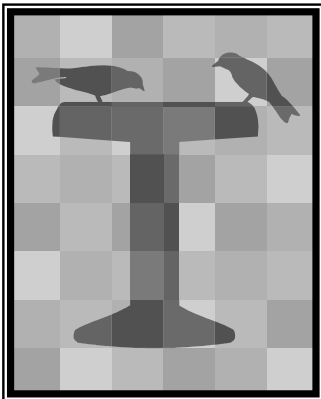




South Central Area of Narcotics Anonymous

Try Recovery Times



Caring & Sharing the N.A. Way!

Events Coming UP:

- **New Meeting—Somos Milagros (B/Lingual/ Spanish) - Fridays 7:30—8:30 p.m. At 825 / Scott Ave. Can call on N.A. helpline for help!**
- **New Meeting—Ankeny Balancing Act of Recovery—Tuesdays 7:30—8:30 p.m. @ 510 1st St. In Ankeny**
- **The SCASC body will meet the Saturday before area each month at 3500 Kingman Blvd. at 11 a.m. The Convention will be in October.50**
- **New Meeting—Adel Never Alone -Monday at 7:30 p.m. at 102 1/2 Nile Kinnick Drive S.**
- **New Youth Meeting—Friday at 3 p.m. 2006 DMACC Blvd. Ankeny Campus Bldg. 5, Room 25A. Looking for members 25 yrs. of age and under.**
- **Back to School Day—March 9th Meet at 3500 Kingman Blvd. to carpool to local schools & Taking N.A. literature.**
- **St. Patrick's Dance—March 17th Meeting at 7p.m.—dance to follow. 4301 N.E. 14th St., Des Moines, IA.**

For more information call the N.A. Helpline or ask your sponsor.

515-244-2277 or get online: southcentralareaofna.org

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Slogans I Love To Hate

You Are Right Where You're Supposed To Be

You are right where you're supposed to be. This N.A. fellowship slogan is often heard by members from a sponsor or someone they know in the fellowship. For this addict, this is usually followed by the impulsive urge to choke my sponsor. What is it about this slogan that drives this addict to contemplate homicide?

First, when I hear this saying, I am usually talking with my sponsor about a situation that is happening in my life. It could be about a relationship, financial, work, or dismay about another N.A. member. In other words, I am usually in some situation that is troubling me.

So what is your friend of sponsor supposed to say? Your selfish, you're screwing up, you're not where you're supposed to be? Hopefully your sponsor or friends will have learned compassion and will empathize with you.

But for this addict, what I have learned and try to practice is the principle of surrender and turning it over to my Higher Power. If I am walking the walk and spiritually talking the talk, by giving my will up to my Higher Power than the only place I should be is right where I am.

Fellow addicts take solace... if you become involved

and stay around long enough, you too can be a sponsor and tell someone else you're right where you're supposed to be. □

When I first came to the N.A. program I struggled with the slogan, "Keep Coming Back". When someone would say that, I would think to myself, "What the Hell do you know? You don't even know me or who I am!" Man, was I wrong! People in the fellowship knew exactly who I was and exactly what I was about.

They also knew other things about me that I refused to take a look at, like the fact that I was a liar, I was a cheat, I was a sneak and a thief. The thing is I was in denial about me and what I was, because I didn't know who I was. Early in recovery I would try to be like other people, I think because I wanted what they had, and I would try and get it that way.

That was when my sponsor told me, "Just be yourself, people have to find out who you are and what you are. They won't be able to if you don't let them see the real you. The fact is I was scared of the fact if people found out about these things, they wouldn't accept me. That's all I wanted! In my entire life I was just wanting to be accepted.

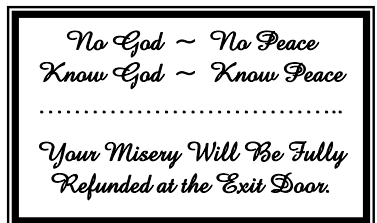


My sponsor also said, "We'll just love you until you can love yourself!"

That's when my sponsor did it... he told me to "Keep Coming Back!", but he also added, "We'll just love you until you can love yourself!" It wasn't until then that I understood what that cliché meant. At that point right there, I made a decision to "Keep Coming Back" and at first I kept coming back for all the wrong reasons. The thing is I stayed for the right ones, to get clean, stay clean and find a better way to live.

So if you're here for the wrong reasons, I urge you to stick around! I will guarantee if you give it six months, get a sponsor and work the steps, you'll stay for the right ones!

This program works! □



The Letter



The Phrase I Hate To Love The Most

Hello,

I am a "Grateful Recovering Addict" who has been around the rooms since 1993. From the very first meeting I ever attended, I started hearing, "KEEP COMING BACK"... Being the addict that I am, the first time I heard this saying, I actually looked behind me to see who they were telling that to, as it "couldn't have been me"!! In my active addiction... I'd NEVER heard anything as encouraging as that!!

All these years later, now that I am serious and very active in the NA program, I still hear "Keep Coming Back"! And I KNOW they're talking to me! A saying that used to stump me was "The only way to keep what we have, is to give it away". NOW, since I'm into "service work"... NOW I understand that saying. The unconditional love and acceptance that was given to me when I first came through the doors, is the "giving it away part", and actually "having something that others would want and benefit from" comes from "working the steps, over and over again. (With a Sponsor), of course! A saying that I've heard in the last couple of years that I firmly believe in is "Meeting Makers Make It"!! Which, to me, as an addict in recovery, the "THERUPUTIC VALUE OF ONE ADDICT HELPING ANOTHER ADDICT IS WITHOUT PARRELLEL!! How else am I going to get my "medicine" which is meetings on a daily basis, 'cause God only knows, I used to use on a daily basis... with NO EXCEPTIONS... so how can I NOT give my recovery the same "diligence??!" I mean, who else besides someone who goes

through the "cravings, acceptance and unmanageability" of an addict, is ever going to understand me and "feel" what I'm feeling at a certain time??

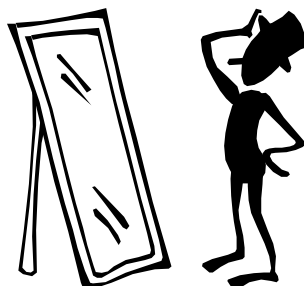
I first heard someone announce themselves as a "truly grateful recovering addict" @ a Convention, then went on to clarify that a GRATEFUL addict will NOT relapse! (I LIKE the sounds of that) and continue to address myself as such.

"You're right where you need to be..." to me, is one of the most irritation sayings we have, probably because this one has A LOT to do with "Acceptance"!! Yeah, I've come to grips with the fact of surrendering myself as an addict, but what still angers me is that I have NO control over everyone else out there who I come in contact with on a daily basis. (Ha-Ha).

"Welcome Home"... is actually one of my favorites, because it gives me a sense of "belonging" that I NEVER had while in active addiction, and to me, a sense of "belonging" is EXTREMELY IMPORTANT to an addict seeking recovery!!

The saying that I will close with is... "Thanks you for sharing in my Recovery today, 'cause after all... "WE" can do what "I" cannot!

THNXNAIOU!



The Phrase I Hate To Love The Most.

Well just before this topic was picked, I was standing outside of an N.A. meeting, talking to my co-worker. They were wanting me to make an extra trip to the office. This was Friday, and I didn't want to... so... the behavior I'm most comfortable with shown it's ugly head. I lied and told my sponsor/group that I was going out of town. They excused me until Monday to make the extra trip. Then feeling full of myself, I walked back in the meeting and a fellow addict was reading "How It Works" and they was at the HOW—honesty, open mindedness, and willingness. So I was immediately knew, I was fully wrong with my phone call. So of course I did what H.P. had in front of me. First I talked about it in the meeting, then went to work and said my amends to my manager. I Thank my H.P. that she is a down to earth person. She laughed at me and thanked me for taking care of it on that day. When I live these principles I find I don't have to make those amends. But today, when I make a mistake I have a way to correct it.

~ Grateful



We're on the Web!
southcentralareaofna.org

First we work the program because we have to. Then we work the program because we are willing to. Finally, we work the program because we want to.

Do not spoil what you have be desiring what you have not; remember that what you now have was once among the things only hoped for.

"Being happy doesn't mean everything's perfect, it means you've decided to see beyond the imperfections".

Live in peace and peace will live in you.

Principals before Personalites

Recovery is a Responsibility.

I will work the program to the best of my ability.

Just For Today

Tomorrow will be different.

Keep it Simple

Keep Coming Back ... It works if you work it.

"It isn't your finite position in life but your finite disposition of life that opens you to infinite serenity."





The Garden

So, you deserve a better way to live? Try planting this simple garden. To get started all you need is willingness to follow some suggestions and expend a little effort. If you need assistance; plenty of help is available.

There is no need to purchase fertilizer as we each have our own supply of

- ◆ Persistence
- ◆ Perseverance
- ◆ Prayer
- ◆ Peacefulness



Then Plant four rows of squash...

- ◆ Squash indifference
- ◆ Squash ego
- ◆ Squash intolerance
- ◆ Squash injustice

Follow this with five rows of lettuce...

- ◆ Let us be honest
- ◆ Let us be open-minded
- ◆ Let us be courteous
- ◆ Let us be unselfish
- ◆ Let us be humble

Finally lay out three rows of turnips...

- ◆ Turn up at meetings
- ◆ Turn up for service work
- ◆ Turn up with a smile

If you are working hard, and not looking, you will often be followed by the Master Gardener (also known as H.P., God, etc.) sowing seeds of Fellowship and Harmony (resulting in a harvest of friends and serenity) as a bonus for your efforts.

Please remember to take care of your tools and keep them close at hand (you never know when you may need them). Also remember that all growing things need time to mature. Lovingly tend the garden daily and have faith that the Master will bountifully bless your works.

If you have any questions that can't be answered by your fellow gardeners; the Master operates a 24-hour number at 515-244-2277 or get online at: southcentralareaofna.org.

Happy Gardening!

A Story

There's an active addict walking down the road. He falls into a hole in the road, the hole is addiction. He's in pain and can't get out no matter how he tries. Along comes a doctor, the addict says, "please help me." The doctor writes a prescription and goes on his way. Along comes a psychiatrist, the addict says, "please help me." The psychiatrist says some things about the addicts mother and the addict says some things about the psy's mother and the psy. goes on his way. By now the addict is writhing in pain and knows he's dying. Along comes an N.A. member and looks down in the hole. The addict says God, please help me, and the N.A. member JUMPS INTO THE HOLE!!!. The addict looks at him and says, "Are you nuts? Now we're both down here!" The N.A. member says, "I know, but you see I've been here before and I know the way out!"



BS.

Literature is available to answer your questions and help you learn about tools you will need (all tools needed to work in your garden are freely available).

If you are not familiar with how to use a tool, just ask any experienced gardener (they will be happy to share their knowledge).

A final point before breaking ground (also known as plowing in and turning it over): For the health and safety of all gardeners everything in the garden is organic. No Pesticides (chemicals or other artificial substances) allowed!

Begin your garden by sowing five rows of P's...

- ◆ Patience

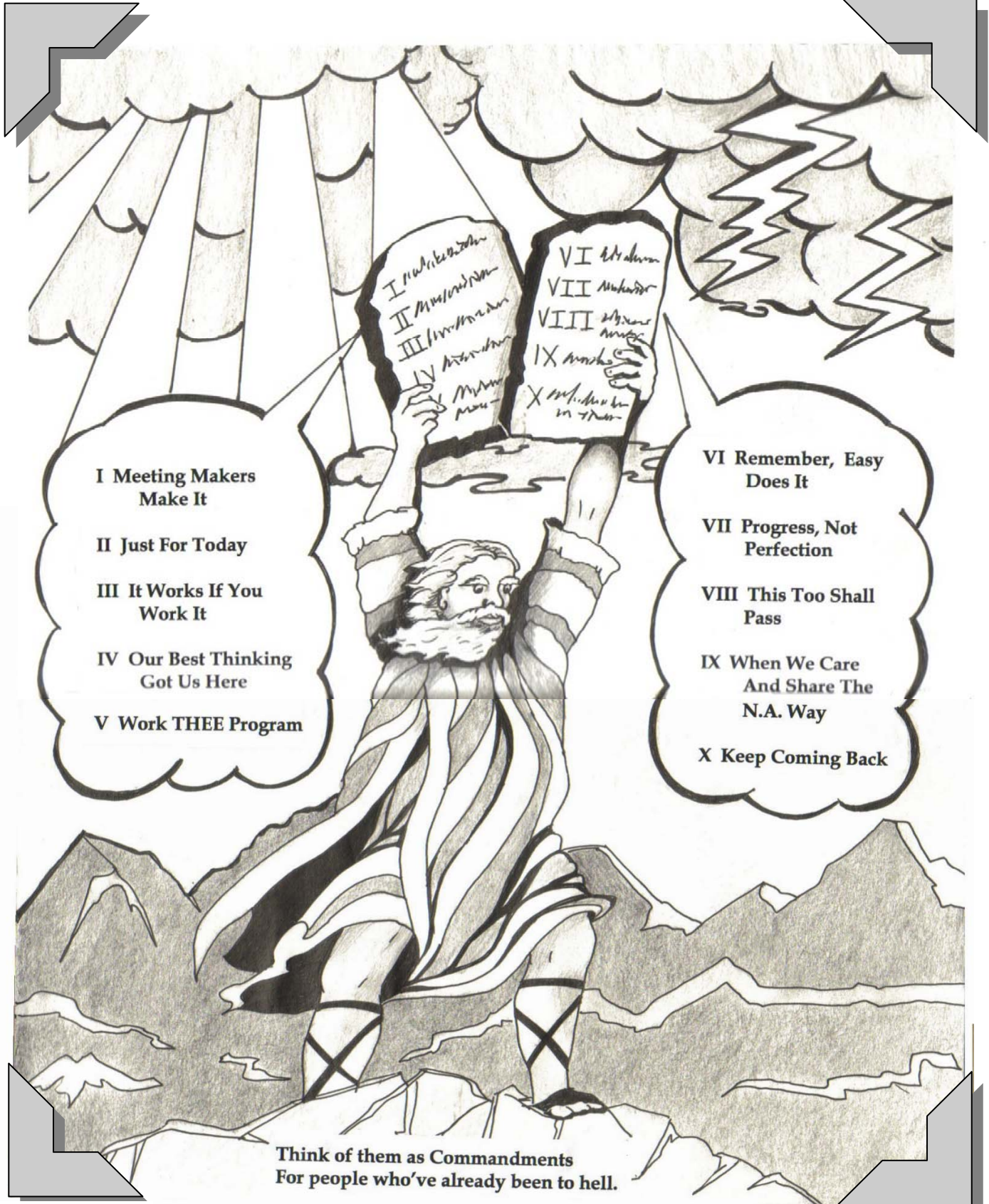


Plant 5 rows of lettuce...

*Real Eyes
Realize
Real Lies*



If you can't change the people around you, change the people around you.



I Meeting Makers
Make It

II Just For Today

III It Works If You
Work It

IV Our Best Thinking
Got Us Here

V Work THEE Program

VI Remember, Easy
Does It

VII Progress, Not
Perfection

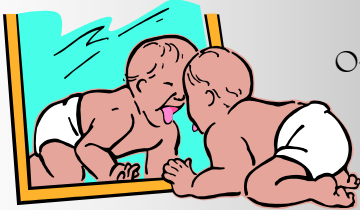
VIII This Too Shall
Pass

IX When We Care
And Share The
N.A. Way

X Keep Coming Back

Think of them as Commandments
For people who've already been to hell.

The face of survival is a beautiful face. Our eyes have seen horrors and ugliness, but also the beauty of birth, life and spirit.



Our bodies have been abused and broken, but we became strong and moved forward.

Our minds have become ill but we have learned and grew in wisdom and grace.

Our spirits have risen above the losses to gain a closeness to God many will never know.

We have changed, became humble and grew in courage.

We have the will to live, teach, share and love.

We can't be hurt except by ourselves.

The power of others means nothing to our hearts, minds and bodies.

Our eyes see the beauty in each day and each other.

Our power is shared only with God and our brothers and sisters who have also survived.



Don't Quit!

When things go wrong, as they sometimes will,
 When the road you're trudging seems all uphill,
 When the funds are low and the debts are high,
 And you want to smile, but you have to sigh,
 When care is pressing you down a bit,
 Rest, if you must, but do not quit.
 Life is queer with its twists and turns,
 As every one of us sometimes learns,
 And many a failure turns about,
 When he might have won had he stuck it out;
 Don't give up though the pace seems slow--
 You may succeed with another blow.
 Often the goal is nearer than,
 It seems to a faint and faltering man,
 Often the struggler has given up,
 When he might have captured the victor's cup,
 And he learned too late when the night slipped down,
 How close he was to the golden crown.
 Success is failure turned inside out--
 The silver tint of the clouds of doubt,
 And you never can tell how close you are,
 It may be near when it seems so far,
 So stick to the fight when you're hardest hit--
 It's when things seem worst that you must not quit.

- Anonymous -

I will practice the principle of anonymity in today's NA meeting....Anonymity? *A state of bearing no name* What exactly is that? *Doing something without recognition* and how do you practice it? *Blend in Jimmy K. used to say " Their are no Big Shots in N.A. - 1 Shot and were all Shot"*

Mostly, anyone who takes a position or any kind of leader (whether it's Chairman of a Group, Representative of a Group, GSO Representative, Trustee, or anything else regarding this organization) just lets himself in for a lot of work, a lot of criticism, and a lot of those things that go on. But you see, we have to grow, and our shoulders get broad enough to carry these things because the life that is given to us makes everything worthwhile. If it wasn't meaningful and worthwhile, I wouldn't be here tonight. If this program didn't lift me higher, carry me further, and make me feel better than anything else ever did in my life, I wouldn't be here. That's for damn sure." **Jimmy K.**



Feb 2,1950

Just a reminder for those that know, and some information for those that didn't - February 2nd is the anniversary of Jimmy Kinnon's first day "clean and sober", back in 1950. Just 2 1/2 years later it was Jimmy who, along "with several addicts and some members of A.A.formed, in July of 1953, what we now know as Narcotics Anonymous." Jimmy, with the help of the "simple spiritual not religious program" for which he himself did so much in loving service, stayed clean from February 2nd 1950 until his death from lung cancer on the 9th of July 1985.

