaining forever non-professional, we ensure both our freedom to come to the rooms as equals in recovery and our ability to recover.

-L.K.

"The value of our program comes from the identification and trust that exist between one addict and another." - It Works How and Why p.187

The Soul of an Addict *Part 2*

(See pg. 8 of Dec-Jan issue for Part 1)



“Our purpose is to achieve freedom from the guilt we have carried.” - Basic Text p.36

The soul of an addict my heart so black,
 What I would have given if only I could turn back.
 Prayers unanswered I had become the cancer,
 Killing myself begging to find the answer.
 Illegible was the writing on the wall,
 My voice more distant with every phone call.
 An elixir of euphoria a tonic of torture,
 Mixed up in a syringe lost my will I was sure.
 This life held nothing for me and I wanted the end,
 No longer a son, lover not even a friend.
 I was nothing and that was everything I knew,
 So confused so alone not a clue what to do.
 Inspired by inactivity I was trapped in gloom,
 Too afraid and hurt to even leave my room.
 Too ashamed to reach out my trembling hand,
 Falling, falling where will my broken heart land?
 To see life through my eyes is to be blind,
 Shut off from my soul slowly losing my mind.
 The only peace I found was the dark of night,
 Hanging on I couldn't give up on this fight.
 A battle for the ages a disease so strong,
 The strength of God carried me along.

Down a path to sanctity freedom in front,
 Never believed I'd make it thru another month.
 Burdened by guilt I limped on wounded deep,
 Waging war each waking moment
 and in my sleep.
 Fighting for a will to make it and survive,
 It was the lord that granted me
 this gift to be alive.
 Opportunity lay before me as I followed the flow,
 Holding on tight listening he told me
 where to go.
 On my knees I asked him for strength
 and courage,
 Watching over me he relieved every urge.
 To go back to my certain 6 foot stop,
 Below the ground I rose back up to the top.
 A spiritual awakening I was rejuvenated,
 The path to peace was finally illuminated.
 Flying on the wings of a plane,
 I found myself I knew me and I was sane.
 The power of darkness lost its hold on me,
 The way I live is by gods will for all to see...

Conclusion in next issue!

I've spent my life looking for love
To realize I didn't have a clue of what it was

I looked to the heavens

And under my feet

I could not find it

Wherever I sought

I asked around about it

And it sounded sincere

But wasn't quite the answer

I "wanted" to hear

So I dropped to knees

And dropped false pride

Screamed GOD where is it at

He said son it all starts inside



MY BOTTOM..... The shadow of night faded over me, my soul was shaded and my light was blocked in the present, and in the essence of insanity.

I reached up from below the earth gasping for air, with my last bit of hope I asked to be pulled from despair.

Unclear;...

Spare me these rearranged thoughts that manifested through my lungs like a puzzle with every breath of air.

I beg for someone to reach down, grab my arm and squeeze my hand, pull me from this lonely land, where my head was barely above the sand.

As my eyes were closing I was fading away. The angel of death began taking me away.

As the last bit of light was being pulled and torn from my soul I was in tears... A kind voice whispering pleasant sounds spoke in my ears.."Wait, I don't think you belong here."

"You made some bad choices that was clear..For you I have a plan."....

My hand.....finally reached out and I was pulled from the depths of hell. I was brought back with a long story to tell. Now, its my job to do the same, to bring people back from the exact place where I came.

MY BOTTOM



"We may also place ourselves on the list, because while practicing our addiction, we have slowly been killing ourselves."

- Basic Text p.37

BACK PAGE



GCCNA XX Bowling Night

Saturday February 20th, 2010

6:30 pm - 9:30 pm

Brunswick Bowling Alley

2020 N. State Rd 7

Margate

For more info call **Gerard: 954-200-1604**

Wild, Wild West Picnic

Sunday February 28th, 2010

11:00 am - 4:00 pm

Meeting @ 2 pm

More than one speaker!

Markham Park

16001 W. State Rd. 84

Sunrise

For more info call: **Joel P: 954-594-1052 or**

Robert H: 954-695-3986

Gold Coast Annual H & I Gratitude In Action Banquet

Saturday March 27, 2010

6:30 pm - 12:00 pm

Meeting @ 8:00 pm

Morton Activity Center

2890 SW 8th Ave.

Fort Lauderdale

For more info call: **Dean B. 954-303-3903**

Stephanie D. 954-297-8377

Louie O. 954-775-5869

**There's always room on the Back Page for
NA related announcements**

Anniversaries



FEBRUARY -
MARCH
AND BELATED



LORI H.	1/84	26 YEARS
DOT C.	2/15/86	24 YEARS
HARRY K.	1/30/88	22 YEARS
ALAN L.	3/4/92	18 YEARS
DAVID L.	2/10/97	13 YEARS
ROD H.	1/10/98	12 YEARS
CORI M.	12/29/00	10 YEARS
ANGELA B.	1/4/00	10 YEARS
BRITTANY	12/18/04	6 YEARS
BRIAN R.	2/6/07	3 YEARS
LAURIE C.	12/9/08	2 YEARS
DAVE R.	1/30/08	2 YEARS
PAMELA K.	2/22/08	2 YEARS
DEBBIE M.	8/23/08	18 MONTHS

The Bottom Line is in need of your recovery-oriented articles, poems and artwork. All submissions, including anniversaries, can be given to your GSR, to a newsletter subcommittee member, or to newsletter-chair@goldcoastna.org. We are grateful for all submissions to *The Bottom Line*. Submission does not guarantee publication. The subcommittee reserves the right to edit submissions for space and content.

Upcoming topic ideas include...

- Amends you have made
- Experience in Subcommittee Service
- Illness in Recovery (mental, physical & spiritual)
- Sponsor Assignments
- Jokes and Humor

*"We don't sell recovery; we share it freely with others
in a spirit of love and gratitude"* -Basic Text pg. 186