



Manitoba Area Newsline

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Twelve Rights of NA written by a member for members author unknown - used with permission. Submitted by Mike B.

Always remember that the Narcotics Anonymous program is based entirely on personal freedom, individual responsibility, and equality. The only message we have is one of hope for the still suffering addict. Any suggestions that are not found in our literature are the opinion of the person making them.

You have all of these rights, and so do others. You do not have the right to try to impose your beliefs or view of recovery on anyone. It is only through our Higher Powers guidance that we find the best way to practice our own program. Our Higher Power will never guide us to find the best way for another to practice their program. Criticism and judgment are to be avoided.

"Pressuring new members to talk or act like we do may send them back to the streets" (It Works How and Why pg 109). In Narcotics Anonymous we lead by example, there are no rules or rulers. Coercion, in any form, is offensive. It is only through mutual respect that we find the unity necessary to carry out our primary purpose. These rights, based in our traditions, are not negotiable.

The Twelve Rights of NA

1. You have a right to a higher power of your own understanding.
2. You have a right to work the steps in your own way.
3. You have a right to work at your own pace.

4. You have a right to your own opinions.
5. You cannot say anything wrong in a meeting. You have a right to self expression.
6. You have a right to be free from coercion in any form.
7. You have a right to pick any sponsor you think will further your recovery.
8. You have a right to attend or join any other fellowship, church, society, or organization.
9. You have a right to attend any meeting you want as often as you choose.
10. You are a member when you say you are. Your right to your place in NA is always equal to any other members.
11. You have the right to make mistakes.
12. You have the right to come back after a relapse without recrimination.

"We urge NA members to remain open-minded and flexible. It is important to look to our literature and our experienced members for guidance, but ultimately each member has the right to understand and apply this program in the way that works best for her or him."



PROFILE of a Recovering Addict

An interview with Jill - 1 yr
- Submitted by Candace S

1. *What brought you to Narcotics Anonymous Jill?*
I was hungry, angry, lonely, and ashamed. I was deteriorating. I knew I had to quit drugs and heard Narcotics Anonymous could help.
2. *Why do you keep coming back?*
Jails, institutions, or death. I have experienced one out of the three and came close to the other two.
3. *What has been your greatest challenge in your first year clean?*
The temptation of seeing my old using friends.
4. *What tools have you learned to use in dealing with that challenge?*
I look at the situation and play the tape to the end, financial ruin and death. I choose life. I pray, go to meetings, phone my sponsor, and read my 'Just For Today.' (NA's daily meditation book)

5. *Why do you do service for Narcotics Anonymous Jill?*
My sponsor strongly suggested it. I feel needed by my home group. Being accountable prevents me from relapsing.
6. *In all that you have learned from Narcotics Anonymous, what helps you the most living life on life's terms - clean?*
When I am feeling challenged by life on life's terms, to stay clean I practice step eleven by praying, "God grant me the knowledge of your will for me and the power to carry it out." (see Just For Today, pg 302)
7. *Do you have any suggestions to give the still suffering addict?*
Go to as many meetings as you can, collect phone numbers and call them, ask for help and just know that you can come back, you are welcome.

Manitoba Area Help & Info line:

Brandon (204) 727-2601
Winnipeg (204) 981-1730

Come have some fun this New Years...

NEW YEARS EVE SPEAKER MEETING & NA DANCE

December 31st 8:00-1:30 Doors open at 7:30

Kildonan United Church 187 Kilbride Avenue

(1/2 blocks North of Jefferson just off Main)

Everyone is welcome so bring your significant others & friends

EVENING AGENDA

Speaker Meeting 8:00-9:15

Dance 9:30-1:30

Late Lunch 11:00

New Year Countdown 11:59

Dance Ends @ 1:30

Tickets are \$10 in advance and \$12 at the door

For tickets, information, or to volunteer please call:

Corey @ 951-2679 or Amara @ 797-0480

This event will be based on early bird ticket sales. All tickets are numbered & tracked in the unlikely event there is very little interest to ensure proper refunds.

☺ SHOW YOUR SUPPORT & COME HAVE SOME FUN!!! ☺



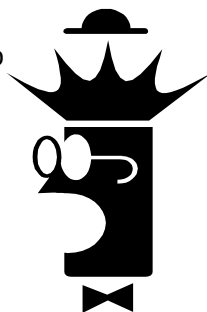
Broadway Annual Holiday **Potluck** and
16th Anniversary Celebration
Friday, December 18th
directly after the noon meeting

**if you can bring a contribution for the Potluck
please contact Jeff @ 582-2047*

Top TEN Reasons to Go to a Meeting Naked

by Mike B.

10. No one steals your chair.
9. Gives "bad hair day" a whole new meaning.
8. To give real meaning to "this is who I am".
7. People stop asking to borrow your pens after they've seen where you keep them.
6. So that with a little help you can add "Exotic Dancer" to your exaggerated story.
5. You no longer need to share "intellectually" to be noticed.
4. To stop those creepy addicts from looking down your blouse.
3. "I can't put a dollar in the basket... I left my wallet in my pants."
2. Can take advantage of Beach meetings to work on your tan.
and the number one reason for going to a meeting naked....
1. Your Sponsor is always yelling, "I wanna see your butt in the meeting by 7:00!"



December Events

- Wed. Dec 2 – Marshall D – 9 yrs @Risin' for Recovery
- Sat. Dec 5 – Newslines Meeting @6pm UofW Rm 2M73
- Fri. Dec 11 - Ad Hoc Committee - "New Years Eve Dance" – 6:30pm @430 Langside St
- Sun. Dec 13 – Andrea R – 8yrs @Broadway
- Fri. Dec 18 – Broadway Annual Holiday Potluck and 16th Anniversary Celebration
- Thurs. Dec 24: E.K. Beginners – closed
Broadway – open Genesis – open
Foundation for Freedom – open
- Fri. Dec 25: Boomerang – closed Broadway – closed
- Sat. Dec 26: SOS - closed
- Tues. Dec 29 – Chanda F speaking @Equinox
- Thurs. Dec 31: Broadway – open Genesis - open
Foundation for Freedom – open E.K. Beginners – open
- Thurs. Dec 31 – New Years Eve Speaker Meeting and
N.A. Dance @187 Kilbride Ave
- Fri. Jan 1: Boomerang – closed Broadway - closed
- Sat. Jan 2: SOS – closed
- Sun. Jan 3 - Newslines Meeting @12:30pm 222 Furby St
(one time location and time change due to holiday schedule)
- Sun. Jan 3 – Ken D – 18 mos @ Broadway

MASC Happenings:

(Manitoba Area Service Committee)

Submitted by: Wendy F

- Ten groups were represented at the Nov 28th MASC meeting including all groups from Winnipeg.
- Eva from Howling Wolves group in Thompson also joined us via phone. Their group membership has been growing as addicts move to Thompson from other areas of Canada. We also received an email update from The Pas group.
- Marshall finished his position as MASC chair. Until we have a new chair, members attending MASC will be taking turns chairing.
- We'll be losing our secretary a little early. December will be his last meeting. So if you know of a good candidate for this position, please ask them to step up.
- Groups voted (almost unanimously, with two abstains) to leave the Upper Midwest Region. Where do we go from here? Stay tuned and if you would like to be part of our changing situation attend one of the Regional Affiliation Ad Hoc Committee meeting (next date - t.b.a.).
- With the Holiday Season upon us, some meetings have to close because the facility they take place in closes. Check out the December Events and MASC calendar before heading out.