

The fellowship after a meeting is a good ~~time~~ opportunity to come out with things we didn't get to share at the meeting. It is also a good time to share on a one-on-one with our sponsors or someone we sponsor. When we talk freely about our question and answers, many parts of our message surface for the first time or become clearer to us. 0058

Helping others is one way we maintain our spiritual condition and stay safe from relapse. The program is what we make it.

When we find a brother or sister who is in pain, we have more insight into the problems of self-will run riot. We can more often see a way out that is acceptable to the suffering addict. 0058

We all find that the feeling we get from helping others motivates us to do better in our own lives. If we are hurting, and most of us do from time to time, we learn to ask for help. We find that pain shared is pain lessened.

As our lives become more comfortable, many of us lapse into spiritual complacency and we find ourselves in the same horror and loss of purpose from which we came. We forget we are given only a daily reprieve. We must ask for help each morning and remember to thank our Higher Power at night, if we don't maintain our spiritual condition daily, some of us find the resulting pain and confusion lead to a return to drugs and our old way of life. Many have made it back from such slips. Many have not.

Through our experience, we have found that through carrying out our negative thoughts, we hurt ourselves most of all. How many times have we felt, "I'll get you, I'll get loaded?" Why should we let someone's negative actions control our tendency toward good behavior. Fighters die and we don't recover by getting even.

It is easy for some of us to lapse into spiritual complacency as our lives become more comfortable, unless we maintain our spiritual condition we lapse into the same horror and loss of purpose from which we came. Helping others is the surest way of maintaining our spiritual condition safe from relapse.

Honesty, openmindedness and the willingness to try are three principles which will guide us in recovery if we learn to use them. Often we fall short but the times that we succeed, clean and sober, reveal a new experience of life. We no longer need to make excuses or cover up who we are or what we are. New ideas become available to us often for the first time.

Changing one's habits is not an easy task, as anyone who has tried doing so knows. There's a certain old Gaelic proverb that states, "We establish many habits," "A twist in an old stick is not easily straightened.", over a period of time and finally, if we know that we are not commendable, we decide to alter them and find this is much easier said than done. There are four excellent rules that if followed, will help greatly in changing our habits. First take a positive, never a negative attitude. Second, try very hard to avoid any exceptions, as even one can mean a down fall. The third rule is to find a worthy substitute for the habit you are trying to discard. It will be a great help. In seeking to replace many old habits with new and better ones, nothing can help as much as this.

Our fellowship teaches us to seek our own answers rather than follow a set formula which may or may not apply to our situation. When a relationship becomes more important than maintaining our spiritual condition, we seem to fall into our old ways. Developing our own patience, tolerance and humility seems to make us fit to accept ~~maxxgndzssz~~ another human being as they are. Fear of loss of control has prompted us change others to conform to our expectations and this usually leads to extreme discomfort for the other person. As we learn to take better care of ourselves, we can be easier on others. Humility makes it easier for others to enjoy our company and feel at ease. Fault finding and self seeking has ~~the~~ a way of destroying this ease of feeling.

~~We are not trying to tell anyone what to do in their~~
~~private.~~ We are concerned because a lot of our members have sought relationships as a sort of ultimate answer. Romantic attachments and ~~the~~ pleasurable sensations ~~we can get from~~
~~a member of the opposite sex~~ can obscure spiritual goals. We can get a ~~regular~~ mood change from such a relationship. In growing spiritually we can find more, much more, from learning to reach the deeper levels in others. Love increases the number of people we can say hello to, care about, and deepens the feelings we can have for one another. Hate is love shut off. Indifference isolates us and reduces the number of people we can get along with and shuts us off from others. Some may even feel that they have to limit the number and depth of their relationships ~~to~~ because they can handle too much. We think that's fine. ~~What~~
What we're trying to share is that in growing along spiritual lines we can have and enjoy more than the old life had to offer.

Meetings and good fellowship give us more spiritually and we naturally have more to offer others. ~~Working the 12~~
~~Steps give us a closer feeling with our Higher Power and relieve~~
~~us of defects and unmade amends that used to have us in their~~
~~grip.~~ When we look for the God in something we find the Good. When we look for the good in something we find the God. Some of us have found that if we pray before conversing with another, that only the God consciousness within us ~~touches~~ the other person.
~~zzzzzzzzzzzz~~

What we have in common, what we have all felt, is the aloneness, separateness, misery and despair, the pain inside us, is the empty numbness that set us apart from our fellows. The one thing we all share, the uniting factor, is that we all felt we were unique, different, better than or worse than, but always separate or separated — We had a very empty place inside us. We felt we were alone. Our pain surrounded us, but didn't fill the empty place inside us.

If you are like us, drugs and alcohol may have worked for a time, but finally they failed us too. Religion and psychiatry had no answers for us that we could use. Jails, institutions and death didn't hold as much terror for us as continuing to live with the unabating misery, loneliness and pain of our addiction.

If our surrender to our disease is complete, the rest of our recovery is dependant on our belief in a loving God of our own understanding who cares for us and will do for us what we found impossible to do by ourselves.

The principles of surrender, admission of responsibility when we are at fault, improving faith, prayer and meditation guide us into a way of life in which all our resources, centered in God as we understand God, become available to us.

Your new found way of life will have problems. If you ask for help the road ahead won't be so rocky. Sometimes in your opinion no one can handle your most recent problems. That is when we turn it over to God. After we turn it over to God we sometimes take it back, try to do it ourselves, and repeat the whole process over again.

Whenever we are in trouble with ourselves, we can learn to relate the difficulty to one of the steps and get a great deal of control over our lives. Ongoing cleanliness will reveal to us other defects which we will be able to deal with as they come. Remember when we stop fighting old battles we win in the present. Usually by now the need to compulsively defend our point of view and never admit to fault will have left us to a great extent. If we have trouble admitting our faults when they occur we should be willing to practice a little and see what happens. Surprisingly most people who would otherwise have gone to great lengths to show us our fault are usually completely disarmed and confused when we suddenly say we're sorry. Often they are suspicious and wonder what's up! They may even really blow our minds and admit that they weren't all that right about themselves. At any rate it's well worth looking into. Take your results to a meeting and share them. It will usually be humorous or profound.

IT WAS A HUMBLING EXPERIENCE. HOW LONG HAD I SOUGHT FOR AN ANSWER, AND BEEN GIVEN ONE - BY THE GRACE OF GOD! HOW MANY TIMES AFTER COMING INTO THE PROGRAM HAD I TAKEN THINGS INTO MY HANDS ONLY TO END UP IN THE END ASKING GOD TO DO FOR ME WHAT I COULDN'T DO. HOW MANY TIMES HAD I LOOKED AT A JOB WELL DONE AND SAID SEE WHAT A GOOD GOD I CAN DO? FORGETTING WHERE THE ABILITY CAME FROM!

4. You cant be to dumb for this program but you ~~can be~~ to smart for it. To make asurrender to other people is an essential of recovery. The people should be in aposition to help us . If we are "know it alls" then we are not in aposition to surrensner. S^urrender is brought about by suffering .Being beaten by drugs we are powerless,not powerful.As powerless people we should realize that we can not stay clean abnd sober on our own resouces. So we tap into the group resources and surrender our old smarter than thou way to try thier way. This program can be preached more easily than practiced.

our way got us here ,the program wrks is all we need to know.

Change involves the unknown and requires courage in areas that really matter. The same Higher Power that has helped us deal with our compulsion to use will be our source of c urage whenever we ask for it. The wisdom to know the difference involves growth on the program. Most of us just seem to know what to do or avoid doing in areas that used to defeat us. This knowledge usually comes after we have removed self will from the picture through our willingness.

What a change from how I used to be. That's how I know the NA program works. It's the first thing that ever convinced me I needed to change myself instead of trying to change oth~~ers~~ the people and situations that irritated me. And then it gage me a 12 step blueprint for doing just that.

1. am now able to accept change as the hand of God in my life. It is a natural and primary result of recovery in Narcotics Anonymous. I have been granted relief from pain in countless ways. I feel a part of you people. I have learned a new point of view that seemed impossible before coming to the program with surrender in my heart. I have learned that I have to keep doing th ings to keep changing for the better or it will get old and I might take my miraculous new life for granted and fall back into the horror of my addiction.

1975

The fine art of expressing a resentment to a person who has offended us begins with our accepting personal responsibility for taking offense. Sometimes the wisest way to deal with an intolerable person or situation is just to leave. If we are to deal with our difficulties clean, we must put our cleanliness ahead of every other person, place or thing. A threat to our cleanliness is a threat to our lives. How often have we seen a person des after using a petty resentment as an excuse to use again. Resentments usually come with a spiritually weakened condition. Happy people don't get angry as often. Remember that this is a save your own life program. No one can get me clean or make me ~~happy~~ except myself. We most often resent behavior in others that we see and fear in our selves. That is why we can feel so good when we let ourselves forgive someone who has wronged us. In reality we are forgiving ourselves through the other person. We ask ourselves, "Is there anything I can do to change my situation for the better or should I leave it alone?"

surrender my fears, and in my surrender I managed to
was gay and that it bothered me.

Following the program manims of keep it simple, easy does it and one day at a time we should arrive on time, give our job our honest attention and effort and learn to enjoy our work and get along with our fellows.

One Day At A Time

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ONE DAY AT A TIME

0157

Concern yourself with present tense,...Forget about the past...Who knows what the future brings...Or how long it will last...The hour at hand is all that counts...Tomorrow's another day...Try 24 hours at a time...It's easier that way...You cannot change tomorrow's fate...Yesterday's past and gone...Friends and families help a lot...You won't survive alone...If you try real hard and concentrate...On one day at a time...Your day will end with no regrets...And that's the very best kind...What have you done...And what will come...Are thoughts that trouble your mind...But life is priceless...If you live it...Just one day at a time...

THOUGHT FOR THE DAY

Did you ever stop to think what a new day means? We wake up each morning to find that a new day has been placed in our hands...to do with what we want. It is a precious gift. The new day is like a fresh clean piece of paper upon which we can record what we do. Yesterday is a soiled page, where we have messed up badly, and is a thing of the past that can be discarded. Those hours before dawn, even a great deal of the night, may have been a nightmare because of any troubled thoughts, worries or pains, but once more, with a new day, we have a fresh spotless morning, and as a Psalmist said, "Joy comes with the morning." A new day is a wonderful miracle happening which God performs for us every twenty-four hours. We must realize and appreciate this, not merely take it for granted, as we are too likely to do with many of our blessings! Thoreau suggested that "The dawn is when I am awake and there is a 'sunrise' in me." We would all do well to establish the habit of awakening in that same manner. It would help us to start the day well.

If you haven't accomplished anything
but stay straight & sober all ~~sober~~ day -
you've accomplished a miracle

That on those days he doesn't work the steps, up
to meetings etc., he doesn't have a good day. Sometimes
after a few days of not doing anything to maintain his
spiritual condition he has a really lousy day

One Day at a time

(6)

If we set unachievable goals, we stage our own failure.

If we put ourselves first and remember that we're more important than any person, place or thing that would threaten our sobriety then we'll keep it simple. Don't worry too much about things that might happen but just live and

let live and keep it a day at a time until we can give them other fellow the right to be wrong. When things go well, don't go out and celebrate and when things go bad, remember that this too will pass. A meeting a day, getting and using phone numbers and reading literature a little a day are good forms of insurance for Sobriety. It has been said that no one who has asked their H.P. for help in the morning meditation has gotten dirty that day. There might be exceptions but I don't know any. Practice accepting help. Practice giving help. When you can feel the program beginning to work, don't freak out. Personality change is a natural progression set in motion by your surrender to the program. The tools are the sayings that seemed to help us most when we came in. They seem to apply to the little, dangerous, daily situations that seem so heavy when we come in. When we use them, ~~it is~~

WE WILL BE ABLE TO EXPERIENCE THE ~~POWER OF~~ ~~THE~~ ~~PROGRAM~~

My name is David E., today I am a recovering addict. I have an addiction problem to both alcohol & drugs. I will have this problem till the day I die, tomorrow well I can't say, for in my program of recovery there is no tomorrow, no yesterday, only today. I find that for me this is an extremely positive course of action for me to follow.

One Day at a time

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He stressed that going to meetings, working the twelve steps and practicing these principles in his life, remembering to ask God for help in the morning and to thank Him at night, only worked for one day. That the next morning he couldn't get up and say, 'well, I did all these things yesterday. I don't have to do them again today.' Rather, that he had a continuing and progressive illness and that he is granted only a daily reprieve.

THOUGHT FOR THE DAY

0157

I have hope. That magic thing that I had lost or misplaced. The future looks dark so more. I don't look at it, except when I need to make plans. I try to let the future take care of itself. The future will be made up of today's and today's, stretching out as short as a moment and as long as eternity. Hope is justified by many right nows, by the rightness of the present. Nothing can happen to me that God does not will for me. I can hope for the best, as long as I have what I have, and it is good.

Each day I try to Let Go and Let God, Keep an Open Mind, to Live and Let Live and to keep on taking my own inventory and work on me. My addict still has his problems but I have found the emotional stability I so badly needed and the freedom and serenity and happiness I so badly wanted.

Each day a goal is set. I set this goal to learn something new about myself everyday. I find that I can use serenity as a tool in my everyday living.

0101

Before going to sleep we take a few moments to thank our Higher Power for keeping us clean that day and for helping us with our living problems. Reliance on a power greater than ourselves, is the foundation of all our recovery.

1007

JUST FOR TODAY

Just for to-day I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

Just for to-day I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be".

Just for to-day I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes, and fit myself to it.

Just for to-day I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

Just for to-day I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two

things I don't want to do—just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but to-day I will not show it.

Just for to-day I will be agreeable. I will look as well as I can; dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything, and not try to improve or regulate anybody but myself.

Just for to-day I will have a programme. I may not follow it exactly, but I will have it. I will save myself from two pests; hurry and indecision.

Just for to-day I will have a quiet half hour all by myself, and relax. During this half hour, sometime, I will try to get a better perspective of my life.

Just for to-day I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

The starter kit of gratitude may be found in the Fellowship of Narcotics Anonymous. The tools we use now are the 12-Steps of the NA program.

9
#9-E EASY DOES IT

For me happiness is first changing
your mind. If you can't solve
a problem right now don't worry
about it. Never worry about what
might happen. It might not. This is
what he and new. Put one foot in
front of the other ^{every day} they say ~~and~~
"not regret the past nor wish to start
the ~~over~~ over it." 0036

when we begin to
00179
work the program, we will like ourselves better and much
of the loneliness and fear will have been replaced by the love
of the fellowship and the security of being a part of a
new way of life. It is important to remember easy does it.

#9 - F - OTHER Cliches

IF WE ~~DO~~ DO FOR OTHERS FOR OUR OWN
~~EXALTATION~~ GLORY, NOTHING WE SAY
OR DO HAS MEANING

IF I GIVE NO MERCY, HOW CAN I EXPECT
TO RECEIVE MERCY

THE ONLY FOOLISH WORDS WE SAY ARE
THOSE WE SAY BEFORE THINKING

THE ONLY STUPID QUESTIONS ARE THOSE
WE ASK AND THEN DON'T LISTEN TO
THE ANSWERS

A MAN HEARS WHAT HE WANTS TO HEAR
AND DISREGARDS THE REST, AND FOR THAT
REASON WE OFTEN MISS WHAT IS
BEING SAID

NOTHING CAN BE ACCOMPLISHED ABOUT WHAT
IS WRONG UNTILL WE ARE WILLING TO DO
SOMETHING ABOUT IT

PROVERES

KNOWLEDGE IS LIKE A GARDEN; IF IT IS NOT CULTIVATED, IT CANNOT BE HARVESTED

IF A DEAD TREE FALLS, IT CARRIES A LIVE ONE WITH IT

HEARTS DO NOT MEET ONE ANOTHER LIKE ROADS

TO BE WITHOUT A FRIEND, IS TO BE POOR, INDEED

WE START AS FOOLS AND BECOME WISE THROUGH EXPERIENCE

INDECISION IS LIKE A STEP CHILD; IF HE DOESN'T WASH HIS HANDS, HE IS CALLED DIRTY;
IF HE DOES, HE IS WASTING WATER

SORROW IS LIKE A PRECIOUS TREASURE, SHOWN ONLY TO FRIENDS

IF YOU TRY TO CLEANSE OTHERS LIKE SOAP, YOU WILL AWAY IN THE PROCESS

NO MATTER HOW LONG THE NIGHT, DAY IS SURE TO COME

THOSE WHO ARE ALWAYS ABSENT ARE ALWAYS WRONG

EVIL ENTERS LIKE A NEEDLE AND SPREADS LIKE AN OAK TREE

#9

Can't keep any
thing until you
give it away.

During the unlabeled
they loved me when
I was unlabeled.

Emotional ysmlic
couldn't feel anything.
Because I can feel
now.

Why would I help
somebody else
because God had
been so good to
me.

Redden ab Personality
are possible and
dappening all around
us. With God
all things are
possible.

From Bondage to Spiritual Faith
From Spiritual Faith to Great Courage
From Great Courage to Liberty
From Liberty to Abundance
From Abundance to Selfishness
From Selfishness to Complacency
From Complacency to Apathy
From Apathy to Dependency
From Dependency to Bondage

12

I will strive for happiness as my
goal and accept the courage to change.

0101

Yesterday is a cancelled check;
tomorrow is a promissory note;
today is ready cash - use it.

11

Faith, doesn't spring
out of ^{good} feeling
Good feeling springs from
faith in God.

Indifference or intolerance toward spiritual
principles will defeat us in our recovery. ~~So~~ We become
open minded in proportion to the sincerity of our desire
for recovery.

When we forgive the shortcomings of another person, we receive the benefits of that forgiveness. By using the resources of the program of Narcotics Anonymous - a sponsor, a friend in the program or a meeting - we don't have to waste time dwelling on negative feelings. ~~Setting another person straight often has self-destructive effects.~~ If only we could see our own defects as clearly as we see them in others!

Justified resentments are especially dangerous. When we have actually been injured by another, we should deal with our situation openly and honestly rather than internalizing our anger and creating a resentment. Bottled up anger can produce a live steam effect that causes us to explode in uncontrolled aggression. In other words, don't hold a resentment inside where it can grow. Talk to your sponsor or someone in the program with whom you are close or take it to a meeting without mentioning names if you feel you cannot directly approach the person against whom you hold the resentment. By doing this you get past the hostility generated by the resentment and into the solution. The sooner we can get our reactions back under our own control, the better for us.

Our program recommends that learning to live begins with learning to take things a day at a time. Many of us practice some form of morning meditation and include material of a spiritual nature that reminds us of our disease and offers different points of view which revitalize our living. We suggest you find what works for you.

To me, the program is taking someone I detest to a meeting; going to help someone I wish harm to; letting someone sanctimonious sit next to me in a meeting; listening to people I do not identify with; staying in a meeting with people I don't approve of talking.

Spirituality & willingness are theoretical until tested--useless till used.

The principles of surrender, admission of fault, improving belief, prayer and meditation guide us into a way of life in which our total resources, centered in God as we understand God, become available to us.

As a result of working the twelve steps, regularly attending meeting and practicing these principles in all of our affairs to the best of our ability and on a daily basis, a spiritual awakening happened in our lives. God consciousness fills the empty place inside that nothing ever could before and we know a true peace and a true happiness. We come to handle instinctively problems and circumstances which used to baffle us and we come to dwell in the fullness and abundance as a direct result of having worked the Twelve Steps and maintaining our spiritual condition. We find it necessary to continue to do so on a daily basis.

Reliance on a power, greater than ourselves, is the foundation of all our recovery.

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our recovery is dependent on our belief in a loving God who cares for us and will do for us whatever we found impossible by ourselves. Remember your fellow members love you and cannot fail to respond to your sincere desire for help. God works the same way. He ~~is~~

Before the program most of us looked to God through prayer when all else failed. In recovery we try to build some form of prayer and meditation into our daily routines. The results are truly amazing. We also try to pray in gratitude. This seems to help our conscious contact and make ~~it~~ more comfortable.

Conscious contact with the higher power of our understanding is the achievement of awareness on the spiritual level coupled with a patience, and tolerance and humility.

Some of us have experienced these things in part while using drugs. The distinction comes from our being able to use this gift to help others and become useful/and productive ourselves.

Vision without means is a curse. Perceiving greater ends without being able to participate or play any role leaves us feeling left out. We want to change all that. Whatever contact we have achieved, we want to improve and refine.

Prayer and meditation are the primary means to achieving this end.

With your sensitivity and sympathy, and your power of understanding, you can breathe life into me. I want you to know that.

I want you to know how important you are to me, how you can be a creator of the person that is me if you choose to.

You alone can break down the wall behind which I tremble, you alone can remove my mask,

you alone can release me from my shadow-world of panic and uncertainty, from my lonely prison.

Many of us practice some form of daily meditation and include reading material of a spiritual nature that reminds us of our disease and offers different points of view to revitalize our living. We suggest you find what works for you. 0058

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I need this program more than it needs me and this is where I belong.

Faith is an inward certainty of God beyond words and beyond measure. True knowledge can only be of God, not worldly things, because worldly things pass away. God doesn't.

God is frightening from afar, but the closer you get the more friendly he is and beautiful and loving - your only true friend all along.

At one time or another during our addiction most of us have been in a very desperate situation and experienced a state where we were able to survive by quickly doing and saying the right thing until the danger passed. Many of us tried to maintain this feeling of adequacy and failed. The same inner force that saved our lives on so many occasions becomes available to us in our recovery. We learn how to bring out this inner force many of us call God and to apply it in our daily lives. Our twelve steps guide us into contact with this spiritual force and it meets all our needs.

Acceptance can be difficult to understand. Most of us want and demand things for our way. I sometimes refuse to accept. Acceptance is a big word with a lot of meaning. When I accept what cannot be changed I feel that I am facing reality and realizing what the situation is all about.

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0101
The more situations that arise and the more incidents that occur the more I learn. I cannot be a teacher all the time. I feel that learning is more important. I can only learn through experience. If I can learn this way then I can grow. Growth and learning about whether things can or cannot be changed is very important to me.

Realizing our resentments can be fatal, we should take them seriously and go out of our way if necessary to learn to use the tools of the program of Narcotics Anonymous to learn to deal with them. Through the Program we have learned to use our Higher Power to get us out of our traps and into the flow of life. Many numbers let themselves down by postponing the use of spiritual principles feeling that they are not relevant to daily living problems. Many living problems never get better until we learn to apply spiritual principles.

In the first stages of our action, with drawl from drugs we used meetings, new friends, sponsors to help us learn to feel good and deal with daily events without returning to drugs. We learn the importance of living only one day at a time. We don't have to make a commitment to stay clean for the rest of our lives. We only have to make this decision for one twenty-four hours. Meetings remain for us all, the primary source of our recovery.

These are guidelines and suggestions. We have found they work for us. This is how we maintain our spiritual condition. For us, this finally fills the empty place. We never have to be lonely ^{ever} again. Our Higher Power is accessible at all times, night or day, and in the fellowship of NA we have more friends than we ever believed we could. Finally, we are fulfilled, unlonely and come to know a real peace and a true sense of self worth.

00 116

(42)

I'M SURE MY SELF-CENTEREDNESS COULD
RUN MUCH DEEPER, BY THE GRACE OF GOD IT
DOESN'T.

0160

THE PLACE OF MY HUMILITY SEEMS TO BE
NO SOONER THAN ~~FINALLY~~ FINALLY AFTER
A HUMBLING EXPERIENCE I AM READY TO GO OUT
AND PROVE HOW GREAT I AM. TODAY HOWEVER
IT IS MUCH EASIER TO GIVE CREDIT WORTH
CREDIT'S DUE, AND RECOGNIZE WHEN CREDIT'S DUE.
WHEN I CAME TO THE PROGRAM TO BE HUMBLE
MEANT TO RIDE IN THE BACK SEAT AND OPEN THE
DOOR FOR THE OTHER PERSON. HUMILITY WAS
DEFINITE IN THE MIND OF NOT TO OVERLOOK THE ODDS
AND A HUMBLE MIND WAS A FEELING IN THE BACK SEAT
CONTINUOUSLY LUTHER WITH HIS HEAD BOWED.
TODAY HUMILITY IS RECOGNIZING WHO I AM,
A VERY POWERLESS + UNMAYAGABLE PERSON.

WHO CAN ASK FOR HELP,
A LOT OF MY PRIDE IS GONE, I DON'T HAVE
TO HOLD MY HEAD UP AND CRY TO THE WORLD
LOOK AT HOW GREAT I AM! I CAN LOOK AT
MY BELIEFS IN THE GIVE AND NOT ~~WORRY~~
FROM MY UNDESIRABLE MIND. I CAN LOOK OUT
MY HAND TO THOSE STILL SUFFERING (MIG TOO!)
AND OPEN MY MOUTH AND ASK FOR HELP. RIGHT-
ITS ON TO NEED FOR YOUR FRIENDSHIP +
LOVE + ON TO LOVE SOMEONE. IT'S A CONCEPT
+ ONE WITH STRUT, WHO GIVE + ILL THINGS
I HAVE TAKEN THEM TO GOOD TOO!

600 BLESS!!

So we try to get Gods will for us, and put our self will into doing Gods will. Also we should keep a check on our spiritual condition to make sure that nothing is slipping back to the old ways. When it is we promptly tell some one. And we carry the NA message by any means possible

With out my H.T. I
can't experience any
compassion. (for myself)
or others.

" Do we each alone in our own way have a unique spiritual experience and spiritual awakening, or is there a common shared element to how we come to believe in a Higher Power, to believe that He is working in our lives; and that, that leap into the unknown, Faith, where we personally come to believe and to trust in our own Higher Power, not just as in the Third Step of Narcotics Anonymous, "We made a decision to turn our will and our lives over to the care of God as we understand Him", but having been able to have the faith to do it. How do we then maintain this spiritual condition?"

He went on to add that for himself the spiritual part of the program was the entire program. It included going to meetings even when he didn't want to, reaching out to others, daily meditation, picking up coffee cups and ash trays after a meeting, serving as a trusted servant and working each of the Twelve Steps and as a result of having done so, practicing these principles in all of his affairs.

He said that today he has a lot to be grateful for, but often when things don't work out instead of blaming it on God, he sees it is usually a direct result of his own self-will and defects getting in his way and mucking up the works.

He stressed that going to meetings, working the Twelve Steps and practising these principles in his life, remembering to ask God for help in the morning and to thank Him at night, only worked for one day. That the next morning he couldn't get up and say, "well, I did all these things yesterday. I don't have to do them again today." Rather, that he had a continuing and progressive illness; and that he is granted only a daily reprieve from the effects of his active addiction.

That on those days he doesn't work the steps, go to meetings etc, he doesn't have a good day. Sometimes after a few days of not doing anything to maintain his spiritual condition he has a really lousy day and things are really starting to get out of hand. This is when pain motivates him to recommence daily Spiritual maintenance or his friends and sponsors see he is in pain and ask what he is doing today to maintain his spiritual condition.

Self Imposed crises we could not postpone.

ances dont make the man they reveal him to himself.

concerned with it is
very important to keep
sharing with other
people so that when
you come up with
a rationalization to
for ~~some reason~~ for
losing positive in a
negative behavior
we can be told
about it when we
can't be honest with
ourselves. Sometimes
we are too personal
and involved with

(20)

I ASK MYSELF DO I DESERVE THIS
MY LIFE I GIVE FOR YOUR SERVICE.

YET I NEED A WAY TO TO FORGIVE
I ASK YOU TO FILL THIS AND HELP ME TO TRY
IN MY PAST LIFE I CAN SEE YOU WERE THERE.
NOW I'M WITH YOU I AM GRATEFUL YOU CARE
PRAYERS

God, manage my life for me. May I let you
always do this for me one day at a time so
that I may serve others and better do they will.

God, take away my reservations that I am powerless
over my addiction and that my life is
unmanageable if I deny it. Do this by filling
me with honesty with myself and others. God,

may I always let you do this one day at
a time. God, help me to knock down the
walls which I have put up, so that I may
let the God in me shine through and be
beautiful; and let the God in me help others,
love others, and serve others by your grace.
God I pray that I may have faith's look,
the spiritual eye. I pray that by faith
I may open the box of time and space with
my imagination, which you gave me, and
look beyond the now to eternal life.

GRANT ME WISDOM, HELP ME HUMBLE TO BE
SO OTHERS MIGHT SEE WHAT YOU'VE DONE FOR ME.