

AUGUST 2010



Volume 1, Issue 1

August 2010

**Mid-City Area
Newsletter**

The Spirit of Self Support ...

Inside this issue:

Announcements	2
NA Information	2
Birthdays	3
Clean Dates	3
Events	3
Contact Information	4



One of the newfound ways we learn to feel good about ourselves and to help raise our self-esteem is to be responsible for ourselves. ? We waste our opportunities to build in this area because too many of us are sheep, followers, and stuck in our old ways of thinking. We take the path of least resistance or go along to get along. In this new way of life we find purpose like being part of a group. We know from past experience that we will stand together or fall alone.

Let's look at our personal responsibilities. We learn to care for our appearance and health. This is evident by the way we look and in some cases smell or don't smell. We pay our bills on time and build our credit. We care for our families and take part in their affairs as never before. We go to work and become a credit to our communities. Our opinions are sought in many places like home, work, and in our communities. We learn to pay our own way and it feels good.

Now let's take a look at our collective responsibilities as members of N.A. We know that it is a bottom up structure. The individual member help the group they are a part of by their involvement with the service structure of the group. Being a chairperson, G.S.R. , etc. We voice our opinion on group issues. We insure the group survives and the newcomer is cared for. We insure that the funds are handled responsibly, like knowing that there is no need for a table filled with literature for a meeting which sells only one or two basic text a month. We go to area, make area donations, support area functions, like the monthly social and Ad Hoc events. We do this because we know that the funds obtained are use to support H&I, Phone lines, and our public outreach.

In conclusion some of the questions we must ask ourselves are am I part of the solution or part of the problem? Are the things I do or say working for unity

or disunity. Am I promoting N.A. or have I let my self interest come first? Is what I am doing going to insure that the people who are new and yet to come are they learning from me how to care for the current needs of the people in the fellowship and those of the future? Am I a credit or a liability to the fellowship? What can I do to help? Welcome to the walk your butt off program and say goodbye to the talk your butt off program.

**Each One...
Teach One...
But First We
Must...
Reach One!!!**

Chairperson - Archie B.
 Co- Treasure - Emmett L.
 H & I Chair- Brian D.
 Literature Chair DeDe
 Rec & Act Chair- Tim H.
 Ad/ Hoc Chair- Staci W.
 Public Relations Chair- Keno X.

The Month of October The Mid-City Area will have nominations for all area positions : Executive Committees: Chairperson , Co-Chairperson , Secretary , Treasurer , Co-Treasurer , RCM & RCM-Aide. The Sub-Committees H & I , Public Relations , Ad-Hoc , Literature , Newsletter , Recreation & Activities . We are in dire need of members who have the desire , willingness ,

who are accountable and committed to fulfill these positions. Flyers will be circulated at a later date.

Meetings in Dire need of Support and Trusted Servants...

Little Girl's Grows Up. Women's Issues Meeting. 2622 W. Jackson. Saturday, 1:00pm to 3:00pm Needs Support and Trusted Servants.

 Choices Matter 4032 W. Vanburen Tuesday 5:00pm to 6:30pm. In need of Support and Trusted Servants
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For The Newcomer 4458 W. Jackson Thursday, 7:00pm to 9:00pm. In need of Support and Trusted Servants.

 Fresh Start I.P. Meeting 2622 W. Jackson Thursday, 6:00pm to 7:45 pm. In need of Support and Trusted Servants.

Recovery By Any Means Necessary at 2425 West Jackson Saturdays 3pm to 5pm. In need of Support and Trusted Servants.

 Come Recover With Us: Saturday 3:00 pm to 5:00 pm @ 4636 W. Washington. This is a new meeting and in need of Support and Trusted Servants.

Choosing life August 27...

"Change from self-destructive patterns of life became necessary."
Basic Text, p. 15
 Active addiction is a smoldering death wish. Each of us courted death every time we used. Our lifestyles, too, put us at risk. The life of an addict is sold cheaply with every day and every dose.
 In recovery, the first pattern we change is the pattern of using. Staying clean is the start of

our journey into life. But our self destructive behavior usually went far deeper than just our using. Even in recovery, we may still treat ourselves as if we are worthless. When we treat ourselves badly, we feel badly. And when we feel badly we seek relief—maybe even in our old solution, drugs. Choosing recovery means choosing life. We decide each day that we want to live and be free. Each time we avoid self-destructive

behavior, we choose recovery.
Just for today: I will choose life by choosing recovery. I will take care of myself.

Birthday Dates...

Wedding Anniversary...

August :
 Larry C. 8/06
 Laura C. 8/19
 Archie B. 8/26
 Ayanna D. 8/29
 DeDe 8/31

September :
 James B. 9/01
 Adam K. 9/11
 George T. 9/17

Congratulations!!!
 Lloyd T. & Yulanda T. 7/24 18yrs



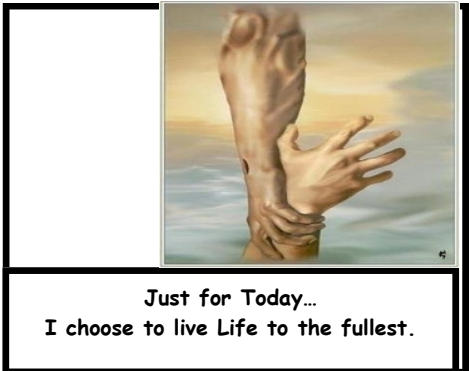
Clean Dates...

June : Floyd S. 6/14 1yr. Mel-
 lissa J. 6/30 18 months

July ;
 Lloyd T. 7/06 21 yrs. Keno X.
 7/08 4 yrs. Wakisha T.
 7/10 12 yrs. Cleora M.
 7/17 8yrs. Yulanda T.
 7/21 19 yrs.

August :

George T.
 8/01 12 yrs. Marc B.
 8/01 2 yrs. Marilyn L.
 8/01 6yrs. Alvin C.
 8/05 17 yrs. `Angie W.
 8/07 4 yrs. Demetress
 W. 8/07 3yrs. Alonzo C. 8/08
 15 yrs. Ingra W. 8/08
 2yrs. Paula C. 8/09 18
 months Don T. 8/28 5 yrs.



Events...

Little Girls Grow Up And Little Boys
 Do Too Speakerthon !!!!

September , 26th ,2010 1244 N. Cly-
 bourn Corner of Division and Cly-
 bourn. Parking is available in rear of
 complex

**We Must Always Remain Grateful,
 Thankful and Selfless in Our New Way
 of Life!!!
 All We Have Is...
 "Today"**

CRC XXIII COME JOIN US THE
 CHUCAGO LAND REGION IN
 OUR CELEBRATION OF RECOV-
 ERY !! JANUARY 6TH — 10TH ,
 2011
 HYATT REGENCY , McCORMICK
 PLACE 2233 S. MARTIN LUTHER
 KING DR.
 ROOM RATES ARE AS FOL-
 LOWS : SINGLE, DOUBLE, TRI-
 PLE ORQUAD \$99.00/ NIGHT.

Mid-City Area Newsletter

1701 South 1st Avenue
Maywood, Illinois
On The Fifth Floor
Suite 501

In Loving Service Booker P.
Newsletter Chairperson
Contact (773)563-2451
Email Kingbee1226@earthlink.net



An Early History of Sponsor/Sponsee Groups in South City Area...

At the time South City became an Area in September, 1986 there were a few members in the south side of our Fellowship sponsoring other members, and some formed sponsee groups. These groups did not remain connected to the NA Fellowship at that time. Around September, 1986 Johnny W. (deceased) started a group of NA members sponsored by him who remained in our Fellowship, and Bennie Lee formed a group of sponsees from what is now Mid-City Area. Johnny W. was exposed to much ridicule from other members who did not respect or understand the sponsee group concept. His group and Bennie Lee's eventually did not continue with the original members and other early groups had the same experience.

In May, 1987 a group was co-founded by Richard J. (deceased) and W. Burney and still in-

cludes some of the original members. This group has met continuously for 23 years meeting weekly for the first 11 years, with a format of studying steps and traditions at each session, and then changed to bi-monthly meetings. The majority of these members got involved in NA service at the group, area, regional, convention, BOD and World level, with many still doing service today.

Many of this group began to develop their own sponsee groups, with the earliest started by Clyde W. (deceased) and Bill L. This led to an annual dinner for many years with a peak attendance around 200 members and the name "Brother's of the Branch" was adopted to identify the entire family.

As with all groups, some members have moved on and many of the original members are deceased. Al-

though not all sponsees attend the group meeting, members such as: Leon S. (26 yrs.) Joel B. (24 yrs.) Stan R. (23 yrs.) Lloyd M. (23 yrs.) Bill L. (23 yrs.) Leonard H. (22 yrs.) James D. (22 yrs.) Tony G. (20 yrs.) Grateful Earl (20 yrs.) Clint D. (20 yrs.) Vontrell W. (20 yrs.) Tommy W. (20 yrs.) Willie G. (19 yrs.) Bilal M. (19 yrs.) Doc W. (15 yrs.) are still in regular attendance on every other Sunday and we want to give special mention to Usama (22 yrs.) who is incarcerated in Minnesota.

Respectfully submitted by
W. Burneys

