



THE GUARDIAN

MARCH 2009

Addict Needs Help

My name is Jack, and I am an addict.

I have just gotten up enough courage to walk through the doors of my first meeting. I am scared, but I will not let you know the pain and fear that permeates me. I am listening as best I can to what is being said, but even my ear drums are shaking and I can't make it out. I am very lonely and afraid you might ask me to speak, so I try to be an inanimate object in the room. I want so desperately to be part of what I am hearing and feeling, but I am scared. It finally gets around to me and my heart is nearly pounding out of my chest and I am asked if I would like to share? I blurt out, "I am an addict" and try to you tell about all the bad things that have happened to me or how I escaped near death, that's all I know. I do not want you to see all my pain and sadness in my heart, you might not like me and this is my last try at getting clean, so I got to get this right or die. I cannot speak about honestly, open mindedness or willingness, I know nothing about it. I will have to depend on you for that. Show me how working the steps changed the inside of you. Share with me your inter-most fears and how finding a God of your understanding has relieved you of them. Share with me what's it like to be restored to sanity, Share with me how you turned your will and life over to a

care power greater than yourself. Share with me how you took an inventory. Share with me how you were able to admit to yourself, God ,and another human being the exact nature of your wrongs. Share with me how you became willing to have God remove all these defects. Share with me how you asked him to remove your shortcomings. Share with me how you made a list of people you had harmed and how you made amends. Share with me how you continue to take an inventory and promptly admit when you are wrong. Share with me how through prayer and meditation you improved your conscious contact with a God of your understanding. Share with me how to practice spiritual principles in all my affairs so that I may give back and be part of something at last.

Show me how to live, how to be the first one to volunteer your time for NA. how to chair a meeting, how to be a GSR. How to always be the first one to welcome the newcomer like me. You see I need to learn these things if I am to live. You may have good intentions, but telling me about the dance after the meeting, all the things you have acquired after you stopped using dope, all the insane things you did, how you once had everything, but lost it to dope.

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Facing My Fears

What do they mean by a searching and fearless moral inventory? I remember asking myself this question when I first started looking at the forth step. I began my search for the answer by defining the word searching. Webster tells me that word means: "examining or exploring thoroughly; scrutinizing; thorough". So this leads me to a conclusion I must face, or I will not be able to continue on the recovery journey. I have to inventory myself in a way that leaves no stone unturned, I need to go back down the path of my life and look in every crack and crevice. I must be thorough, I can't just hit the high spots or only look at the pleasant aspects of who I am. My new life depends on me working this step to the best of my ability. I can never get the relief of the six and seventh steps if I don't search for my defects of character in the forth step. I will never know the freedom of making my ninth step amends, or get to the maintenance part, or the program that is the tenth step, if I don't work this vital step. The forth step is the gateway to the rest of the program.

This brings me to the fearless part of this step. How is it possible for me to look back into the dark recesses of my past without fear? I must admit, for this addict the fear was almost paralyzing. I did not want to open that big bag of trash I was carrying around

with me and start digging through it. I was afraid to look at some of that stuff, and I sure didn't want to share it with anyone else. What I found was enough courage to dig in even though I was scared. We must work this step in spite of our fear. After I began to write, the words and feelings started flowing out, the deeper I dug the better I began to feel. True courage is moving on, even though we may be full of fear.

Now the moral part. I almost got hung up here, I related moral with what I thought other people believed was moral. I was using the "morality" of the church, or what I imagined every one else thought I should live by. I was judging my morals by someone else's standards. What if I could never measure up? Maybe I'm just too bad. I had to learn to find my own morals.

I'm building a new life today, a life that uses spiritual principles as a code of conduct. It is in these principles that I find my morals today. The forth step has helped me find out who I am and to see the patterns that occurred over and over in my life. This step allows me to move forward in my recovery, to find the kind of contentment that I could only dream of. I'm glad I faced my fears.

Randy E.

"A man without a dream is only half a man, and a fellowship without a vision is a farce. And I still believe that and know damn well that we can find fulfillment in living a day at a time here. And a day at a time our vision and our Fellowship can become a greater reality." Jimmy K.

The Guardian is a free monthly publication serving the Upper Cumberland Area of Narcotics Anonymous.

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Meetings in the Upper Cumberland Area of Narcotics Anonymous:

Rockwood New Way
To Live Group
Rockwood, Tennessee

Crossville NA Group
Crossville, Tennessee

New Beginnings
Oneida, Tennessee

Getting Started
Crossville, Tennessee

Freedom Group
Allardt, Tennessee

Middle of Nowhere Group
Albany, Kentucky

Unity Group
Crossville, Tennessee

* Who Are You Group
Pikeville, Tennessee

* Free And Clean Group
Pikeville, Tennessee

* This meeting is held in a correctional facility and is only accessible to those with clearance and approval.

Addict Needs Help

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How bad your day was and that you are thinking about using dope. How if only I will follow someone blindly, I too can be a spiritual giant. I am sick and self-centered and don't want to die, but that just might kill me. I might believe that being clean is about that and I will become bored with it sooner or later and I will listen to ol' slick one more time and it will most likely be the last time, for all that is left for him to take is my life.

Show me a new way to live, please don't preach to me as I have been beaten over the head all my life with a

book that was supposed to show me how to live. I came to hate it and anything it stood for. Do not be mad at me for asking you to sign my paper, it's not my idea. Explain to me why you can't sign it, how it violates a Sacred code of ethics called the 12 Traditions and signing it could kill other addicts like me. Will you offer to have someone explain to my probation officer why you can't sign it? I know I ask a lot and it's not easy for me to ask this of you, but I don't want to DIE! Will you please help me?

Anonymous

Our clean dates or "NA birthdays" are very special events to us, and can be an inspiration to others.

If you would like to see your NA birthday in the Guardian, tell your GSR or Email us at ucaguardian@hotmail.com

NA Birthdays For April

Marty T. 4/12/08

Matt T. 4/10/08

The next meeting of the Upper Cumberland Area Service Committee will be held on May 17, 2009 At 2:30 pm CST in Crossville, Tennessee at the Crossville NA facility. We are always in need of addicts that want to be of service to our fellowship, come and check it out to see what the service committee is doing for the Upper Cumberland Area, and your group, to help us fulfill our primary purpose, carrying the message of recovery to the still suffering addict. We have many positions that need to be filled, come and experience the many benefits of service.

We need your help!

We need your help. The Guardian is in need of submissions. It can be a personal story of how you used the Fellowship or your Higher Power to get through a tough time, your views on a particular quote from the Narcotics Anonymous literature that you happen to like, Or a simple expression of gratitude.

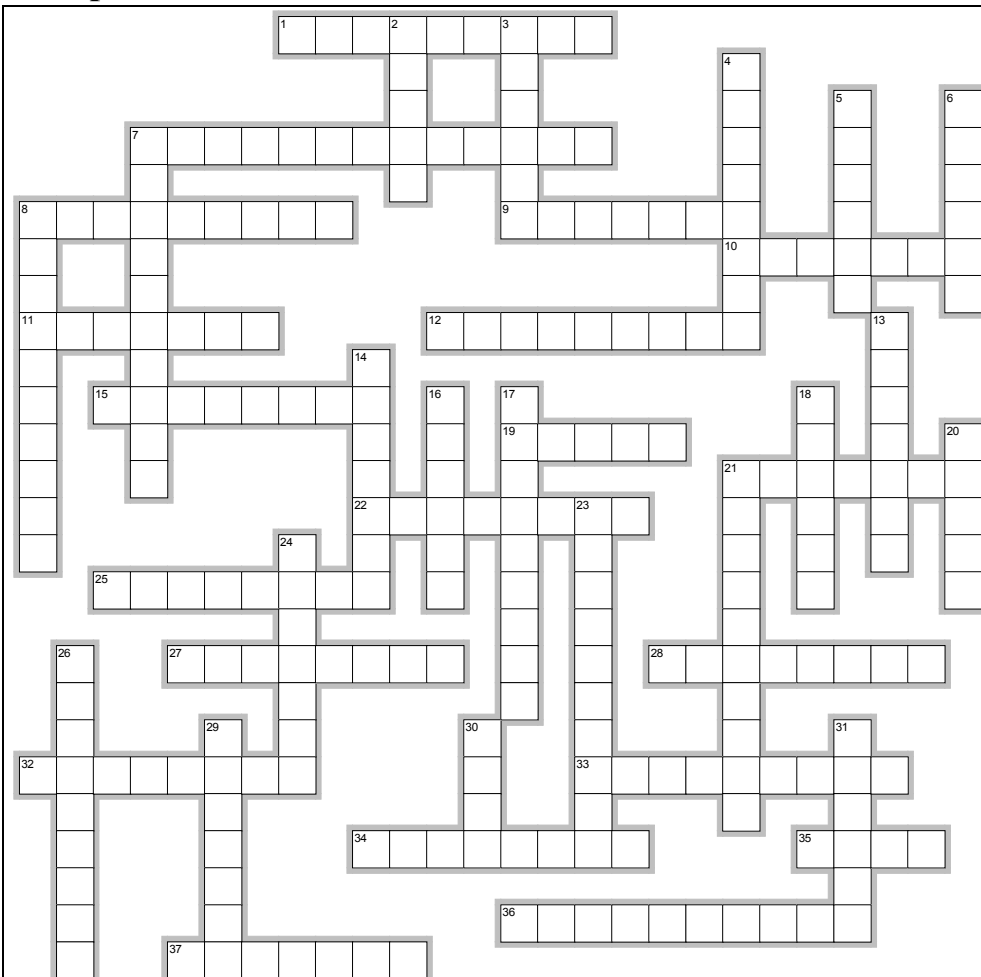
Don't worry if you think you can't write well enough, we will be happy to make any spelling or punctuation corrections for you. The important thing is that you will be sharing your recovery with another addict. After all, we can only keep what we have by giving it away. The length of your article isn't very important either, just remember that shorter is better.

The only real criteria for submissions are that they reflect the message of Narcotics Anonymous and stick to the identification of ourselves as addicts suffering from the disease of addiction.

Submissions can be brought to the Upper Cumberland Area Service meeting, sent to The Guardian, 140 Cottle Ln, Jamestown, Tenn. 38556 or E-mailed to: ucaguardian@hotmail.com

Thank you for your support.

Step Four "It Works"



Learning to use our literature helps us stay clean, the solutions are always in there.

Down

2. "We were _____." pg 41
3. "We begin to _____ our values." pg 47
4. "We are embarking on a search for insight into ourselves, our feelings, our fears, our resentments, and the _____ of behavior that make up our lives." pg 37
5. "Our Higher Power will _____ no more to us than we can handle." pg 39
6. "Some of us were _____." pg 44
7. "It is a time for deep personal _____." pg 37
8. "Some of us committed crimes and then _____ about the consequences." pg 45
13. "Our behavior ranged from taking our friends _____ to taking them for granted." pg 43
14. "We need not worry about what we are _____." pg 39
16. "We take stock of our _____ and liabilities." pg 38
17. "What in us was so threatened that we experienced such deep _____ torment?" pg 42

18. "Step Four allows us to chart a new _____ for our lives." pg 47
20. "As different attitudes and behaviors become apparent to us in later recovery, we'll want to _____ the process of change by working the Fourth Step again." pg 47
21. "_____ action on our Fourth Step is important." pg 40
23. "By working the first three steps, we have formed a solid _____ for our recovery." pg 36
24. "_____ is an essential part of this step." pg 38
26. "But some of us are still haunted by a driving _____ to use drugs." pg 36
29. "As we continue in recovery, we begin to _____ some of the basic conflicts contributing to our addiction." pg 48
30. "We may have settled for sex when we really wanted _____." pg 44
31. "Through this process, our lost _____ may reawaken." pg 46

All of the words in the puzzle can be found in "It Works How And Why" Step Four pg 36 - 48

Across

1. "We work the _____ of the steps, starting with Step Four." pg 36
7. "Writing about all of our _____ is very important, and we'll want to pay particular attention to our friendships." pg 43
8. "Many of us come to NA never having had a long-term friendship because of _____ within ourselves." pg 43
9. "We systematically _____ all aspects of our lives." pg 40
10. "However, our experience as a fellowship has shown that, sooner or later, members who don't work this crucial step _____." pg 36
11. "We can turn to this _____ again and again." pg 47
12. "The quality of our lives depends, to a large degree, on the results of our _____." pg 45
15. "After we have written a number of inventories, we may _____ that our first Fourth Step merely scratched the surface." pg 47
19. "A _____ inventory doesn't mean that we will condemn ourselves." pg 38
21. "With our _____, we are able to put on paper those things we thought we'd never tell." pg 38
22. "In recovery, we learn to _____ what we are feeling." pg 41
25. "We don't have to be the _____ victims of our past." pg 45
27. "We can begin to stop being the person we have _____ and find the freedom to be who we are." pg 38
28. "We cannot allow ourselves to be _____ with hostility toward others." pg 42
32. "Step Four is a big step forward on the path of _____." pg 39
33. "We can't afford to delay work on our _____." pg 40
34. "We may have resorted to _____ and manipulating because we feared the future." pg 41
35. "How did we _____ others?" pg 40
36. "To continue the process of change, we move on, making our _____ in Step Five." pg 48
37. "We trust that the final outcome of working the Fourth Step will be the continued _____ of our spirits, and we go on." pg 37