



Manitoba Area Newsline

October 09 Issue 10/09

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“Each group has but one primary purpose – to carry the message to the addict who still suffers.” Tradition 5 BTE06 pg 67

I remember a conversation I had a few years ago with another member of my home group. We were having a lively discussion about the purpose of our group and fellowship when he came out and told me that Tradition 5 said, “Every group has but one primary purpose - to keep the newcomer from using. “ Needless to say, we had some differences about that and he walked away angry with me. On the surface, this tradition is simple – we, as groups, carry a message of recovery to the best of our ability. However, where do we draw the line as individual members of those groups? Is it our responsibility to save everyone who walks through our door? To be honest about it, I have troubles looking after my own stuff, never mind someone else’s.

What I found in the rooms of Narcotics Anonymous was an approach to a new way of living. A practical way of how to live was demonstrated that included not getting high which was a new concept to me. The group showed me that there was a lot of work I had to do to get this new way of life, but if I followed through on the steps, NA promised freedom from active addiction.

Since then, I have regained the ability to say “NO” which is something I hadn’t been able to do for a very long time. Never once did the group lead me to believe that things were going to be easy. NA helped me understand there would be challenges and pain, and changes that I could not even fathom, but if I applied myself to this simple new way of living I could rise to the occasion and get through difficult periods without using. I was allowed to make mistakes so that I could learn from them. The group was also there when I was in so much pain that all

“ ... I have regained the ability to say “NO” ... ”

I could do was rage. Never once did anyone tell me to leave. NA allowed me the freedom to grow and to learn without trying to co-opt my life, and without forcing me to stay clean.

Tradition 5 is simple however it is a balancing act. Individually, and as a group member, I have to become aware of when I am crossing the line from being supportive of someone’s recovery or trying to live it for them. It isn’t easy to not step in and try to ‘fix it’ especially when someone is struggling in their life. NA told me I’d learn and I did. If I can do it ... any addict can.

Anonymous



Today I felt the power of NA. The Fellowship is ALIVE. Bablu (India) spoke from the World Convention in Barcelona, Spain, and his energy went right through

me. In the 10 minutes that he spoke I was overcome by emotion. I felt joy from the love, hope, and community that emanated from him. Bablu spoke of his journey that was very similar to mine ... he felt that it was *not in his karma to get and stay clean* and at that moment I remembered the feeling of sheer desperation and fear that I could never get back to that wonderful feeling of serenity. I thought that I had had my chance and there would be no reprieve for me. So this dude (that I may never meet) told a small piece of my story. A story that speaks the truth - that *it is never too late*. That old lie, once an addict, always an addict, is dead. Addicts do get clean and we are alive and free. We do recover.

Blake T – Aug 22, 2009

Manitoba Area Helpline:

Brandon - (204) 727-2601

Winnipeg - (204) 981-1730



he Group Booklet states, "When members agree to serve ..., that acceptance of responsibility often helps advance their personal growth." Serving on the Newsline Committee can provide an opportunity to

share or learn:

- ✓ Computer skills ✓ Reporting skills
- ✓ Writing skills ✓ Teamwork development
- ✓ participation in the decision-making process

Choosing to serve on the Newsline Committee is a practical, tangible way to give back to the program.

Please come and join us on the first Saturday of the month, 6pm, at the U of W, Room 2M73.

OCTOBER Events

- Thurs. Oct 1 – Jackie L – 18 mos @Clean & Free
- Sat. Oct 3 – Newline Meeting – 6pm @U of W Rm 2M73
- Tues. Oct 6 – George M – 22 yrs @Equinox
- Sat. Oct 10 - Ad Hoc Committee - "Region Affiliation" – 5:30pm @U of W Rm 2M73
- Mon. Oct 12 – Broadway Closed
- Fri. Oct 16 – Ad Hoc Committee - "New Years Eve Dance" – 6pm @430 Langside St
- Sat. Oct 17 - MASC Meeting (Manitoba Area Service Committee) 10am – @430 Langside St
- Tues. Oct 20 – Barb S – 13 yrs @Equinox
- Tues. Oct 20 – Jill H – 1 yr @EK Beginners
- Thurs. Oct 22 – John K – 2 yrs @Genesis
- Sat. Oct 24 – H&I Meeting (Hospitals & Institutions) 5:30pm @U of W Rm 2M73
- Sun. Oct 25 – Stephanie G – 18 mos @Broadway
- Tues. Oct 27 – Steve S – 10 yrs @EK Beginners
- Tues. Oct 27 – Corey R – 4 yrs @Equinox
- Sat. Nov 7 – Newline Meeting – 6pm @U of W Rm 2M73

PRINCIPLED exercise

Match the Principle that counteracts the behavior
(i.e. Love can counteract anger)

Behaviors	Principles
Denial	Fellowship
Despair	Admission
Isolation	Honesty
Resentment	Faith
Secretiveness	Love
Anger	Acceptance

answers:

Just For Today Aug 5 and Informational Pamphlet #12

THOUGHT FOR THE DAY:

The progression of recovery is a continuous, uphill journey. Without effort we start the downhill run again. *Basic Text Edition 06 Pg 79*

All Submissions, Inquiries, and Comments are welcome at any time. Please forward to areanewsline@gmail.com or attend our next Meeting. Next deadline for *time-sensitive* submissions is Oct 18.

YOU can receive an electronic copy of this Newsletter by forwarding your email address to: areanewsline@gmail.com

Material or wording in this newsletter is not necessarily the opinion of MASC or Narcotics Anonymous as a whole. All Submissions become the property of the Newline, which reserves the right to edit to facilitate publishing and ensure the NA message is carried. Articles will be printed anonymously upon request.

PROFILE of a Recovering Addict

An interview with Chanda F - 1 yr Sept 11, 2009

What brought you into the rooms Chanda?

"Denial wasn't working for me anymore. I didn't know I had a problem with drugs. Life wasn't working and it seemed that no one was cooperating with me."

What keeps you coming back?

"I no longer want to die."

What have you learned since you started coming?

"Learning that 'I liked me' came as a surprise. I just keep seeing positive results and my attitude improved. (Everything used to be about me.)"

What has challenged you most during your first year in recovery?

"Fear of the unknown. What if 'what I find I don't like' haunted me."

How did you deal with that challenge Chanda?

"I just kept coming back and talking with other recovering addicts."

Why do you do so much Service work?

"If I can help one person ... it's all worth it. NA saved my life ... what better way to give back."

Do you have any suggestions for newcomers or members who are struggling?

"Give it a chance and just keeping coming back. You never have to struggle alone – ever! Get lots of phone numbers and use them when you're ready."

MASC Service Position:

AREA Vice-Chair

- **Description:**
The Area Vice-Chair is responsible for coordination of the area subcommittees and facilitates resolution of any problems and concerns. Assists the chairperson in conducting area committee meetings and conducts ASC meetings in the chairperson's absence. The Vice-Chair requires a good understanding of the Steps, Traditions, and Concepts. Familiarity with MASC Policies and Guidelines as well as Report and Budget proposal experience would be beneficial, but on-the-job training will rapidly improve working knowledge of these topics. Those with adequate clean time but lacking experience are still encouraged to come forward - willingness to learn and ability to serve are the primary requirements of this position.



- **Nomination Date:**
Sat. October 17. 10am – 430 Langside Street
- **Position Term:**
December 2009 thru November 2010
- **Suggested Clean time requirement:**
1 years clean time* & previous service experience
- **For further info see:**
Your Sponsor*, or Marshall D
For a full Listing of available MASC Positions please speak with Marshall D