



THE GUARDIAN

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A New Perspective

I got here just like you, I came through the doors of our fellowship with a lot of bad habits, and the using of drugs was only one. It was the one that sat me in a chair at the Freedom Group wondering what in the hell I was doing there. That habit was killing me, and I thought if I could somehow break that habit my life would automatically get better. Once I opened up my mind I started hearing things that I could relate to, I began to see that I could learn to stay clean. But as they say, staying clean is the easy part. Using drugs was indeed a bad habit, but it was just the tip of the iceberg.

When I began working my way through the steps with my sponsor, the first three helped me to prepare myself to take a journey down deep into my innermost thoughts and feelings. With that foundation I worked my fourth and fifth steps as thoroughly as was possible for me at that time. I found many things about myself that I felt I would be better off without. I discovered many defects of character, some of these things could be seen by everyone, and some were well disguised. It was the ones that I misnamed and justified that have been the hardest to become entirely ready to have God remove. The way I saw myself needed to change.

For this addict the changes in my perceptions have been the most rewarding changes I have had in

recovery. It was not until I began seeing my drug use as a life threatening illness that I found enough courage to admit I was an addict and reach out for help. As my mind opens up more and more I can see the effect of my actions and reactions on others, I see how trapped I was in fear, and how selfish I have been in my wants. When I first looked at step six many of the things I see now as defects seemed perfectly fine, for instance I try to avoid conflict, I justify this by telling myself I'm better off not getting pissed off because I will say and do things I may regret. Looking at this from a new perspective I see fear, I am afraid because I lack the maturity the deal with conflict, and I don't like it unless I am in complete control. From this perspective it is easy for me to admit that I need help, and the help I need must come from my Higher Power.

I'm in a place now were I can finally get a glimpse of the man I would like to be. For me to become that man I must be free from the things that hold me back. I want to know what it feels like to live in complete honesty and integrity, to be freed from fear of my own feelings. There was a time when I did not have a clue what entirely ready meant, but today I know I need help from God to find total freedom. With my willingness to see myself as I really am I move on to step seven.

Randy E

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Fanning The Flames

Any of us with some time in the program know that feeling of happiness and gratitude when a newcomer first walks in the door of an N.A. meeting, or when a brother or sister in recovery who went back out decides to come back. That feeling is totally indescribable. You really have to experience it first hand to truly understand it.

Seeing that confused, hurt addict walking into a meeting, scared and ashamed, looking for help, for something that will perhaps end the suffering they are going through, is enough to make you feel like your heart has been wrenched right out of your chest. We are so happy to see them, we want them to get it, and we want them to stick around and experience the same miracle in their lives that we have experienced.

Of course, we know that we can't get it for them. The choice of recovering or going back out rests on them. We can, however, help them by the way we treat them. The one thing any of us want more than anything else when we first come in, or return, to the program (besides not using) is to feel accepted, whether we realize it or not. I need to welcome those addicts with a big hug and smile, let them know how happy I am that they are there and hold them close. Talk to them before and after the meetings. Invite

them to coffee or out to eat after the meeting. Spend a few extra minutes on the phone with them. Whatever it takes to let them know that they are important and to make them feel welcome.

When that addict first walked in the door and heard the N.A. message, a spark was ignited in them. A spark that let them know that there is a better way to live. They are looking for someone to help them learn this new way of life. If they aren't made to feel a part of right away, that spark could die out. They may decide that this way of life won't work for them after all, and we could lose them, possibly for good.

It's up to me to fan the flame, share with them my excitement and love for the program. Hang out with them and let them see for themselves how much recovery has blessed me. That could in turn help them to decide to give recovery a chance and let the miracle happen in their own lives. That spark could erupt into a bright, glowing fire all it's own, and in turn, they could be the one waiting when the next newcomer walks in the door. Someone whom they could share the wonders of recovery with. Fan the flame of a newcomer's recovery, and you just may be amazed at the forest fire of recovery it will ignite.

Ken H.

"Our Sixth Tradition tells us some of the things we MUST do to preserve and protect our primary purpose." - pg. 66 Basic Text

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.

PRACTICING THE PRINCIPLES OF OUR TRADITIONS

TRADITION SIX: "An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose."

Many of us come to Narcotics Anonymous having exhausted our spiritual, emotional, and financial resources. The NA program enables us to return to the mainstream of life. We find satisfaction and fulfillment in pursuing careers, rebuilding relationships, and acquiring wealth or material possessions.

Yet, we must not become so attached to these pursuits that we lose our direction and sense of purpose. Living the Steps requires that we seek a balance between "Self, Society, Service, and God." If we focus on anyone of these, to the exclusion of the others" our recovery suffers.

By practicing the principle of balance, we realize our primary purpose. We stay clean and learn to be better instruments of our Higher Power.' .

Read the chapter in the Basic Text on the sixth tradition.

Read the chapter in It Works: How and Why on the sixth tradition.

Write answers to the following:

1. What does this tradition mean to you? What does this tradition mean to NA?
2. What do the following mean: Endorse, Finance, Lend the NA name?
3. What is a related facility?
4. What is an outside enterprise?
5. How could endorsing, financing or lending the NA name lead to "problems of money, property or prestige?"
6. What does it mean to be diverted from our primary purpose?
7. How do service boards, service committees, conventions, etc. relate to this tradition?
8. The spiritual principles of this tradition are humility, integrity, faith, harmony, and anonymity. Define in your own words the spiritual principles in this tradition. Look up, and write the definition from the dictionary.

The next meeting of the Upper Cumberland Area Service Committee will be held on July 19, 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.

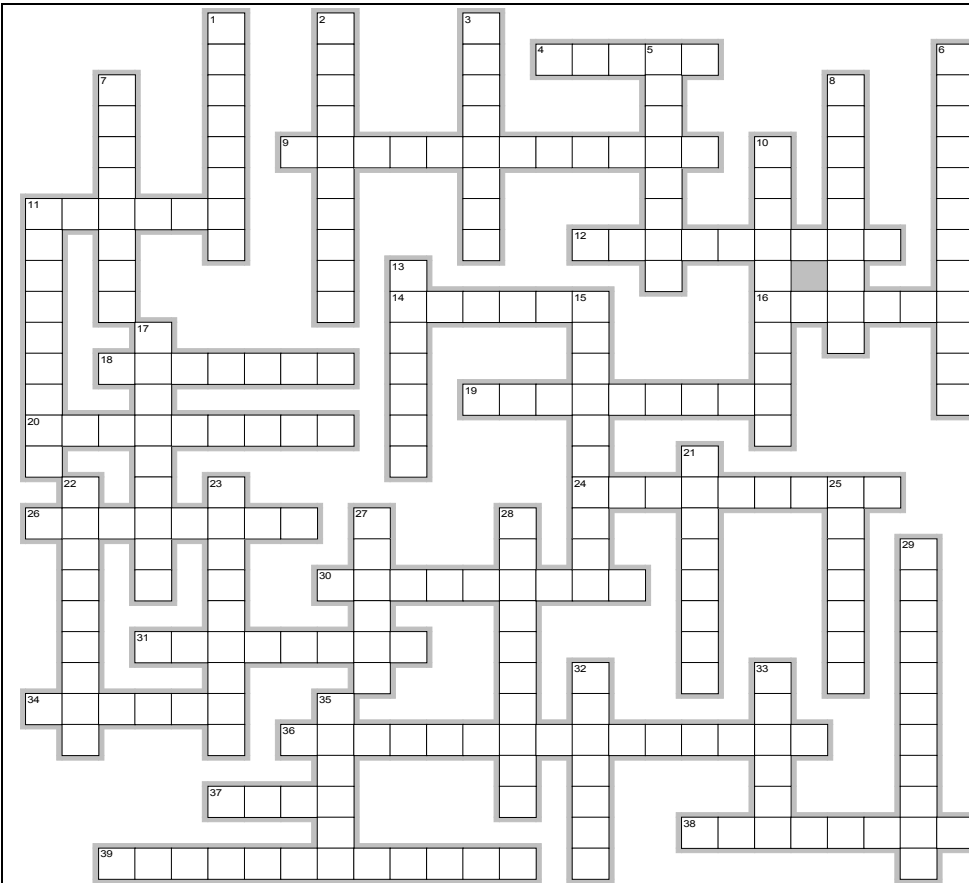
Don't worry if you think you can't write well enough, we will be happy to make any spelling or punctuation corrections for you. The important thing is that you will be sharing your recovery with another addict. After all, we can only keep what we have by giving it away. The length of your article isn't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



Remembering to use our literature helps us to find the answers.

All of the words in the puzzle can be found in "It Works How And Why"
Step Six pg 59 - 68

Across

4. "We will need to _____ our Higher Power to remove our defects of character." pg 64
9. "Part of the process of becoming entirely ready involves practicing _____ behavior." pg 65
11. "But we no longer need these "_____"." pg 64
12. "It becomes natural to begin _____ alternatives, setting goals, and following through in the face of adversity." pg 66
14. "We cannot simply say, "Yes, I'm ready. God, please _____ my defects," and go on to Step Eight." pg 59
16. "Confident belief becomes ugly self-righteousness when we _____ that others live by our values." pg 63
18. "Our growing awareness of our _____ often causes us pain." pg 60
19. "We gain more _____ for the defects of those around us as we work this step." pg 67

20. "We're torn between the unprincipled ways of our _____ and the character building principles of recovery." pg 66
24. "Confidence in our beliefs is _____." pg 63
26. "When we honestly admit our wrongs, we find _____." pg 61
30. Deeply shaken by our part in the past, we can expect our _____ to be profoundly changed by working the Sixth Step." pg 59
31. "Through upholding the principles of _____, we seek a life of harmony and peace." pg 66
34. "Our _____ protected us from seeing the wreckage of our lives." pg 64
36. "We may think that if no one knows about them, our more unattractive _____ will go away." pg 61
37. "When the _____ of remaining the same becomes greater than our fear of change, we will surely let go." pg 64
38. "There may still be times when we feel that _____ too much is being asked of us." pg 66
39. "On this spiritual foundation we lay the principles of commitment and _____ as we work the Sixth Step." pg 62

Down

1. "We will most likely see the defects we deal with today _____ themselves in a variety of ways throughout our lifetime." pg 67
2. "Our character defects are basic human traits that have been distorted out of _____ by our self-centeredness, causing enormous pain to us and those around us." pg 63
3. "No matter how difficult our _____, we must persevere." pg 62
5. "Sometimes giving up those outdated _____ skills feels like giving up our best friend." pg 65
6. "We are humbled by our _____—but let there be no mistake; humility is the ideal state for an addict to be in." pg 67
7. "We all have fears—of being alone, of not having our _____ needs met, of dying, and many others." pg 63
8. "We've started the process of becoming entirely ready, and we will strive to increase our _____ throughout our lifetime." pg 59
10. "We have a set of _____ to practice that are much more appropriate to our new way of life." pg 64
11. "If we know members who are exhibiting the _____ assets we want to attain, we can use them as an example for ourselves." pg 65
13. "The lifelong _____ of the Sixth Step is just that—a process." pg 59

15. "We've already had _____ in the Third Step with what we must do now in the Sixth Step." pg 60
17. Our hearts were touched by the humility of _____ in that Power." pg 62
21. "We accept responsibility for our _____ good, bad, or indifferent." pg 61
22. "We ask _____ if we are entirely ready to have God remove all of our defects—every single one." pg 67
23. "This process is _____ and often painful." pg 60
25. "We feel sick inside, knowing how our _____ adversely affect the people in our lives." pg 60
27. "The more attention we focus on our spiritual _____, the more it will unfold in our lives." pg 67
28. "We are likely to feel very _____ as we notice that our defects are getting in the way of our recovery." pg 60
29. "One part of this process involves becoming _____ for our behavior." pg 61
32. "We are completely aware that there's no turning back, because we can never forget the _____ that's begun to happen to us." pg 65
33. "Instead, we can _____ what is and work toward finding solutions." pg 66
35. "We mustn't give up, even when we think no _____ has taken place." pg 62