



FEBRUARY 2011

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February 2011

Mid-City Area Newsletter

Why Are We Scared? By Tony W,

Just For Today Meditation...

Inside this issue:

Announcements	2
Reflections	2
Birthdays	3
Clean Dates	3
Events	3
What Is The Real Problem	4

On this road of recovery there is nothing to be afraid of. There are no risk to take. Everything that you do is for the best. The time to be scared was when you were still caught up in the grip of addiction.

The stuff we took in our bodies, the many nights of walking thru dangerous alley's and spots, and the risks we took with our very lives. Recovery is about Change.!!!

So to be scared is not in our journey. We have already been in the trenches so there should be Nothing on this walk to make us scared. It's about new beginnings, opportunities, and Change.!!!

The only thing that can stop you is you. So continue to Trust your higher power, work with your sponsor and Live the steps. What are you scared of? Life will only get Better...

February 10 Fun!

"In recovery, our ideas of fun change."

Basic Text, p.102

In retrospect, many of us realize that when we used, our ideas of fun was rather bizarre. Some of us would get dressed up and head for the local club. We would dance, drink, and do drugs until the sun rose. On more than one occasion, gun battles broke out. What we then called fun, we now call insanity.

Today our notion of fun has changed. Fun to us today is a walk along the ocean ,watching the dolphins frolic as the sun sets behind them. Fun is going to an NA picnic, or attending the comedy show at the NA convention. Fun is getting dressed up to go to the banquet and not worrying about any gun battles breaking out over who did what to whom. Through the grace of a Higher Power and the Fellowship of Narcotics Anonymous, our ideas of fun have changed radically. Today when we are up to see the sun rise, it's usually because we went to bed early the night before, not because we left the club at six in the morning, eyes bleary from a night of drug use. And if that's all we received from Narcotics Anonymous that would be enough. **Just for today:** I will have fun in my recovery!



Reach Out & I'll Be There.

MISAPPROPRIATING...N.A. FUNDS!!!

"TRUSTED SERVANTS BEWARE" OF THOSE MEMBER'S CHOOSING NOT TO BE RESPONSIBLE TO THE N.A. PROGRAM. A MISTAKE IS ONLY A MISTAKE WHEN YOU DON'T LEARN FROM IT." HOWEVER" WHEN MEMBERS CHOOSE TO CONTINUE THEIR SELFISH BEHAVIOR, WITH THE SERVICE COMMITMENT THEY HAVE BEEN ENTRUSTED WITH EFFECTS N.A. AS A WHOLE .THERE ARE TWO MID-CITY AREA MEMBERS WHO

ARE MISAPPROPRIATING N.A. FUNDS ,

Misappropriate : to take or use wrongly or to dishonestly esp. money in which one is entrusted or to us improperly.

"THERE ARE TWO MEMBERS"

Phillip H.& Deloris O.

N.A. funds are to be used to further our primary purpose and must be managed responsibly...

New Committee Members

Chair: Rodney M.
 Co-Chair : Madalyn B.
 Secretary: Terry B.
 Treasurer Chair : Rob J.
 Regional Committee Member : Open

Sub-Committees :
 H & I Chair: Brian D.
 Literature Chair : DeDe
 Policy & Administration Chair :
 Yulanda T.
 Recreation & Activities Chair :
 Samantha T.
 Public Information Chair : Open

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



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

Meetings in need of Support...

U Can't Touch This 4458 W. Jackson ,Tuesday @ 7:00 pm to 9:00pm. In dire need of Trusted Servants and Support.

Recovery By Any Means Necessary at 2425 West Jackson Saturdays 3pm to 5pm.

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

For The Newcomer at 4458 West Jackson Thursdays 7 pm to 9pm.

A Safe Place at 321 North Mason Fridays 7pm to 9pm. In need of Trusted Servants also.

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

Choices Matter 4032 W. Vanburen , Tuesday @ 5:00pm to 6:30pm. In need of Trusted Servants and Support.

Reflections

I had a job and was working steadily, but my life wasn't working; I was still drug dependent. This was the beginning of the end, the start of my recovery. I was in a state of hopeless desperation; I just wanted to lay down and die.

I looked for a methadone program, but none were available. My boss asked me the next day what was wrong with me. Before I knew it, I was telling him the truth. I said I was a drug addict. He asked me if I wanted help. I told him, "yes."

This was the first of many spiritual awakenings. I went to a hospital in Louisiana and from there to a halfway house. This is where I found Narcotics Anonymous. NA was the tribe I never had. I found the same type of people that I had run with on the streets. There was something different about them. They had a peace I wanted.

Basic Text p,120 6th Edition

Ba-

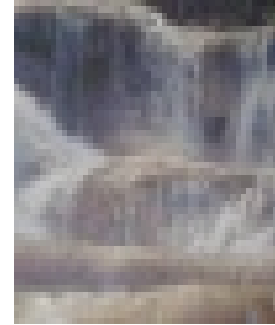
Birthday Dates...

January :

Sabrina 1/6
Emmett L. 1/10
Rodney M. 1/12

February :

Pam J. 2/9
Richard W. 2/19
Keith D. 2/20
Maurice K. 2/23
Anthony P. 2/25



Clean Dates...

January :

Stanley M. 1/2 19yrs.
Shika B. 1/3 7yrs.
Ayanna 1/4 1yr.
Levi S. 1/6 16yrs.
Daria W. 1/7 7yrs.
Derrick R. 1/9 1yr.
Emmett L. 1/9 17yrs.
Deloris O. 1/16 1yr.
Ashley B. 1/16 1yr.
Leslie 1/19 5yrs.

Ray C. 1/21 16yrs.
Jerry J. 1/23 16yrs.
Johnny C. 1/24 13yrs.
Mark B. 1/24 1yr.
Leonard A. 1/25 1yr.

February :

Maurice W. 2/2 17yrs.
Vivian B. 2/4 2yrs.
Gary B. 2/5 1yr.
Helen M. 2/8 19 yrs.

Cornell B. 2/11 15yrs.
Kevin W. 2/18 8yrs.
Teena R. 2/18 1yr.
Kevin W. 2/19 8yrs.
Kim P. 2/21 14yrs.
Constance S. 2/23 10yrs.
Elaine T. 2/23 4yrs.

Events... "MID-CITY MONTHLY SOCIAL"

" THE MONTHLY SOCIAL "

The fourth Friday of the month @
Mount Vernon Community Center
2622 W. Jackson Blvd. Chicago IL
The dance starts @ 9:00pm. Cost is
\$5.00 @ door. Come out and Fellow-
ship, dance, play cards and have
some clean fun!!!



Reach Out & I'll Be There.

LITTLE GIRLS GROW UP!!!

1st Annual Conference 6 /23 / 2011-
6 /26 2011. HYATT REGENCY
McCormick PL. 2233 S. Martin Lu-
ther King Dr. Chicago IL 60610.
Registrations \$ 10.00 To March 19th
After this will be \$ 18.00. Room Rates
\$ 109.00 for Single, Double, Triple, or
Quad.!!!

Mid-City Area Newsletter

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On The Fifth Floor
Suite 501

Acting Newsletter Chair :
Booker P. Contact 773.563.2461
Incoming Chair : Robert M.



What Is The Real Problem...

Is the real problem the drugs we used or our way of thinking? Can the problem be the people in our life or the manner in which we deal with them?

Is the problem our employers, sons, daughters, wives, husbands, brothers, sisters, that person in the meeting that always have problems, or life just will not cooperate with us?

Can the problem be that person who has seemingly has everything going their way? Can the problem be our ignorance ?

We must be aware of ignorance, but not dwell in the ignorance of others. The ignorance we must recognize is our own. Are we aware of the freedom of the steps or are we ignorance of the benefits they provide us.

If your heart is broken by the death of a loved one, the ending of a relationship or some other of life's many tragedies there is not a step in the

world to stop that pain. The steps allow us to look at ourselves and face life. However sometimes the pain is self inflicted. It may be our lack of forgiveness, or self righteousness.

Do we stop and think am I holding on to a relationship that brings me only pain? A job that I hate? The steps help you to stop and think. You can begin to recognize when we have been hoodwinked and tell the truth, I was wrong.

The benefits of having steps in our life give us a choice. Do I go on best I can to the bitter end or find a way out? It takes a lot of strength and courage to face the truth we call our life, but it is insignificant to the strength and courage needed to change.

In closing maybe just maybe the book is right everything we think we know is subject to change especially what we think we know

about the truth. H.O.W. Get honest with yourself about your life and addiction the way it is. Open your mind to ways of thinking other than your own. And be willing to live. Life is going to provide us with all the pain we need, misery is optional.

