



Manitoba Area Newsline

March 2010 Issue 03/10

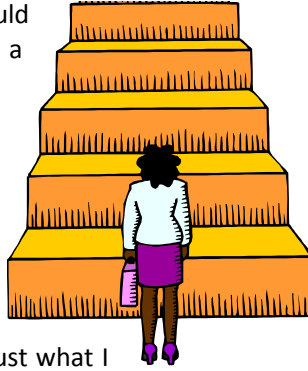
areanewsline@gmail.com

The fifth step - submitted by Candace S

"We admitted to God, to ourselves, and to another human being the exact nature of our wrongs" Basic Text, Edition 6, pg 17

I was challenged to have an open mind the other day when a friend shared with me another way to work our fifth step. When she went to do her fifth step her sponsor asked, "Did you see a pattern in how you wronged yourself and others through your drug use?" She replied, "Don't you want me to read my step four to you?" Her sponsor then quoted the fifth step, "We admitted to God, to ourselves, and to another human being the exact nature of our wrongs." So, she continued to share with her sponsor a few situations where she had reacted to past situations in exactly the same manner. Through this step five experience she could see that her reactions were coming from a place of fear.

Her fifth step was worked differently from any I had experienced so, naturally, I had questions. "How was this experience for you?" and "How did it make you feel?" My friend responded, "I feel lighter and not so bogged down by guilt and shame. It is just what I



needed in order to keep moving forward." This was her first time doing step five and the outcome did not sound any different to me than my past experiences working the step.

There is a process of acceptance I need to go through before trying new methods. Being an addict that likes to analyze such things, I will generally seek out another addict's perspective. When the opportunity arose, I asked another addict what they thought of this step five method. We shared our thoughts and my conclusion is:

- There are pros and cons to everything.
- What works for one person does not necessarily work for another.
- When we invite our Higher Power into the process of working this step we trust that God is present and will provide exactly what each individual addict needs.

Consequently, I have gained a new way to work step five and would consider trying this method in the future.

The real beauty of our program reveals itself when we take the opportunity to share with each other new and different perspectives of recovery. I am so glad my friend shared her experience, strength, and hope with me, regarding her first step five experience. There truly is only one wrong way to work step five and that is, simply, not doing one.

CANA/ACNA LEARNING DAY

(Canadian Assembly of Narcotics Anonymous /l'Assemblée canadienne de Narcotiques Anonymes)

Winnipeg, January 23, 2010 submitted by an interested member

- ✓ Every Winnipeg Group represented at the event.
- ✓ Every elected Area Trusted Servant attended.
- ✓ Over 30 participants in attendance.

The Event started by utilizing the Area Planning Tool to identify issues in our Area. The issues were then honed, by means of group conscience, to 'which issues were most critical.' We then focused on these issues by defining 'what is our goal' for each specific issue? These definitions were put to group conscience to determine our critical goals. We were then ready to focus on 'how' to accomplish these critical goals. The result of the Area Planning Tool provided us with the

following approaches that our Area will focus on over the next year:

- 1) Workshop on mentoring -
 - a. convention.
 - b. learning days.
- 2)
 - a. Host more service workshops with food and entertainment.
 - b. Host regular meeting(s) where 'service' is always the formal topic.
- 3)
 - a. Create a MASC website with links to other NA sites.
 - b. Disseminate knowledge about access to NAWS/CANA resources to groups and trusted servants.

Once the work was complete, we feasted on salad, funky red n'yellow corn (with other stuff in there too),

buns, home style fried chicken, and veggie or carnivore chili. The desert table featured a selection of cheesecakes, fresh fruit, fruit compote, and take away containers!

Special thanks to our RCM, Jeff S, for making this event possible, and Jeff C for helping with the food. Our guests ... Rob, from Windsor, (Ontario's Regional Delegate) and Richard, from Ajax, (a Fellowship Development Coordinator) were stupendous!

Bottom line = Whenever Manitoba Area Service Committee says there will be food at an event ...

DON'T MISS IT!



An Ad Hoc Committee will meet to focus on these 'approaches' Friday, March 5 - 6:00pm @430 Langside. All are welcome.

A DIFFERENT KIND OF MEETING PREAMBLE

Printed with permission from 'the Clean Times'
Toronto Area of NA newsletter, April 2009

Narcotics Anonymous is a fellowship designed and administered by a bunch of recovering addicts whose only qualification for membership is that they can't use dope anymore and don't want to learn how. It has no rules, dues or fees, nor anything else that any sensible organization seems to require.

At meetings the speaker starts on one subject and winds up talking about something entirely different and concludes by saying they don't know anything about the program, except that it works. The groups are always broke, yet always seem to have money to carry on. They are always losing members but seem to grow. They claim NA is a selfish program but always seem to be doing something for others. Every group passes laws, rules, edicts and pronouncements which everyone blithely ignores. Members who disagree with anything are privileged to walk out in a huff, quitting forever, only to return as though nothing happened and greeted accordingly.

Nothing is ever planned 24 hours ahead, yet great projects are born and survive magnificently. Nothing in NA is according to Hoyle. How can it survive? Perhaps it is because we have learned to live and laugh at ourselves. God made man and woman. He made laughter too. Perhaps he is pleased with our disorganized efforts and makes things right no matter who pushes the wrong button. Maybe he is pleased, not with our perfection, but with our sincerity. Maybe he is pleased with our trying to be nobody, but ourselves. We don't know how it works, but it does and members keep receiving their dividend cheques from their NA investments. It is smart to be clean and it is much easier, my friends, to stay clean than to get clean.

-submitted by Toni V.

Equinox

Celebrating **25 Years**
of recovery!

March 20, 2010
600 Minto Street

1:30pm to 2:45 Meeting
3:00 to 4:30 Speakers
4:30 to 6:00 Supper
6:30 to 8:30 Main Speakers
8:30 to 11:30pm Games and Fellowship

*All are welcome for
fellowship, fun and
food!*



March Events

(see notations directly under the dated events)

- Fri. Mar 5 – Broadway will not be meeting at 5:30pm today. Back to regular schedule next week.
- Fri. Mar 5 - Ad Hoc Committee - "Area Planning Tool Implementation" – 6pm @430 Langside St
- Sat. Mar 6 – Newslite Committee Meeting @6pm UofW Rm 2M73
- Sat. Mar 13 – Jeff S - 13yrs @SOS
- Tues. Mar 16 –Alexandre G – 14yrs @Equinox
- Sat. Mar 20 – MASC Meeting (Manitoba Area Service Committee) 10am @430 Langside St
- Sat. Mar 20 – Equinox 25th Anniversary Celebration – 1:30pm to 11:30pm
- Tues. Mar 23 – Becky B – 3yrs @Equinox
- Thurs. Mar 25 – Phil G – 1yr @Clean and Free
- Fri. Mar 26 – A&E Committee Meeting (Activities & Entertainment) 6pm @430 Langside
- Sat. Mar 27 - H&I Committee Meeting (Hospitals & Institutions) 6pm @UofW Rm 2M73
- Tues. Mar 30 – Neil T speaking @Equinox

NB:

- EK Beginners Thursday evening meeting is now a 'closed' meeting for addicts.
- Foundation for Freedom is no longer meeting Thursday evenings.

MASC Happenings:

(Manitoba Area Service Committee)

Submitted by: Jason K

* Congratulations to Amara L for being elected as A&E chair (Activities & Entertainment), and Jeff S as our Regional Committee member.

* Chanda F is nominated for H&I Chair - a one year term beginning in March 2010.

* The 2010/11 Budget was passed by MASC although concerns were raised by some groups that the budget did not include income projections. Projections will be in the Treasurer's report next month at the Area meeting.

* Effective immediately, Foundations for Freedom's Thursday night meeting is cancelled. The group *will continue* to meet every week on Wednesday evening.

* EK Beginners wishes to announce that their Tuesday night meeting is "open" to all, however their Thursday night meeting is a "closed meeting," meaning only addicts or those who think they might have a drug problem may attend.

* MASC has a new website under construction, located at www.masca.org. The site will serve as a focal point for communicating MASC information such as meeting lists, events, meeting minutes, etc. Stay tuned for more details next month...

* The Area Chair position remains open for nominations.

Thank you, Jason, for chairing the Feb 20 MASC Meeting!

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 Mar 21. **YOU** can receive a FREE 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.