



# THE GUARDIAN

AUGUST 2009

## Getting There

In recovery there are no magic pills or quick fixes, many addicts get clean and go straight to making amends, only to end up owing more amends, or worse, relapsing. If we want that new way to live it speaks of in our literature we have to do a lot of work. The steps are written in the order that they must be worked in, we can't skip around, or only work the ones we like. I know that won't work, I've tried it. There is a tool that fits every nut in the room, the steps. By working the first seven steps we are able to begin mending our relationship with ourselves and our Higher Power. And we have to work them with a sponsor, someone who has also worked them, and is trying to live by the principles of them. Only after we come to believe that a Power greater than ourselves could restore us to sanity, are we able to learn to trust that Power enough to turn our will and our lives over to the care of it. With the strength gained in these steps we are then able to get honest enough to take our inventory, only our inventory, and then name our defects of character, overlooking nothing. We imagine our lives free from these defects, we see what can we become without them, and we become entirely ready, then we humbly ask the God of our understanding to remove these shortcomings.

As can be seen from this condensed version it is a long journey from "admitting we were powerless" to "humbly asking Him to remove our

shortcomings", but the journey is worth taking. It's in the next steps that we find out what freedom feels like. In our fourth and fifth steps we found the people we had harmed, now we make a list of these people, it's just a list, it can't hurt us. Our objective in the eight step is to make our list, and to become willing to make amends. We can't live just for today if we project ourselves into tomorrow, planning and scheming about what is going to happen. This is why we had to work those first seven steps just to get here, we have to prepare for this moment. It's easy to revert back to our old way of acting and thinking when faced with the stress of live on lives terms, and owning our shit is a part of life. We have been building a relationship with our Higher Power, right? Now might be a good time to tap into that Power and ask for some help. We must become willing if we want to live without fear. Willingness is the key to step eight.

I came to NA a shattered soul, a person only half alive, I lived in fear and anguish. The steps have helped me to resolve some of the issues in my past that kept me from growing into the person I longed to be. I still have a lot of growing to do, but my life is a hell of a lot better than it was, and I believe as long as I keep using the steps it can only get better.

Joe Addict

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# Messenger

It is amazing how we learn things in recovery. When I was 16 years clean, I was working a job in Birmingham, Alabama as an inspector for an emergency management agency. My duties were to visit people that had losses from a disaster. This particular disaster was a tornado. I would turn in reports that rewarded the monies to help them rebuild their lives. As an addict in recovery, I understood disasters. Prior to coming into Narcotics Anonymous, my whole life was a disaster. If they named tornadoes like they do hurricanes, they would have called me tornado Jim. I destroyed people's lives, including my own.

I had done over 10,000 inspections prior to this disaster. I was considered a qualified inspector. On this one day, I started reading my laptop to review my inspections. One of them was highlighted and marked "sensitive". That meant there were deaths involved. I knew right then that I needed a HP. As I read the inspection; I noticed that I would be interviewing a 72 year old woman who had lost her husband and grandson. It went on to say that she had also lost 4 neighbors. I needed my spirit to be conditioned. I said another prayer. One simply was not going to be enough.

I met with the woman. She had her granddaughter with her. Her granddaughter explained to me that her

granddad had placed a recliner chair over her grandmother, and then jumped on top of their grandson to protect him. The tornado blew through their home. She told me the grandson and the grandfather were blown out into a tree limb that pierced and killed them. She said her grandmother was hurting and needed as much help as we could provide. I was very teary eyed and could feel their pain. I did my inspection the best that I could under the conditions.

The elderly woman never spoke during the interview; her granddaughter spoke for her. I explained to them how we could help, and I listed the things we could provide them. I was now finishing up the interview when the elderly woman spoke. She asked me if I could do something else for her. I really, really wanted to be able to help her. I said, "Sure". She said, "Young man, will you give me a hug?" My heart smiled. NA had been hugging me for 16 years. I was a professional hugger. I felt the presence of GOD that day. She did not care about the money we were awarding her. She did not want anything, but a simple hug. I will never forget that day, because I felt like a Messenger.

My job was to give a hug, and Narcotics Anonymous had prepared me.

Jim S.

Reprinted from the Bay Area Newsletter

**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.

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## PRACTICING THE PRINCIPLES OF OUR TRADITIONS

### TRADITION EIGHT:

"Narcotics Anonymous should remain forever non-professional, but our service centers may employ special workers."

Our recovery process begins when we ask for help from our fellow addicts in Narcotics Anonymous. At first, we cannot understand their unconditional love and attention, but we accept it. Eventually, we see for ourselves that we can only keep what we have by giving freely to others what was freely given to us. We gain the ability to give of ourselves without expecting something in return.

NA teaches us that we no longer have to do everything ourselves. We understand we can no longer survive in isolation. We identify our needs and take the actions to get them met. We learn to distinguish what we can handle ourselves and what we should turn over to an appropriate professional. .

Read the chapter in the Basic Text on the Eighth Tradition.

Read the chapter in It Works: How and Why on the Eighth Tradition.

Write answers to the following:

1. What does this tradition mean to you?
  2. What does this tradition mean to NA?
  3. What is professionalism?
  4. Does professionalism contradict the "Principle of Anonymity" ?
  5. What is a special worker?
  6. Are special workers responsible to group conscience? If so, how?
  7. Is a special worker an employee of NA? .Who hires them? How do they get paid?
  8. The spiritual principles of this tradition are prudence, humility, anonymity, and integrity. Write their definitions.
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The next meeting of the Upper Cumberland Area Service Committee will be held on Sept. 20, 2009 At 2:30 pm CST in Crossville, Tennessee at the Crossville NA facility. We are always in need of members 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.

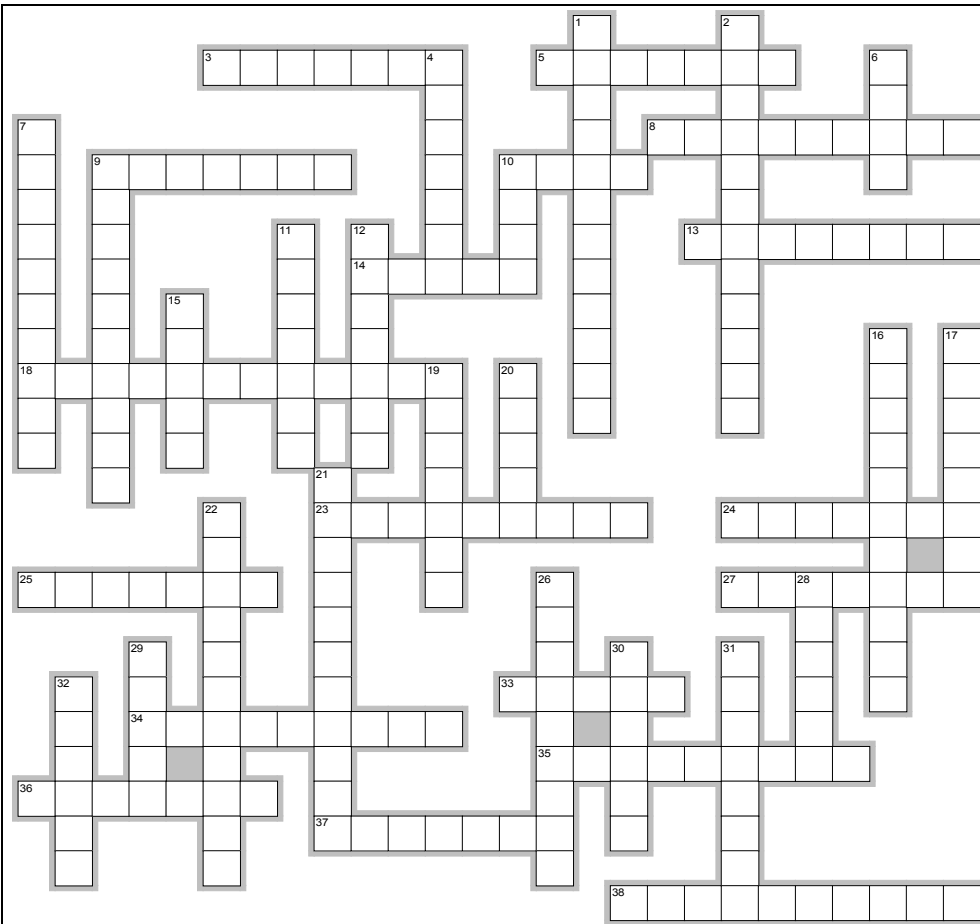
Don't worry if you think you can't write well enough, we will be happy to make any spelling or punctuation corrections for you. The important thing is that you will be sharing your recovery with another addict. After all, we can only keep what we have by giving it away. The length of your article isn't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

Thank you for your support.

## Step Eight "It Works"



EclipseCrossword.com

All of the words in the puzzle can be found in "It Works How And Why" Step Eight pg 76 – 83

### Across

3. "Our ability to \_\_\_\_\_ comes from our ability to accept and be compassionate with ourselves." pg 78
5. "At this point, making a list and becoming \_\_\_\_\_ to make amends are our only concerns." pg 77
8. "Over the years, we have involved our families, partners, and long-term friends in one painful \_\_\_\_\_ after another." pg 81
9. "In the Eighth Step, we begin the \_\_\_\_\_ of making peace with others." pg 76
10. "We are responsible for the \_\_\_\_\_ we caused no matter what our intentions were." pg 80
13. "Simply accepting the harm we caused increases our \_\_\_\_\_." pg 81
14. "It was not easy to \_\_\_\_\_ our wrongs." pg 77
18. "We let go of our \_\_\_\_\_, and we let go of blaming anyone for our actions." pg 78
23. "Step Eight isn't simply a restatement of our \_\_\_\_\_." pg 79
24. "Our most nightmarish expectations may involve someone refusing to accept our amends, preferring instead to take \_\_\_\_\_." pg 77
25. "Our \_\_\_\_\_ can also help us." pg 79
27. "In Step Eight, we begin to \_\_\_\_\_ our wrongs." pg 76
33. Some of us have had a tendency to deny any responsibility, while others have taken on total \_\_\_\_\_ for every disagreement." pg 80
34. "By the time we work our way through the process of making amends, we will surely be \_\_\_\_\_ by the level of freedom we feel." pg 76
35. "In the Eighth Step, we are not \_\_\_\_\_ with what others have done to us." pg 78
36. "However, in order to gain true \_\_\_\_\_ from our defects, we need to accept responsibility for them." pg 76
37. "A Higher Power is working in our lives, preparing us to be of \_\_\_\_\_ to others." pg 83
38. "In addition to understanding what harm means, we also need to \_\_\_\_\_ what "make amends" means." pg 81

### Down

1. "Many of us are haunted by memories of our \_\_\_\_\_ of others." pg 77
2. "In developing a list of all the people, places, and \_\_\_\_\_ to whom we owe amends, we may wish to review our Fourth Step." pg 79
4. "Though we may \_\_\_\_\_, "But I never meant to hurt anyone!", this is beside the point." pg 80
6. "We want to become willing to make the amends we owe, and we do whatever it takes to \_\_\_\_\_ that willingness." pg 82
7. "Our \_\_\_\_\_ to recovery includes becoming ready to go as far as we must." pg 83
9. "We've been practicing these \_\_\_\_\_ all along and are quite familiar with them." pg 78
10. "Most of the people we've \_\_\_\_\_ have probably heard us say "I'm sorry" enough to last a lifetime." pg 81
11. "Willing to go to any \_\_\_\_\_ to change, we are newly inspired." pg 82
12. "We didn't just lie; we lied to someone. We didn't just steal; we stole from \_\_\_\_\_ people." pg 79
15. "We must let go of resentments and \_\_\_\_\_ on our part in the conflicts in our lives." pg 78
16. "We are \_\_\_\_\_ for our actions." pg 78
17. "If we want to continue with our \_\_\_\_\_, we must make amends." pg 82
19. "We also take note of how we harmed \_\_\_\_\_ as a whole and add that to our list." pg 79
20. "We want to be free of such \_\_\_\_\_. We begin by making a list of the people we've harmed." pg 77
21. "We ask God to help us find the \_\_\_\_\_ to make our amends." pg 82
22. "We must avoid \_\_\_\_\_, either negative or positive, about actually making our amends." pg 77
26. "There may be instances in which we \_\_\_\_\_ harm so severe that the situation simply can't be set right." pg 81
28. "Accepting the harm we caused, being truly sorry, and becoming willing to go to any lengths to \_\_\_\_\_ is a painful process." pg 81
29. "In the previous steps, we began to make \_\_\_\_\_ with our Higher Power and with ourselves." pg 76
30. "We find ourselves wondering how our \_\_\_\_\_ will be received." pg 77
31. "Making the list and becoming willing may be difficult unless we \_\_\_\_\_ our resentments." pg 78
32. "We no longer feel constant \_\_\_\_\_ over the harm we caused in the past." pg 83