



Manitoba Area Newsline

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OLDTIMERS DISEASE -

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TIME OF ONSET:

At any time during recovery. The disease has been observed in its beginning stages as early as a few months into recovery, when it is sometimes referred to as "the ninety-day wonder condition." It is, however, more common among persons with many years in the program. Indeed, some researchers suspect that the longer people are in recovery, the greater the risk of the disease occurring.

SYMPTOMOLOGY

Among those who have contracted the disease, certain behaviors and attitudes routinely occur. Since no single one of them necessarily indicates the presence of oldtimer's disease but may, instead, point to some related or associated condition, the following list should be used to diagnose oneself rather than other persons. Principal symptoms include:

- ✓ Infrequent attendance at NA meetings.
- ✓ When speaking at meetings, reminding those present of the length of one's time in the program. Such reminders can be obvious or subtle. They may even be preceded by assurances of gratitude to those who helped one to achieve recovery.
- ✓ Refusal to get, or to use, a sponsor. This is often explained by the observation that no individual can be found whose recovery is longer than one's own – which indicates a confusion between quality of recovery and quantity of recovery.
- ✓ Complaints (privately expressed) that NA is not as it used to be, or has been watered down, or is in serious danger of becoming ineffective, in part because of all the new people coming in.
- ✓ The belief that one is the definitive interpreter of and authority on the Basic Text, the steps, and the traditions, and thus is the savior of NA from its less enlightened members.
- ✓ Preaching the message (often with the index finger upraised) rather than sharing experience, strength, and hope. This symptom can show itself in a variety of ways. For example, frequently beginning sentences with "You should" or "You need to" instead of "I did" or "I am doing."
- ✓ Resentment if one is not called upon at a meeting, and resentment against those who have been called upon to speak. Special resentment is reserved for the person chairing the meeting.
- ✓ Referring constantly to one's past struggles, defeats, and triumphs. Only in the rarest of instances is there any reference to present problems. Behind this lies the belief that, granted one's years of recovery, one ought not have any current problems. There is, in addition,

the fear of admitting that one's life is not always wonderful and joyous might damage the effectiveness of NA in the eyes of newcomers.

CAUSE OF DISEASE: Pride and fear.

TREATMENT

Depending on the severity of the individual case, one or more of the following will probably prove effective:

- *Involvement with a strong, insightful, available sponsor, especially one with extensive experience working with newcomers or potential relapsers.
- *Reworking the steps, beginning with Step One, with special emphasis of Steps Three and Eleven.
- *Listening carefully at meetings. The practice of listening is greatly enhanced by the decision not to speak at meetings, even if called, thus freeing one from having to prepare what one wishes to say while others are speaking.
- *Making sincere efforts to bring the symptoms of the disease to an end. For example: resisting the tendency to remind others of one's recovery date, focusing oneself rather than on others, speaking about "how it is" rather than "how it was", making a gratitude list, asking those in one's home group for the support in one's struggle against oldtimer's disease.

PROGNOSIS

Left untreated, the disease can cause serious problems in its victim's spiritual life and in their relationships with other people.

In extreme cases, the disease may lead to a return to using and death.

With treatment, the victim can be restored to good spiritual health, characterized by gratitude to a loving God for the gift of recovery, freely given.



The language of Gratitude is ACTION

Available MASC Service Positions
(Manitoba Area Service Committee)

- | | |
|------------------------------------------|-------------------------------------------|
| <input type="checkbox"/> MASC Chair | <input type="checkbox"/> A&E Chair |
| <input type="checkbox"/> MASC Vice-chair | <input type="checkbox"/> PI Chair |
| <input type="checkbox"/> RCM Alternate | <input type="checkbox"/> Phone Line Chair |
| <input type="checkbox"/> Outreach Chair | <input type="checkbox"/> MACCNA XX Chair |

Manitoba Area Help & Info line:

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

CANA/ACNA
 "What is CANA" Workshop &
 Area Inventory LEARNING DAY



The CANA/ACNA Workshop & Area Inventory LEARNING DAY
 (Canadian Assembly of Narcotics Anonymous/Assemblée canadienne de
 Narcotiques Anonymes)

- ❖ Saturday, January 23rd from 1:00 pm to 6:00pm
- ❖ Rm 2M73 University Of Winnipeg (Second Floor Manitoba Hall)
- ❖ Rob (Ontario's Regional Delegate) & Richard (one of CANA's Fellowship Development Coordinators) will be facilitating this event.
- ❖ 1pm to 5pm CANA/ACNA workshop, Area Inventory using the Area Planning Tool
- ❖ Coffee Breaks & Merchandise Giveaways
- ❖ 5pm to 6pm Dinner – Combination of catered foods and potluck including the "RCM's World Famous Chili (Veggie & Carnivore)" (RCM = Regional Committee Member)
- ❖ There is NO COST to attend this event.
- ❖ Keep posted for more information or contact Jeff S @479-0423

The 'Area Planning Tool' helps organize priorities of an Area to help serve our newcomers better. This is every members chance to express what they feel are the most important services that the Area can provide to its groups and members. This is your opportunity to meet with members of CANA and broaden your scope within NA. How would you like to see the Manitoba Area serving the needs of NA groups and members better? This is the forum to explore those possibilities, enhance your role in carrying the message, and share your perspective.

MEETING Etiquette

Yes, Manitoba Area ... it's your turn to SPEAK UP! There are numerous columns written about Meeting Etiquette with suggestions on how to conduct one's self in a meeting. However, instead of lifting a column from elsewhere lets make our own! Think about when you started to come to meetings. Is there something you wish someone had shared with you when you were new?

The goal of the column is to help the newcomer become comfortable with meetings by providing some simple suggestions.

(example: Newcomers are not expected to put money into the 7th Tradition contribution basket when it is passed at the meeting. Most importantly, we want you to keep coming back ... give when you can.)

(example: When sharing it is helpful to say, "My drug of choice ..." instead of naming specific drugs. Keep in mind - "We are not interested in what or how much you used ..." Basic Text Edition 06, pg 9)



Any questions? Contact Newsline and we'll be pleased to help. NOW email your 'Meeting Etiquette' suggestion today to areanewsline@gmail.com and type the word *Submission* in the subject line.

January Events

- Thurs. Dec 31 – New Years Eve Speaker Meeting and N.A. Dance @187 Kilbride Ave \$10/advance \$12/at the door. For Info or to volunteer contact Amara @797-0780 or Corey @951-2679
- Fri. Jan 1 – Broadway & Boomerang groups closed
- Fri. Jan 1 – Genesis 10pm Candlelight Meeting recommences!
- Sat. Jan 2 – SOS closed
- Sun. Jan 3 – Ken D – 18 mos & Norm C – 30 yrs @Broadway
- Sun. Jan 3 – Newsline Meeting @12:30pm 222 Furby St
- Tues. Jan 5 – Jeff W – 5 yrs @Equinox
- Fri. Jan 8 – Amara L – 2 yrs @Boomerang
- Mon. Jan 11 – Mal S – 9 yrs @Genesis
- Tues. Jan 12 – Kim B – 3 yrs @Equinox
- Fri. Jan 15 – Brian D – 1 yr @Broadway
- Fri. Jan 15 – Steering Committee – 2010 MASC Budget @6pm 430 Langside St
- Sat. Jan 16 – MASC Meeting (Manitoba Area Service Committee) 10am – @430 Langside St
- Sat. Jan 16 – Laney C – 3 yrs & Stef M – 20 yrs @SOS
- Sun. Jan 17 – Broadway Group will be holding their Annual Inventory in lieu of a meeting – from 1pm to 4pm. All are welcome.
- Fri. Jan 22 – Ken S – 15 yrs @Broadway
- Sat. Jan 23 – CANA/ACNA Learning Day – 1pm to 6pm @Rm 2M73 UofW
- Sat. Jan 23 – Dennis P – 3 yrs @SOS
- Sat. Jan 30 - H&I Meeting (Hospitals & Institutions) 6:00pm @U of W Rm 2M73
- Sun. Jan 31 – Jeff C speaking @Broadway

MASC Happenings:

(Manitoba Area Service Committee) Submitted by: Wendy F

- Our RCM (Regional Committee Member), Jeff S, took on the role of acting Chair for the December 19th meeting incorporating both scissors and felt pens into his act. Our treasurer Corey R will take on the challenge next month.
- Cheryl H was nominated for Secretary and Corey R was nominated for re-election as treasurer. Elections for both positions will be next month.
- Genesis will be hosting their 10pm Friday meeting again starting January 1st.
- The Canadian Assembly of NA (CANA) will be sending Rob (Ontario's RD) and Richard (one of CANA's Fellowship Development Coordinators) here for a Learning Day on January 23rd at the UofW starting at 1pm with a "What is CANA" workshop, followed by Rob and Richard facilitating our Area Inventory using the Area Planning Tool. This will be followed by Dinner then the SOS meeting (Dennis: 3-year birthday). All members are most welcome and encouraged to attend.
- As our area is no longer a member of the Upper Midwest Region, we have decided to have our own website. Stay tuned for more info as this unfolds.