

July— August— September, 2007



Volume 3, Issue 3

South Central Area of Narcotics Anonymous

Try Recovery Times

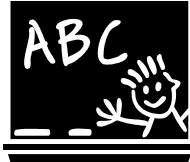


Unity is Our Foundation— the key, that keeps us loving, strong, growing and spreading the word of recovery.

ABC's of Recovery



The ABC's of Recovery



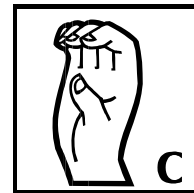
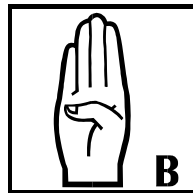
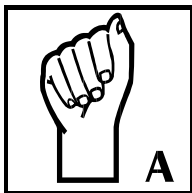
Remember your ABC's



- A. Attitude of Gratitude
- B. Be as enthusiastic about your recovery as you were about using
- C. Change is a process, not an event
- D. Don't quit 5 minutes before the miracle happens
- E. Easy does it
- F. Fear is absence of faith
- G. God's Will, not mine, be done
- H. Honesty, Open-mindedness, and Willingness
- I. Insanity is doing the same thing and expecting different results
- J. Just for Today
- K. Keep Coming Back
- L. Live the N.A. Program on a daily basis
- M. More will be revealed
- N. N. A. can survive without us, but we cannot survive without N.A.
- O. One day at a time
- P. Pass the message, not the disease
- Q. Quitting is easy; it's staying stopped that's hard
- R. Resentments reserve a place in our recovery for relapse
- S. Sponsors: have one – use one – be one
- T. Today is all you have
- U. Use the Steps, the elevator is broken
- V. Value spiritual principles such as surrender, humility, and service
- W. We have a disease: progressive, incurable and fatal
- X. Xamine our actions, our reactions, and our motives
- Y. You're right where you're supposed to be
- Z. Zero in on the winners and stick with them.



True selfless service comes from releasing any expectations we may have about an outcome and accepting everything that arises both the positive and the negative.



Never Say "Never" and 12 Steps I Took



Never Say "Never"

I will never get clean.
I will never recover.
One more hit might fix me
Or maybe a new lover.

How many have said these words
As the addiction controlled us
Until we heard the message
Here in Narcotics Anonymous.

The message of hope
The opportunity for redemption
Through our work and God's grace
Freedom from active addiction.

Now through greed and lack of dollars
Someone has taken that message away
Taking the money had done this thing
September 30th is now just another day

We will pick up the pieces
This storm we will weather
We will show unity
Using this opportunity to pull together.

Step 12 tell us to carry the message
Into every meeting of Narcotics Anonymous
In all our affairs, in meeting's and out
We will carry this message, every last one
of us.

12 Steps I Took

*I took one step, began to moan,
I can't do this on my own.
I took two steps, began to pray,
Restore me God, today.
I took three steps, gave up my will
Maybe God loves me still.
I took a fourth, I looked inside
Nothing more would I hide.
And on the fifth, I said aloud
I've done some wrong, and I'm not proud.
I took six steps, and got prepared
To lose the defects, I was scared.
Now I'm at seven, take them away
God for this I pray.
And on eight, the list was long
Amends to make for all the wrong.
I took nine steps, put down my pride.
Forgiveness asked, I will not hide.
Ten steps I take each day I pray
Make amends along the way
And on eleven I prayed to know
Each day His Will, which way to go.
I took twelve steps, I'm like a bird
To others now, I spread the word...*

~ Unknown



Unity

In our N.A. symbol—the center circle denotes a universal and total program that has room within it for all manifestations of the recovering person. ~ B.T. pg. IX

Our common welfare should come first; personal recovery depends on N.A. Unity.
~ B.T. pg. 57 *Tradition One

“Personal recovery depends on N.A. Unity, and that Unity depends on how well we follow our Traditions. They are guidelines that keep our Fellowship alive and free.” ~ B.T. pg. 58

Our First Tradition concerns Unity—our common welfare. We have to become a part of a group of addicts seeking recovery. This is one of the most important things about our new way of life. Our survival is directly related to the survival of the group and the Fellowship. To maintain Unity within Narcotics Anonymous, it is imperative that the group remain stable, or the entire Fellowship perishes and the individual dies.

In Narcotics Anonymous we find that what is best for the group is usually good for us.

We find that in our recovery we have much in common. We share a common desire to stay clean. We have learned to depend on a Power greater than ourselves. Our purpose is to carry the message to the addict who still suffers. Our Traditions are the guidelines that protect us from ourselves. They are our Unity.

Unity is a must in Narcotics Anonymous. This is not to say that we do not have our disagreements and conflicts; we do. Whenever

people get together there are differences of opinions. However, we can disagree without being disagreeable. Time and time again, in crises, we have set aside our differences and worked for the common good.

We must live and work together as a group. With faith in a Power greater than ourselves, hard work, and Unity we will survive and continue to carry the message to the addict who still suffers.

~ B.T. pg. 59—60

The purpose of tradition five is to ensure that this atmosphere of recovery is maintained. This can only be achieved by keeping our groups recovery—oriented. The fact that we, each and every group, focus on carrying the message provides consistency: addicts can count on us. Unity of action and purpose make possible what seemed impossible for us—recovery.

The Twelfth Step of our personal program also says that we carry the message to the addict who still suffers. Working with others is a powerful tool. “The therapeutic value of one addict helping another is without parallel.” For the newcomers, this is how they found Narcotics Anonymous and learned to stay clean. For the members, this reaffirms their commitment to recovery. The group is the most powerful vehicle we have for carrying the message.

What is our message? The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom. When all is said and done, our primary purpose can only be to carry the message to

the addict who still suffers because that is all we have to give.

~ B.T. pg. 64—65

Our program works by one addict helping another. If we employed professionals in N.A. groups, we would destroy our Unity. We are simply addicts of equal status freely helping one another.

~ B.T. pg. 69 *Tradition Eight

We feel that the sooner the addict could face his problem in everyday living, just that much faster would he become a real productive citizen. We eventually have to stand on our own feet and face life on its own terms, so why not from the start.

Because of this, of course, many relapsed and many were lost completely. However, many stayed and some came back after their setback. The brighter part is the fact that of those who are now our members, many have long terms of complete abstinence and are better able to help the newcomer. Their attitude, based on the spiritual values of our steps and traditions, is the dynamic force that is bringing increase and Unity to our program.

We are united in a way that was once impossible for the addict. We have been delivered from a living and dying hell to happiness, peace, joy and fulfillment that escaped our wildest dreams in the past. It has been freely given to me out of love. The program is simply sharing, working the Twelve Steps, attending meetings and practicing the principles of the program.

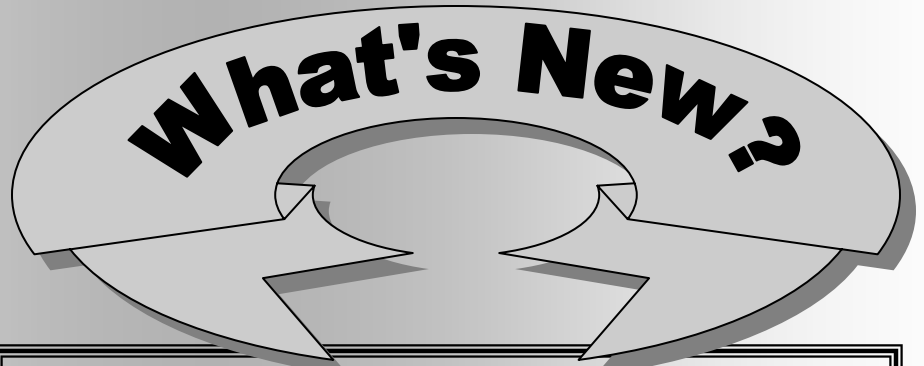
~ B.T. pg. 188



N.A. Unity – stop looking for it and just start doing it

NA UNITY (stop looking for it and just start doing it)

NA unity, what is it, how do we get it, who has it, who does not, where did it go, and why don't we have it now? These are just a few of the questions that come to mind when the topic of NA unity comes up. This addict's definition of unity is a little different than the dictionary, but here goes. NA unity is most the members moving toward our primary purpose, carrying the message to the addict who still suffers, by example of what we have learned, or what we have been shown or what has been suggested to us in the NA program. For this addict this includes; leaving my character defects and resentments at the door, conducting all my personal affairs with class and dignity, remembering that one of reasons that I came to NA was to get away from chaos, gossip and negative thinking, and most important, God will help me do what I cannot do myself. It follows that if I am walking the NA path, practicing spiritual principles and humbling myself, than I have my own unity. This stuff spreads, you will gravitate to others that are similar and leave the rest. If I have peace in own life, I will have peace in dealing with others and it will show in my actions. Tradition one states in part that... personal recovery depends on NA unity. If I as an addict expect unity than I have to seek and practice personal recovery through the NA program. It's that simple. Stop talking about what we may or may not have and just start doing it. NA unity starts and grows in the talk and action of each of us.



<http://southcentralareaofna.org/events/events.html>

Scana presents: Spiritual Campout. September 21— 22, 2007. We will have workshops. 1:00 p.m. is on Spirituality and 3:00 p.m. is on Unity. People will be camping all weekend. Bring your own Everything. Will be at Jester Park—Camp ground #4.

Sept. 29th—Regional Workshop Workshop hosted by SCANA. 11 a.m.—2 p.m. Location not determined yet.

Scana's October Bonfire, at Hoosier Row, just southwest of Indianola Iowa, at the old schoolhouse. We will be having an H. & I. Learning Day at 1 p.m. and the policy review will be at 3 p.m. Basic Text final draft review workshop at 11 a.m. More will be revealed on the date.

Scana's Halloween Dance, Oct. 27th. Come join the fun. Updates later.

November Dance on November 17th at Link Associates, Des Moines, IA.

Nominations for the next term's officers will be coming up in September and Oct. at the business meetings. Elections will be help during the November business meetings.

Fall IRSCM (Iowa Regional Service Committee Meeting) is Nov. 10th in Dubuque. Budget and Policy review.

Scana's December Dinner—December 15th. More will be revealed.

New Meetings In Our Scana Area:

We Do Recover, Thursdays at 7:00 p.m. at 2100 E. 14th St., (corner of E. 14th and Thompson), Des Moines, Iowa. Smoking Allowed.

Beacon of Life—Women's N.A. meeting. Open, no males over 12 yrs. old. Sundays at 7:00 p.m. at 1717 Woodland Ave., Des Moines, Iowa. This is an Open Meeting to the Public. Welcome.

Our Primary Purpose, Monday noon has moved to 25th and University at the 1st Christian Church. Take the elevator to the 3rd floor, room #314. You may take food and drink in there with you, but please dispose of your own trash elsewhere when finished or leaving the meeting - thanks.

* N.A. Hotline: 515-244-2277

*"Oh look at the pictures of N. A.
My how the baby has grown
into something beautiful."*



Getting Involved

The SCANA Literature Committee and the staff of the Try Recovery Times encourage you to submit articles, poems, or drawings expressing your recovery experience, strength and hope for publication in subsequent issues of the Basic Newsletter. We do, however, request that you fill out the following release form when submitting.

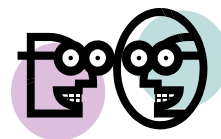
I, _____, give permission to the Try Recovery Times Newsletter to print the accompanying material. I also give permission for the editing of syntax and offensive or "non-specific N.A. language." I am aware that content will not be edited. This release form is valid only for publication in the Try Recovery Times Newsletter.

Signature _____ Date _____ Phone number: _____

Please deliver or mail to: Try Recovery Times—Literature And Archives Sub Committee

P.O. Box 743, Des Moines, IA 50306 ♦ Do you want your first name last initial at the end of you entry?

YES NO



**Dopeless
Hope fiends**

Page 6

We're on the Web!
southcentralareaofna.org

For more information call the N.A. Helpline or ask your sponsor or someone in the fellowship.
Helpline: 515-244-2277 or get
online: southcentralareaofna.org
In Marshalltown call: (641) 485-6272

Become a part of N.A. Go to meetings and when you have a little clean time, volunteer your services. Become a part of N.A. beyond meetings. Literature, Public Information, Activities and Hospitals and Institutions are all part of the N.A. fellowship where you can do service work at an Area level. Be proud to be a member of N.A. and give back what was so freely given to you.