



## **Having Step Two Work Me**

When it comes to working my program on things I don't want to do, I follow a lesson I learned at what was then the most un-spiritual place I had to deal with in my day-to-day life: my last job. I took into account the spiritual principle of open-mindedness from Step Two, when I asked my one boss a simple question about what to do first, what to do next, etc. He said that it didn't matter, that he didn't give a (bleep) what I did because it all needed done anyway.

Major light bulb moment there! I transferred that idea into just getting things done, period. I kind of expanded this idea into an understanding that it doesn't matter whether or not I WANT to do something; if it is something I NEED to do, then I just have to do it. Whether it was my not wanting to be tolerant of performing some task, or letting go of some minor anger at someone (which was not really important in the first place), that I still had to push on in doing what I needed to do regardless of any minor negative emotions, instead of my falling back on my old behaviors just because I didn't want to do whatever.

This is where the cliché part comes in. We hear in various ways a few slogans: "When we could no longer stand our old ways, we began to change," (Basic Text, p.21)

"People tend to live what they believe," (It Works: How & Why, p.24)

"Insanity is repeating the same mistakes

and expecting different results," (Basic Text, p.23)

For me, it wasn't that I didn't want to change, but I didn't know how to change because I only knew how to do things on MY terms. I was sick of the pain, so - with the idea of "it all needs done anyway" - I realized then that I had to do various things I didn't want to do if any positive changes were going to occur.

Well, that didn't fit in with my "beliefs" at the time. So, even though my actions *usually* follow my beliefs, I realized that in order to change those thought patterns, I had to acquire a different mindset through my actions. It wasn't easy, but it became more natural over time. As a result, I began repeating the same "non-mistakes." I was getting better results, and little by little whatever passes for sanity in my case is being restored.

If I wasn't open-minded to God working in my life, and believing that He could restore me to sanity, I would still be sitting in my pit of misery. I don't apply any of this perfectly on a daily basis; some days I don't even come close. However, by repeating the same positive actions my day-to-day life slowly improves, allowing me more freedom to live and grow than I ever got from any fix, pill or drink! In this way, I have to let Step Two work me.

Joe A. – grateful recovering addict in central Pennsylvania

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## Thoughts about our Second Tradition

When I sat down to study my Second Tradition I found myself wondering why there is so much confusion in our group consciences. It seems like a lot of people forget that one of the biggest parts of our group conscience as well as our overall conscience is our literature and the principles it teaches us. In a group conscience we are not re-writing recovery we are trying to come together to apply the principles of the guiding literature to best carry the message to “addicts seeking NA recovery”.

Thinking about this made me really focus on the very first part of the Tradition, “For our group purpose...”. In order to even begin the Second Tradition we must all come together in our rooms to build that First Tradition. When we allow things to come into the rooms that clearly divide us, our group conscience becomes a battleground for dissension. Many of those things stem from outside issues that are clearly defined by our guiding principles, our Traditions. The second paragraph of Tradition Two, pg. 61 in our Basic Text, gives us some very useful suggestions and experience.

I have looked through the Traditions a few times trying to find answers too many of the things that are dividing our fellowship today. The things like affiliation with other fellowships, treatment centers, the court systems, as well as self centered ideas that do not do the one thing that I was taught in early recovery, play the tape all the way through. Giving up our right to approve all NA literature to a select few? Maybe not a good idea. Now we know.

So I checked with our Fifth Tradition on what our group purpose was. The first paragraph of it makes it pretty clear. The last sentence, to me, seems to be built out of the First Tradition, “Unity of

action and purpose makes possible what seemed impossible for us - recovery”. My sponsor said they built the Traditions on each other with the Twelfth as the foundation of them all. I think that many problems could be solved if the focus were to be what our Fifth Tradition states in the last paragraph.

Our service structure, our group conscience, our ways of carrying the NA message have departed from a simplistic format of providing a clear NA message that is readily available to any addict seeking recovery, to promotion through outside organizations, literature directed towards non-addicts, and politically correct confusion. To put it simply after what seems to be some group consciences that have not been centered in the NA way, our message has become blurred and lost its OOMPH. It no longer speaks of the cold hard truth because it is no longer pure and clear.

I still very much believe in our group conscience, and I believe the responsibility lies with the groups. Many rural, isolated groups quit being involved in NA as a whole, so their group/God guided conscience became centered in only their needs. Maybe they just followed suit when the NA world services outgrew them. Man, it reminds me of the same feeling I get when I listen to politics.

Please, I ask the groups to help me out with something. Do a group conscience, honestly look at the message it carries, and ask yourselves if your group conscience includes the already formed NA group conscience. Help NA and me fulfill those recovery needs as well as the service needs that are vital to our lives, at least our lives as recovering addicts. Let’s get it back to simple.

In loving service, an addict

**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:**

Crossville NA Group  
Crossville, Tennessee

Daily Reprieve  
Wartburg, Tennessee

Getting Started  
Crossville, Tennessee

Freedom Group  
Allardt, Tennessee

Middle of Nowhere Group  
Albany, Kentucky

Primary Purpose Group  
Smithville, Tennessee

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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## Using dreams.....and gratitude!

Today I am truly grateful for the process of recovery that I am living. Last night I had a using dream, a vivid using dream!!! I woke up and realized it was a dream, a nightmare, and was instantly on my knees thanking my Higher Power for it. It was awful, lots of consequences, lots of pain, lots of tears.

In early recovery I really hated them, cause they triggered a lot of emotions and feelings, but today I am grateful for the remainder of where my life

would be if I would pick up just one. JUST ONE.....that's all it would take cause its not the caboose that kills you - its the engine of that dang train. Its not the last one....its the first one. If I picked up it would be an emotional and spiritual death, right from the start. Today, I don't allow myself to go there, I stay connected to my recovery.....and am grateful for the reminders that my Higher Power gives me, in whatever ways he sees fit to get my attention.

Lee C.

Only One Promise Area of NA

## **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.

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## **The New Driver**

Five month before fifty  
Came a fork in the road  
My life had gone nowhere  
I was just growing old  
My tires had blown out  
My engine was broke  
This world of addiction  
Was making me choke  
I needed some real help  
And got down on my knees  
"Can't drive no more GOD  
Will YOU take the wheel PLEASE"  
Then I stood at the curb  
And held out my thumb  
Wondering if HE even wanted  
This thing I'd become  
I watched HIM slow down  
And then stop on the right  
HE told me to climb on in  
And hold on to HIM tight  
The direction we were going

Was now HIS to decide  
And all I needed to do  
Was go along for the ride  
Now six months down the road  
To this place I arrive  
Should have let HIM drive sooner  
I've never felt so alive  
With joy deep in my spirit  
I'm feeling happy and free  
'Cause HE opened my eyes  
And has now let me see  
That my life is worth living  
When I follow HIS plan.  
Glad mine's back in the past  
In that broken down van  
That was taking me nowhere  
But straight to a dead end  
I'm now eternally grateful  
And on HIM I'll depend  
To keep driving me forward  
To this future that's so bright  
Glad HE picks up lost hitchhikers

By Ron White Dec. 2007

Thanks to our friends in the recovering community of the Southwest Area in the California Inland Region we now have these wonderful Word Find puzzles. We hope to have one each month, enjoy.

PUZZLE

**STEP THREE**

D D B E A Z N B F G D E C I D E L L I W  
 O E R V T K D O O T S R E D N U G H O J  
 W R O C Q P J P I D J A X T H G I R N Q  
 S I M P L Y E K D T Y C L E A N G P W D  
 B U L R R N K C M E A G E Q N D R O O D  
 P Q K L T R A R N V C C G O D O E J M C  
 P E K U I W T P M O R I I O O D A I L Y  
 Q R R X H N O M T O C T S F D H T I A F  
 W N J F O W G N F N A T C I I E E R H T  
 B E L I E F X N K R A J N Z O T R H G R  
 D G T R E C T Y E A J R X E B N A K P A  
 F C Q W X S T P S S D Q E E I R W R W P  
 A J K P E L S J S T S D L L E T A V G P  
 L S M N R E E S E D E C I A O C A I J E  
 U X O K D O P T N E A P L C T T A P C D  
 F H E U A I G I T R N I X I T N W O H S  
 E Y H M R U M R I I Z O C K T S K R O W  
 S W G I I C Y M A E N E Y H R E H G I H  
 U O T D V F E P L M U G D N U O F K C K  
 D Z E Q W T R O F F E L A V A L I V E S

ACTION	GIANT	PROOF
ADDICTS	GOD	REALIZE
ANYONE	GRATIFICATION	REQUIRED
BELIEF	GREATER	RIGHT
BODY	GROW	SHOW
CARE	GUIDE	SIMPLY
CHOICE	HIGHER	SOURCE
CLEAN	HONEST	SPIRIT
CONCEPT	KEYS	STEP
DAILY	KNOW	TAKE
DECIDE	LETTING	THREE
DECISION	LIVES	TOLERANT
DESPERATION	MIND	TRAPPED
DOGMA	MIRACLE	TRY
DOOR	OPEN	TURN
EFFORT	PATIENT	UNDERSTOOD
ESSENTIAL	PERFECT	USEFUL
FAITH	POWER	WILL
FORCE	PRACTICE	WILLINGNESS
FOUND	PROGRAM	WORKS

By ©D

All of the words are taken from Step 3 in the Basic Text pages 24-26

**Concept Six**

Group conscience is the spiritual means by which we invite a loving God to influence our decisions.

**Question 3 from our Concept Workbook**

Read NA's Second Tradition. Does the Sixth Concept conflict with the Second Tradition, or help clarify it?

The next meeting of the Upper Cumberland Service Committee will be on March 16, 2008 At 2:30 pm CST in Crossville, Tennessee at the Crossville NA facility. Come check it out to see what the service committee is doing for the Upper Cumberland Area and your group to aid in better carrying the message to the still suffering addict.