



Manitoba Area Newsline

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"We came to believe that a Power greater than ourselves could restore us to sanity." Step Two

"The idea that "anyone may join us, regardless of religion or lack of religion" is fiercely defended by our fellowship." Step Working Guide, Step 2, Pg 11. I wasn't one of the persons that arrived at Narcotics Anonymous with an idea of what a Higher Power was for me. Like a lot of people, I confused the idea of spirituality with the concept of religion. This caused me to struggle staying clean for years because I thought that when you said "Higher Power" it meant the God that had been instilled



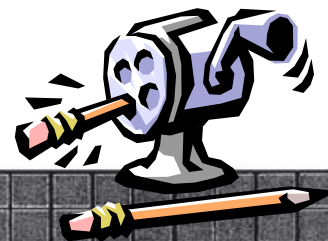
within me by my parents and the society I grew up with. When I realized that my concept of a Higher Power was MINE to develop, not my sponsor's, family's, nor society, I had to ask myself, "What is my idea of a Higher Power?" Instead of starting by defining what my Higher Power was, I began by defining what my idea wasn't, and that included the idea of organized religion. Please do not misunderstand ... I am not knocking religion, it just doesn't work for me, and obviously works for billions of others on this planet. God bless them all. Just don't try to convert me ... you will be very disappointed. The idea of a Higher Power, for me, is extremely

personal and it entails a lot of other things. Things like meetings, Twelve Steps, literature, and people that I meet and interact with. The group and fellowship have taught me a lot about what my Higher Power is and, even more importantly, what it isn't. The most ironic thing about my journey would have to be the amount of time I spend inside of churches today. God definitely has a good sense of humor.

If there is anyone out there that is experiencing difficulty with what their idea of what a Higher Power is, just remember, it is *yours* to define. Our Basic Text says "The only suggested guidelines are that this Power be loving, caring and greater than ourselves." (Basic Text Edition 06 Pg 24.) Simply find one that feels comfortable to you.

Anonymous

Recovery CROSSWORD used with permission from The Voice of NA -North City Area, Chicago Nov/Dec Vol 1; Issue 8 Newsletter



Down

1. Today is a gift; that's why it's called the _____
2. The key to the 1st step
3. Fear can be called a lack of _____
4. We only _____ what we have by giving it away
5. We practice _____ by welcoming all addicts into NA
6. We have 12 of them
12. Time we spend together outside of meetings
14. We must _____ from all drugs
16. Don't be confused: it's a drug (period.)
17. To go back out or pick up (Don't do it!)
18. Black, Black, keep _____ (hint: keytags)
21. The NA promise is freedom from _____ addiction
22. FEAR: False Evidence Appearing _____
24. Talk

Across

7. Not just clean but _____
8. It's best to use one when working the steps
9. It takes one to help one!
10. Instead of a drug, try picking this up
11. Many of us used drugs to escape this
13. A good way to start or end the day
15. You can't graft a new idea onto a _____
19. We must be _____ to take suggestions
20. We know we're healing when these return to us
23. Every good 4th step starts with this principle
25. Came, came to, came to _____
26. We feel _____ for other addicts
27. We ask our Higher Power to remove these
28. We Do _____ (hint: chapter 8)



February Events

- Sat. Jan 30 – Eva B – 17yrs @Howling Wolves
- Mon. Feb 1 – Sarah I - 1yr @Broadway
- Fri. Feb 5 – Starting Feb 5 Broadway Group will be holding a Friday evening *Open Meeting - 5:30 pm to 6:30 pm at 222 Furby St (two month - trial basis) (*non-addicts may attend)
- Sat. Feb 6 – Newsline Meeting @6pm UofW Rm 2m73
- Sun. Feb 7 – Arthur H – 7yrs @Broadway
- Mon. Feb 15 – Broadway closed
- Sat. Feb 20 – MASC Meeting (Manitoba Area Service Committee) @10am 430 Langside St
- Thurs. Feb 25 – Les T – 11yrs @Genesis
- Sat. Feb 27 – H&I Meeting (Hospitals & Institutions) @6pm UofW Rm 2m73
- Sat. Feb 27 – Jason K – 3yrs @SOS



MASC Happenings:

(Manitoba Area Service Committee) Submitted by: Jason K

- Congratulations and thanks to Cheryl H and Corey R for their newly elected terms. Cheryl is our MASC Secretary and Corey R has been re-elected as MASC Treasurer.
- Amara L is standing for A&E chair (Arts & Entertainment) and Jeff S for RCM (Regional Committee Member). The RCM keeps our Area in touch with the "larger NA world" such as neighboring areas and regions. Voting for these nominees will take place at the February Area Meeting.
- The Area Chair position remains open for nominations. We thank Jeff, Mal and "Jimi" the sock puppet for filling in as acting chairs for the past two Area Meetings.
- The 2010/2011 MASC Budget was prepared on January 15th by the Admin Steering Committee. Minor changes from last year's budget were made. The budget has now been sent to groups for approval.
- "Friendship Group" has requested to be seated and recognized as a new group in the Manitoba Area. Although the request is tabled to the February MASC meeting the group currently meets Friday evenings at 9:30pm, 425 Eveline St. in Selkirk.

INTEGRITY and EFFECTIVENESS

Reprinted from The NA Way magazine October 2000 Vol.17 No. 4

The Eighth Concept tells us "Our service structure depends on the integrity and effectiveness of our communications." We could add that almost everything in Narcotics Anonymous depends on the integrity and effectiveness of our communications—our personal recovery, our reputation with the public, our unity as a fellowship, having the resources to carry the message, and, yes, how much we trust our trusted servants.

We strive to be forthright, honest, and clear in our communications, yet we need to balance these qualities with perceptiveness and sensitivity. Being forthright is often a challenge, especially when we know that what we have to say is going to be painful to hear. Though it's tempting to want to soft-pedal bad news, or

precede it with a lot of justifying and rationalizing, doing so has the same effect as making excuses when we're making amends.

Honesty is one of NA's most fundamental principles. We begin to practice it right from the beginning of our recovery when we admit our powerlessness and unmanageability. We get more skilled at being honest as we communicate with a sponsor and a Higher Power.

Being clear in our communications is complex. We can't include every single detail, or our message will get lost. However, we can't be so concerned with brevity that we leave out important details. It's important to communicate in definite, specific, and concrete terms, especially in a fellowship as

diverse and multilingual as ours.

Perceptiveness and sensitivity are crucial. If we're going to communicate effectively, we must know something about our listeners. What do they care about? What do they want to know? What do they need to know? We need to be sensitive to their perspective, even though it may not be the same as ours. Sensitivity helps us know when it's better to keep our opinion to ourselves.

Most important of all, communication in Narcotics Anonymous must be a dialogue, not a monologue. We need to listen as much as we speak. Every service board and committee, every group, and every member has a stake in NA's stability and growth, and we need all their voices to be complete.



SERVICE IS AN INTEGRAL PART OF OUR RECOVERY

ATTEND A SERVICE MEETING THIS MONTH

Recovery CROSSWORD answers



**D
O
W
N**

1. Today is a gift; that's why it's called the PRESENT
2. The key to the 1st step = SURRENDER
3. Fear can be called a lack of FAITH
4. We only KEEP what we have by giving it away
5. We practice TOLERANCE by welcoming all addicts into NA
6. We have 12 of them = TRADITIONS
12. Time we spend together outside of meetings = FELLOWSHIP
14. We must ABSTAIN from all drugs
- 16 Don't be confused; it's a drug = ALCOHOL
17. To go back out or pick up = RELAPSE
18. Black, Black, keep COMINGBACK
21. The NA promise is freedom from ACTIVE addiction
22. FEAR: False Evidence Appearing REAL
24. Talk = SHARE

ACROSS

7. Not just clean but SERENE
8. It's best to use one when working the steps = SPONSOR
9. It takes one to help one= ADDICT
10. Instead of a drug, try picking this up= PHONE
11. Many of us used drugs to escape this= REALITY
13. A good way to start or end the day= PRAY
15. You can't graft a new idea onto a CLOSEDMIND
19. We must be WILLING to take suggestions
20. We know we're healing when these return to us= EMOTIONS
23. Every good 4th step starts with this principle= HONESTY
25. Came, came to, came to BELIEVE
26. We feel EMPATHY for other addicts
27. We ask our Higher Power to remove these= DEFECTS
28. We Do RECOVER

Manitoba Area Help & Info Line: Brandon - (204) 727-2601 Winnipeg - (204) 981-1730

All Submissions, Inquiries, and Comments welcome at any time. Please forward to areanewsline@gmail.com or attend our next Meeting. Next deadline for time-sensitive submissions is Feb 21. 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 Newsline, which reserves the right to edit to facilitate publishing and ensure the NA message is carried. Articles will be printed anonymously upon request.