



# ***THE GUARDIAN***

**MARCH 2009**

## **Making A Decision To Turn It Over**

Learning to turn it over on a daily basis takes work. This one of the action steps. Understanding why my life is in such a mess usually boils down to not making this decision each day. This consists of prayer and meditation, going to meetings, sharing with another addict talking with my sponsor, and being involved in service. Letting go is how I get a daily reprieve. I am learning to trust that a loving higher power is my life.

Working Step Three is one of the building blocks of our program. the god of my understanding is loving, caring and understanding. Surrendering to the care of my higher power takes willingness, faith, trust, and commitment! These are essential to our recovery.

These spiritual principles help me share my experience, strength, and hope with the still suffering addict carrying the message and not the disease. I have been challenged by personalities, and have reacted to them, taking back what I turn over. Sometimes these lessons are hard learned. The one thing that I have learned, the more I practice these principles the easier it gets. Feeling too

good is a danger area for me, this is when I start to take back that control. Self will takes over and there goes the willingness right out the door. It is about Spiritual progress when these principles lead to action.

Faith led me to trust, and trust led me to commitment, and that is were the rubber meets the road, propelling me in to action. The disease of addictions wants to trick me into believing that this a waste of time, that there is something more important I could be doing. Commitment is one antidote for us addicts, and another one is responsibility. Not until I became committed and responsible and showed some consistency did this work.

In working Step Three we all find freedom in giving it up to something greater than ourselves. A loving god is caring for us!

In loving service Al P

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Step Three Crossword Puzzle

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## The Process Of Recovery

When I first started looking at this program and the steps I just knew that there had to be a religious hook in it, the people in the rooms were happy and hugging each other, it reeked of something spiritual. I didn't have to read too far down it list before I found it, right there in the third step was the word GOD. I had heard a lot about that guy, and I was afraid of Him. There was no way I could communicate with God, I had lied to Him so many times I was sure He had no use for me. At this time I was unprincipled, and I didn't have a spiritual bone in my body. Maybe that's the reason we don't start working the steps at our first meeting, and we sure don't start with the third step.

After going to a few meetings, and hanging out with addicts who were working the steps, and really living the NA program, I started to see that it was my way of thinking that was flawed. I would have to use the steps to help me correct this. I found an addict I could relate to, someone who seemed to be living the kind of life I would like to live, and I asked him to sponsor me. After ninety days or so, I had stopped shaking enough to start working the first step, this step helped me to get honest with myself, and to see that admitting I had a problem was only the beginning.

In the second step I began the process of making contact with a Higher Power, and I didn't even realize it. In the beginning I could only see the group and the literature as a power greater than myself. I started to see that anytime addicts come together to help one

another stay clean a Higher Power is working in our lives. It was in the second step that I came to believe that the only hope this addict has is to work the Narcotics Anonymous program to the best of my ability. Now it was time to put this belief in to action and move on to step three.

The third step asks us to make a decision to turn our will and our lives over to the care of God. This seemed like a strange thing for me to do. I had no knowledge of God and didn't know what to expect. How could I put my life into the care of the unknown? I had tried to control everything and everybody for so long I didn't know how to let go. I had to find a new level of surrender and trust before this step would be possible. After reading our literature and talking with my sponsor about this step I was able to see that I had been turning my will and my life over to the care of the unknown for years, the drugs. Drugs were my Higher Power, they controlled every aspect of my life. When I looked at it this way I realized I had nothing to lose and everything to gain. I was still having trouble with the GOD concept, but that was because I had not put any thought into what the last part of the step says, "God, *as we understood Him*". That tells me whatever "God" means to me is OK. This made a lot of difference to this addict, and I started praying to "whatever is out there", asking for help. Slowly but surely I have been building a relationship with God *as I understand Him*.

(continued on pg 3)

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

### **Newsletter Subcommittee**

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### **Upper Cumberland Area of Narcotics Anonymous**

**Helpline: 866-454-3784**  
**24 hours toll free**

**Upper Cumberland Area of Narcotics Anonymous web site: <http://www.nauca.org>**

### **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

(Note: This meeting is held in a correctional facility and is only accessible to those with clearance and approval.)

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## The Process Of Recovery

(continued from pg 2)

I have to always remember, recovery is a process, not an event. I want things to get better overnight, without any effort on my part. That's not the way it works, recovery takes a lot of practice. I still try to take control, just to find I'm no better at it now than I was in the beginning. Our literature tells us that the foundation of our recovery is the first

three steps. We build our new lives on this foundation. The stronger our faith in the NA program, and our trust in our Higher Power, the better able we are to deal with the problems we will surely encounter when we go out in the world and live our new lives.

Randy E

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](mailto:ucaguardian@hotmail.com)

### NA Birthdays For March

Ralph L. 3/15/83

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"I'm going to be around here for a long, long time. So you're going to have to put up with me. Because I'm not going to leave. And I hope that you hang around too. Because maybe... maybe if we all stick together we will find unity in this program. We will learn how to apply the Traditions which is the only thing that will make the Fellowship grow. And we will be able to carry the message to every corner of the earth."

Jimmy K.

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The next meeting of the Upper Cumberland Area Service Committee will be held on March 15, 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.

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### **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.

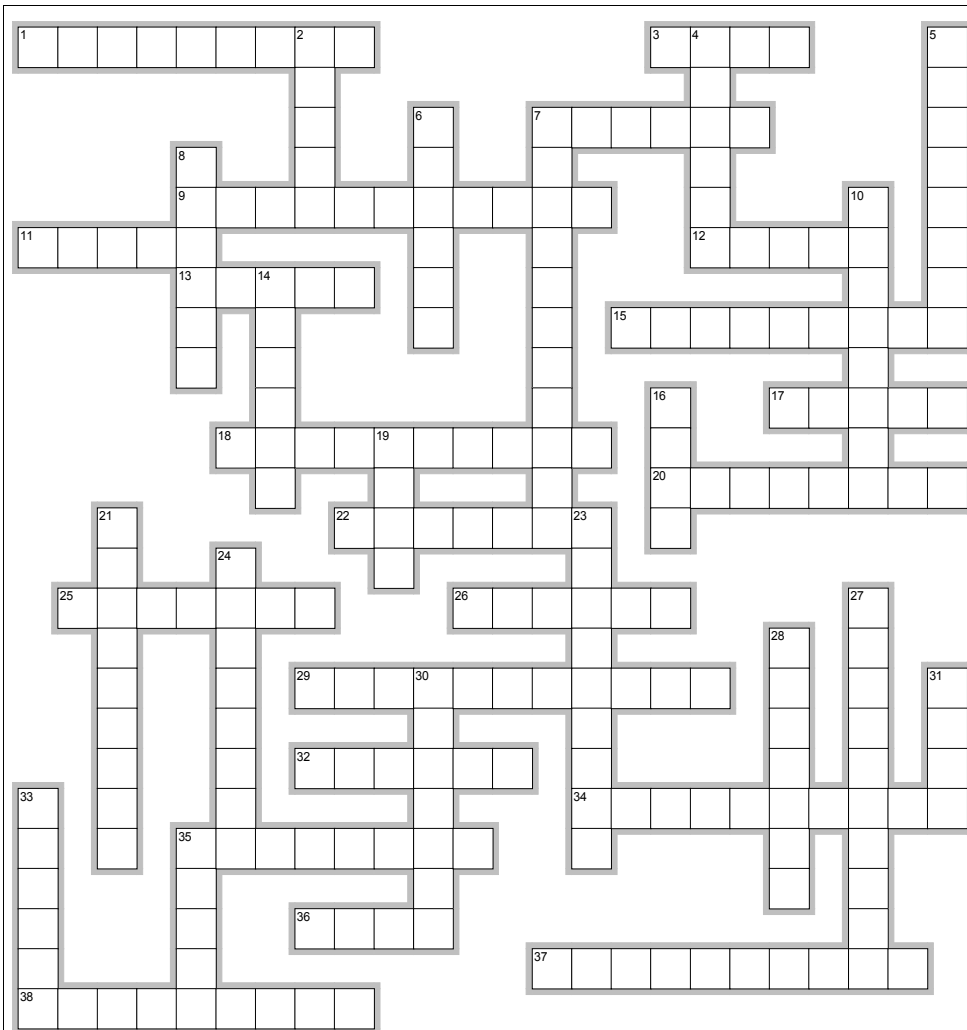
Don't worry if you think you can't write well enough, we will be happy to make any spelling or punctuation corrections for you. The important thing is that you will be sharing your recovery with another addict. After all, we can only keep what we have by giving it away. The length of your article isn't 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](mailto:ucaguardian@hotmail.com)

Thank you for your support.

## Step Three "It Works"



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

### Down

2. "Working Step Three only in certain \_\_\_\_\_ of our lives short-circuits our spiritual development." pg 31
4. "Recovery doesn't \_\_\_\_\_ us from having to live through painful situations." pg 33
5. "\_\_\_\_\_ is a process of discovery." pg 33
6. "The relief we experience as a result of working the first three steps is only a glimpse of the \_\_\_\_\_ we can experience through working the Twelve Steps." pg 34
7. "We develop this \_\_\_\_\_ over time." pg 26
8. "Step Three doesn't free us from having to take \_\_\_\_\_, but it does liberate us from excessive worry about the results." pg 31
10. "In Step Three, we put our belief in a Higher Power into action, making a \_\_\_\_\_ to turn our will and our lives over to the care of the God of our understanding." pg 26
14. "We are making a serious \_\_\_\_\_ to live differently than we have in the past." pg 28
16. "There is more \_\_\_\_\_ to do." pg 35

19. "Or we may wonder what will happen to us if we place ourselves in God's \_\_\_\_\_." pg 27
21. "Most of us ask our Higher Power for \_\_\_\_\_ on a daily basis." pg 30
23. "Our sponsor will guide us in applying the \_\_\_\_\_ principles of recovery, showing us how to shift our focus away from our own self-interest and toward a more spiritually centered life." pg 29
24. "Self-will is composed of such characteristics as closed-mindedness, unwillingness, self-centeredness, and outright \_\_\_\_\_." pg 26
27. "The Third Step is our \_\_\_\_\_ to our own emotional, physical, and spiritual well-being." pg 27
28. "We can easily lapse into old behavior; it takes determination, time, and \_\_\_\_\_ to change." pg 27
30. "We learn that we don't have to be \_\_\_\_\_ to live a spiritual life." pg 34
31. "Relinquishing control is not \_\_\_\_\_, but we can do it with help." pg 32
33. "We notice a gradual \_\_\_\_\_ in our thinking." pg 33
35. "We begin to \_\_\_\_\_ differently to the situations and people around us." pg 32

All of the words in the puzzle can be found in "It Works How And Why"

Step Three pg 26 - 35

### Across

1. "\_\_\_\_\_ to working the Third Step is our willingness to allow the God of our understanding to work in our lives." pg 26
3. "Acting on our self-will has kept us trapped in a continuous cycle of \_\_\_\_\_ and pain." pg 26
7. "We were always on the lookout for ways we could force things to go as we \_\_\_\_\_." pg 27
9. "No one can do it for us; we must \_\_\_\_\_ decide to do this for ourselves." pg 29
11. "We learn to let go and \_\_\_\_\_ the God of our understanding." pg 28
12. "This is a twelve-step program, not a \_\_\_\_\_-step program." pg 35
13. "Our attitudes and \_\_\_\_\_ become more positive." pg 33
15. "Our lives are guided by our emerging \_\_\_\_\_." pg 34
17. "We rely on our \_\_\_\_\_ and believe that this decision is one of the best decisions we've ever made." pg 29
18. "Because we have made the decision to allow spiritual \_\_\_\_\_ to work in our lives, we may notice a sense of relief." pg 32
20. "We can grow in spite of our pain or, perhaps, in \_\_\_\_\_ to it." pg 33
22. "For some of us, deciding to turn our will and lives over to the care of the God of our understanding is a \_\_\_\_\_, not an event." pg 32
25. "With our \_\_\_\_\_, we ask a Power greater than ourselves to care for us." pg 30
26. "We \_\_\_\_\_ to work this step thoroughly." pg 32
29. "We are \_\_\_\_\_ for our recovery." pg 31
32. "The \_\_\_\_\_ for a God of our own understanding is one of the most important efforts we will undertake in our recovery." pg 30
34. "We savor the laughter and the joy we hear expressed so \_\_\_\_\_ in our meetings." pg 34
35. "The decision we make in Step Three \_\_\_\_\_ that we move away from our self-will." pg 26
36. "As we experience this new way of life, we begin to realize that recovery is a priceless \_\_\_\_\_." pg 34
37. "When we are tempted to \_\_\_\_\_ a situation, we recall this decision and let go." pg 32
38. The decision that we make by working this step, and the relationship that results, will revolutionize our \_\_\_\_\_." pg 27