



We keep what we have only with vigilance

Complacency is the enemy of members with substantial clean time. If we remain complacent for long the recovery process ceases. (Basic Text, page 80)

When I first came to Narcotics Anonymous, I was living in fear. Would this be the day that I would be locked up for many years and lose everything, or is this the day that I overdose and die? Maybe this is the one when my wife has had enough, or when one of the many people I have done wrong catch up with me.

When I came to my first NA meeting, I found hope. I saw addicts who had found a way to stop using and be happy at the same time. I could not understand how this was possible. Without drugs, I was miserable. I asked how they had managed to achieve this miracle. They just smiled and invited me to go to more meetings with them. I made one of the best decisions of my life that night. Since that time I have been hauled all over the state, to recovery meetings, area service meetings, learning days, even regional service gatherings. I was fortunate to find a sponsor who had been introduced to the Narcotics Anonymous program in this same way, he always picked me up, and never let me buy any gas or give him any money. He just told me I must be

willing to do the same thing for other addicts when the time came, and today I do.

Since I have been living clean in the NA program things have gotten really good. Today I no longer live in fear; I have no reason to be afraid. As a result of working these steps and trying to apply these principles in all of my affairs, most of the negative things in my life have gone away. Like those addicts who were at that first meeting, I too have found a way to be happy without using drugs. My wife and I enjoy going places and doing things together. I have a career that keeps me very busy. Life for me today is richer and fuller than it has ever been before.

At this point in my recovery, I have to be especially vigilant. A quick look in the dictionary tells me that vigilant means staying watchful and alert to danger or trouble. I have a disease that wants me to think that there is nothing wrong with me, that I am cured, so it can get me back under its control and kill me. Our literature tells us that this disease is progressive, incurable, and fatal if

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The NA Diet

Did you ever feel like you were carrying around a lot of extra weight? I have too, but I found this new diet.

First, I wake up every morning and have the first three steps for breakfast. Then I clean all of the things out of my fridge that I don't need anymore and I give it all away.

Before lunch, I do the first workout of the day. I pick up Step 6 in one hand, Step 7 in the other and put on my living shoes and I face the day.

By lunchtime, I'm already feeling lighter. So after lunch I do another little job. I make a list of things I need to do and become willing to do them. Then I do what is necessary.

By the end of the day, I feel great. I feel free from that extra weight. So after a dinner of reflection I take an inventory of my day. I realize I've lost that weight of insanity, lived life on life's terms, and was a responsible and productive member of society.

In order to keep my mind off the heavy burden of addiction, I spend the rest of the evening focusing on my relationship with the 11th Step.

This way, I can go to a meeting, work a step, or do something in service that will fulfill our fellowship's primary purpose, to carry to message to the addict who still suffers. This keeps me focused on practicing these principles in all of my affairs. The 11th Step keeps me

focused on the 12th Step.

This daily NA diet has lightened my load tremendously. I have lost that weight that held me back. This like any other diet is a combination of discipline and action.

If you want to lose that heavy burden of the insanity of addiction and enjoy the lightness of freedom from active addiction, give recovery a chance.

Anonymous

Just a Reminder

The Upper Cumberland Area will hold its annual area inventory at the Crossville NA building in Crossville, Tennessee

On Saturday, August 18th. The inventory is scheduled for 1pm to 5pm with a cookout, fellowshiping and a meeting to follow. Any member of NA can attend, but all members of the Upper Cumberland Area

are urged to attend. This is a chance for all of us to see how effective our Area has been at carrying the message of NA in this past year, and where we feel we should concentrate our energies in the coming year.

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

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Upper Cumberland Area of Narcotics Anonymous web site:

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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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left untreated. I must always remember that I'm only one dose away from returning to my old way of life with all of the fear and misery that comes with it.

When I get too busy, or too tired to go to meetings, or work on my steps I'm on my way to a relapse. In our Just For Today meditation guide there are many references to complacency. I believe our predecessors are

trying to tell me something here. When I start having problems in my recovery it's usually because I have stopped doing one or more of the basic things that worked so well for me when I first got here. I have a life that is worth living today, and it's because of the NA program. If I ever forget that I am doomed.

Randy E.

The pain of remaining the same

I'm a recovering addict in the Upper Cumberland Area, and I would like to share how I'm growing up in Narcotics Anonymous.

I've been around for awhile and still do the basic things we told the newcomers to do, go to meetings, read the literature, get a sponsor, work the steps, do service, and find a God of your understanding, but most of all stay clean.

Our literature tells us "we can only keep what we have by giving it away". I can only give away what I have, and for a long time the message I got at meetings was "just stay clean and everything will be alright". For an addict in their first ninety days that may be true. But how about that addict with double digit clean time whose

never worked all the way through the steps, and doesn't know how to apply spiritual principles in their life. That's me!

There was a situation that happened in my life that brought up a lot of fear, and with fear comes anger, resentment, emotional pain, and every defect of character known to man.

I'm very grateful for the foundation of recovery I had at the time, even though that foundation was "just stay clean and everything will be alright". What about all the feelings that were going on? How was I supposed to deal with them? I would go to a meeting and share

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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 166 Tami Kay Rd Dowelltown, Tenn. 37059, or E-mailed to: ucaguardian@hotmail.com

Thank you for your support.

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my pain and other addicts would say “stay clean and everything will be alright”.

Well, I don’t want to go into years of details of things that happened or didn’t happen, let’s just say that life on the outside got somewhat better. But I still had all of the feelings bottled up inside.

For this addict, I had gotten so used to the pain of keeping everything to myself that I had convinced myself that this is not great, but it’s much better than it was.

Today I go to meetings with a group of addicts that want everything Narcotics Anonymous has to offer and they are a great bunch of guys, the majority of them have less than two years clean. Most of

us belong to the Step of the Month Club. What is that? In January we work the first step, in February we work the second step, and so on.

After sitting in meetings with these guys week after week, month after month, I could see that they were serious about recovery. And there I sit trying to slide by on my clean time and use all the clichés I learned in my first year.

I’ve made a commitment to the Step of the Month Club and I’m finding out that I don’t have to carry around all that garbage, and live my life full of fear and resentment, hate, and anger.

I’ve just finished my sixth step and I’ve realized I’m not a perfect person but God and Narcotics Anonymous isn’t through with me yet.

ILS. Keith H.

The next meeting of the Upper Cumberland Service Committee will be on August, 19 2007 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.