

MARCH 2010

Volume 1, Issue 1

March, 2010

**Mid-City Area
Newsletter**

A New Year & New Look!!!

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The Importance of Service Work.

I hear members say all the time that they are grateful for NA, but when it comes to service work, where are they? I attend a lot of meetings and I see the same members doing service work. People need to know that service work enhances your recovery. It gives you accountability and shows your commitment not only to the meeting you do it at, but also to yourself. It shows that you're making the effort to be a responsible and productive member. It also adds to your clean date, for each day you serve you obtain another clean day. It also teaches you about service work in other areas of the NA Fellowship. So if you are a newcomer or an old timer I suggest you give service work a try. It will keep you to continue to save your life and other's as well...

By Tony W.

A Word From The Editor...

This is the 3rd month of a new year of a new look on the newsletter. Myself and the committee are truly grateful for all the members for giving input of articles, anniversaries, events, poems,. We are always open for suggestions on how we may better the newsletter. I will also like to give a special thanks to God, The Program of Narcotics Anonymous and all members .

In Loving Service.
Booker P.
Newsletter, Chair

New Committee Members

Chairperson - Archie B.



Literature Chair - Deidra.

Policy & Administration - Alvin W

Co Chair - Tony P.

Co-Treasurer - Emmett L.

Secretary - Michele R

Rec & Act - Tim H.

Ad/ Hoc Chair - Staci W.

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

Meetings in need of Support...

Lost & Found at Inner Voice 4458 West Jackson Mondays 11am to 12:30 pm. Needs Trusted Servants also.

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

Beginner's are Winners at 645 South Central Saturdays 7:30pm to 9:30pm Also in need of Trusted Servants.

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"**

Just for Today...

Self-worth and service May 1

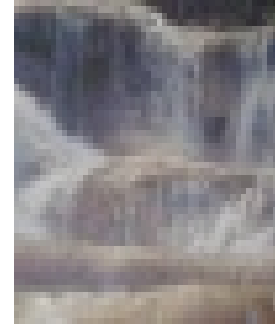
"Being involved in service makes me feel worthwhile." **Basic Text p. 212**

When most of us arrive in Narcotics Anonymous, we had very little self-worth left to salvage. Many members say that they began to develop self-esteem through being of service early in their recovery. Something just short of a miracle occurs when we begin to have a positive impact on others' lives through our service efforts. Most of us don't have a lot of experience, strength, or hope to share at thirty days clean. In fact some members will tell us in no uncertain terms that what we can do best is listen. But at thirty days, we do offer something to the addict just coming into the rooms of NA, struggling to get twenty-four hours clean. The very newest NA member, the one with only the desire to stop using and none of the tools, can hardly imagine anyone staying clean for a year, or two years, or ten. But he or she can relate to those people with 30 days clean, picking up a key tag with a look of pride and disbelief emblazoned on their faces. Service is something that is our unique gift— something that no one can take from us. We give, and we get. Through service, many of us start on the sometimes long road back to becoming productive members of society.

Just for today: I will be grateful for the opportunity to be of service.

Birthday Dates...

Keith D. 02/20
 Milton D. 02/27
 Mary G. 03/21
 Renetta J. 03/25
 Rick 2 03/25
 Myrna J. 04/14



Clean Dates...

Milton D. 02/14 16 yrs.	Ray R. 04/04 2 yrs.
Dennis H. 03/02 13 yrs.	Chris D. 04/01 13 yrs.
Steve R. 03/03 5yrs	
Staci W. 03/02 16yrs	
Lloyd M. 03/09 23 yrs.	
Pam G. 03/09 3yrs.	Sly-
vera 03/10 3 yrs.	
Ronald P. 03/15 2 yrs.	
Valerie S. 03/16 1yr.	Mich-
ele R. 03/25 1yr.	

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

Events... "Mid-City Social Is Back"

The Mid-City social will be held on March 27th, 2010 @ Martin Luther King's Boys Club 2950 W. Washington, Chicago, IL. The dance starts at 9 :00 pm the cost is \$ 5.00 all night. 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



We



Let's Take The Steps

Recovery is a active change of our ideas and attitude. The first step does a lot of talk about change, however we pay very little attention to the second line in that step, which states in no uncertain terms, "In Narcotics Anonymous staying clean must come first. I must stop doing whatever it is I'm doing first. I know I have worked the first when I come to realize I have a problem by accepting my addiction (no matter what area it may be expressing itself) and life the way it is. Where this is leading? If I don't stop doing whatever it is that is the expression of my addiction how can I begin to work the first step? I can put any type of spin I want on it but I stopped using dope first then recovery became possible. I must stop first doing what addiction is expressing itself so I can begin to take the steps needed to stay stopped.

Step One: Welcome to the real

world. After all is said and done I can hide behind the principles of the step or I can open my mind to a way other than my own. In the second step it is written," We couldn't think our way into a better way of acting. Why don't we try an act our way into to a better way of thinking" .I acted like I was in the mix with drugs for a while before it became a part of me. I don't get in trouble with dope because I was thinking about dope, however it began with a thought. Dope has never talked to me ,jumped into my mouth, nose, or arm because of what I thought. **It was my actions.** If I acted my way into this nightmare I called my life Why can't it work the other way? This step requires Hope. Hope isn't hope if you can see it. I refuse to get into word games like fake it until you make it .**I don't want anymore and I am acting like it.** I have never hoped for any-

thing I thought I had, I have always hoped for what I don't have or what I wanted to keep. **Step Two : Take a giant step outside your mind.** The next step calls on your faith. Faith is a unquestioning belief that does not require proof or evidence. Faith is what you believe be it God, the program, spiritual principles, or a belief that what is working in the lives of recovering people around you can happen for you also. Whatever you say you believe in will put to the test by life. This decision and actions we take as a result of that belief must be treated in a manner as if your life depends on it, because it does. We live what we believe Be honest with yourself about what you believe and live it The proof of this step is shown in the way we live. It's more than talking the talk. . **Step Three : Walking the walk..**