

APRIL 2010

Volume 1, Issue 1

April 2010

Mid-City Area  
Newsletter

## A New Year & New Look!!!

### Misconception about Recovery... Tony W.

#### Inside this issue:

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

I hear in meetings everywhere that you are not suggested to get into a Relationship within the first year of your recovery and that's so not true. The literature says not to make any Major Decisions in that first year. Recovery is all about Relationships. It first starts with a GOD of your understanding then you get into one with yourself.

Next is the one you develop with your sponsor and the members in the fellowship. We really need to stop spreading this misinformation to the newcomers. They are already confused when they come in and are looking for ways to punch holes in the program. We must remember that we all were in relationships before and

when we came into the fellowship. Rather they were healthy or not we were in them. The literature says that relationships can be a painful area and that's what we need to stress to the newcomer. Relationships are just as important in Recovery as the air that we breathe because we need them to grow in this process.

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### A Word From The Editor...

This month I would like to do something different. I've received numerous quotes from members. This is one of them. Survival is Courageous: To live is to grow. To grow well is to strength

our faith. To have faith is to see beyond ourselves to the completeness of life & our part in it. To be part of life is to accept what we have & strive to bring what we want into it. To do

so is to survive by using the beautiful tools that gives us life, hope, faith & trust. I'm grateful for all I have & will have due to my Higher Power! "Something to think about".

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## New Committee Members

Chairperson - Archie B.

Co Chair - Tony P.

Secretary - Michelle

Rec & Act - Tim H.

Ad/ Hoc Chair - Staci W.



Here's My Hand,  
Let Me Help You Learn To Help  
Yourself!!!

Literature Chair - Deidra

Policy & Administration - Open

Co-Treasurer - Emmett L.

Mid- City Area is in need of a ...  
Regional Committee Member Chair.

Policy & Administration Chair.

Public Relations Chair.

The New H & I Chairperson is...  
Brian D.

We Must Always Remain Grateful, Thankful  
and Selfless in Our New Way of Life!!!

All We Have Is...

"Today"

## Meetings in need of Support and New meeting ...

New Meeting : Choices Matter. Located at 4032 W. Vanburen. On Tuesday 5:00pm to 6:30pm. In dire need of Trusted Servants and Support.

Clean and Progressive at 2841 West Washington ,Monday,4:30pm-6:00pm In dire need of Trusted Servants and Support.

Full of Gold at 1668 W. Ogden on Thursday.7:00pm-9:00pm In dire need of Trusted Servants.

Saturday Night Flight Located at 933 W Washington Saturday7:00pm-9:00pm. In dire need of Support and Trusted Servants

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

Beginner's are Winners at 645 South Central Saturday 7:30pm-9:30pm. In dire need of Support and Trusted Servants.

Recovery On Madison at 2815 West Fifth Ave. Thursday7:00pm-9:00pm In dire need of Support and Trusted Servants.

## ...Just for Today:Daily Meditation,

### Romance and recovery:

*"Relationships can be a terribly painful area," Basic Text , p. 78*

Love is like an elixir for some of us. The excitement of a new lover, the intrigue of exploring intimacy, the sense of release we get from allowing ourselves to become vulnerable — these are all powerful emotions. But we can't forget that we have only a daily reprieve from our addiction.

Holding onto this daily reprieve must be the top priority in any recovering addict's life. We can become to involved in our relationships. We can neglect old friends and our sponsor in the process. Then, when things get difficult, we often feel that we can no longer reach out to those who helped us prior to our romantic involvement. This belief can lay the groundwork for relapse. By consistently working our

program and attending meetings, we ensure that we have a network of recovery, even when we're deep in a romance. Our desire to be romantically involved is natural. But we mustn't forget that, without our program, even the healthiest relationship will not guard us against the strength of our addiction. **Just for today :** In my desire for romance, I will not ignore my recovery.

## Birthday Dates...

Lynetta B. 03/10  
 Rudy B. 03/17  
 Ron C. 03/27  
 Kevin W. 03/31  
 April S. 04/23  
 Cleveland B. 04/25  
 Stanley M. 04/29  
 Keno X. 03/23  
 Simon J. 04/06  
 Louis P. 04/07  
 Marshall W. 04/22  
 Levi S. 05/03  
 Tyrone B. 05/05

## Wedding Anniversary's

Simon J. 04/15/10 40 yrs. Marriage.



## Clean Dates...

Leon G. 03/01 10yrs.  
 Marsha C. 03/03 20yrs.  
 Marcella W. 03/07 10yrs.  
 James 03/11 13yrs.  
 Gwen G. 03/12 11yrs.  
 Barry H. 03/13 11yrs.  
 Kevin M. 03/16 21yrs.  
 chelle R. 03/23 2yrs.  
 Anthony P. 03/24 15yrs.  
 Chris D. 04/01 13yrs.  
 Marshall W. 04/05 11yrs.

Mi-

James B. 04/07 1yr.  
 Vicky B. 04/11 22yrs  
 Demetrius G. 04/13 16yrs.  
 Lamont H. 04/13 8yrs.  
 Barbara M. 04/30 14yrs.  
 Henry H. 04/10 12 yrs.  
 Russell W. 04/10 6yrs.  
 mon 05/01 18 yrs.  
 05/01 17yrs.  
 B. 05/05 21 yrs.

La-  
 Rock  
 Laurice

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

## Events... "Mid-City Monthly Social"

The monthly Social will be held on April, 24th, 2010 @The Martin Luther King's Boys Club. 2950 W. Washington St. Chicago IL. The dance starts at 9:00 pm. There may be something going on before the dance for more information you can contact Tim H.@ (312) 685-0474. Come out and have a good time. Kids are not allowed.



**Reach Out & I'll Be There.**

## Mid-City Area Newsletter

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Maywood, Illinois  
On The Fifth Floor  
Suite 501

Newsletter Chairperson Booker P.  
Phone: 312-371-1213  
Co-Chair Ray S

We are on



## Let's Take The Steps part II

The next five steps are a process within a process. Here is where we begin to know about ourselves. The book says, "The purpose of a searching and fearless moral inventory is to sort through the confusion and the contradiction of our lives so that we can find out who we really are." We have been victims of our own self deception and rationalizations too long. This is the second level of self honesty and honest self assessment is one of the keys to our new way of life. The people, places, and things in our lives change, but we don't. One thing was painfully clear from working step four I was carrying burdens and traps with me everywhere I went. My attitudes and my behaviors were the real problem not the people, places, and things in my life. In the first step you began to look at the real world, now we began to put what we learned to use, the focus has turned to ourselves. We find out if we were really honest with ourselves about what we believe because we need some power greater than ourselves to lean on, just to face the truth

and write it all down, the good, the bad, and the ugly about ourselves. In doing so without adding or deleting a thing we are worked the first four steps.

Step Four: How do you view you?

Having found the courage to face ourselves and the fears we have uncovered in the fourth step. We learn true courage is moving forward in the face of fear. We learn that the exact nature of our wrongs is our inability to handle or even face our emotions. The fifth step is the next part of the process of learning to survive our emotions. It is impossible for you to look at yourself honestly and admit to God, yourself and another human being what you are about and what you have done and not have overwhelming emotions or at least some emotional response. If you are like me, if you are not asked yourself why I am in this program, you had some pretty strong feelings during the process of exposing your motives and actions. Learning to accept ourselves gives our humility an added boost.

Step Five: We met a stranger.

We could not help but notice by this point our defect of character just don't work in our lives and because of our true nature they will come back time and time again. We learn that this is a lifelong process of change and we need some power greater than our liabilities we can turn for the rest of our lives just to live with ourselves. Living in spiritual reality means that we do more than focus on our liabilities we strive to enhance our assets. Some will prefer to live within the limits of their liabilities and think that they serve them well. Clearly if we understand how our defects are an ongoing source of pain and misery it would be insane to hold on to them. In life it is impossible to avoid pain, but misery is an option.

Step Six: The enemy is the inner me.