



THE GUARDIAN

MARCH 2011

A Good Orderly Direction

"We made a decision to turn our will and our lives over to the care of God as we understood Him." (Step Three)

The way I perceive the third step is a lot different today than the way I saw it when I first came to NA. When I first looked at this step all I could see was the God word, and to be quite honest I had very mixed feelings about that word and everything I thought it stood for. I never made it to the part that says "as we understood Him". I thought if I "turned my will and my life over" I would have to start going to church and get baptized. That was not going to happen!!!

The biggest problem I was having with this step was the fact that my sick mind only saw what it wanted to see. Like most addicts new to the program, I was looking for any reason I could find to use as an excuse to bail out. I was afraid of the changes that I knew I would have to make. Giving up was a lot more comfortable than walking headlong into the unknown. To this addict change was scary.

It was suggested to me to think of G.O.D as a "Good Orderly Direction". If I could somehow turn my will and my life over to a Good Orderly Direction I could begin to start stepping into a better life. Making a decision to live my life in this way meant trying to do the right thing for the right reason,

having some faith that by doing the right thing, good things would happen for me. By the same token, I had to believe that when I did bad things bad things would happen. After all, it always had.

During my active addiction I did so many things that I knew were wrong, and my life was always in a whirlwind. It seemed like I was doomed to live with chaos and trouble. It took this step to show me that the reason for this was because of my actions. I did bad things. I used people, and so I suffered the consequences.

Since I've been in this program and working these steps I've tried to live my life by the principles I've found in the steps. The result is a life that is better than any I've ever had. By heading in a "Good Orderly Direction" I've found a Higher Power that works for me. My Higher Power may not be the same as yours, and that's ok. I don't feel the need to explain what God means anymore. I just have faith that my Higher Power wants what's best for me, and today what works best for me is to do the next right thing.

Joe Addict

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Trusting Step Three

"When you are in fear you should remember to T.R.U.S.T. - Try Really Using Step Three."

When I first heard this quote a great release and calm came over me. It was as if I had let go of all the fear, dread, and self-pity I had been carrying. In an instant I shifted from my will to God's will, and the peace and comfort I felt reminded me, yet again, that it works when I become willing to work it.

There is so much power and wisdom in step three. It first reminds me that the peace and serenity I get from turning my will and life over to God is always just a decision away. I have the choice today of either staying

in fear or of surrendering my will to the care of my Higher Power. And though often overlooked, the word "care" makes my decision easy.

After years of working this step, I have come to trust that God's will for me is always better than anything I can think of for myself. While in the grip of self-centered fear it may be sometimes hard to remember this, my experience is that when I really try working the third step my relief and release always comes.

Today my way out of fear is to T.R.U.S.T.

Submitted by an addict from Alabama

**Many of us have said, "Take my will and my life.
Guide me in my recovery. Show me how to live"...
Third Step Prayer**

The next meeting of the Upper Cumberland Area Service Committee will be held on April 17 2011 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.

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:
<http://www.nauca.org>

Meetings in the Upper Cumberland Area of Narcotics Anonymous:

New Way To Live Group
Crossville, Tennessee

Crossville NA Group
Crossville, Tennessee

Promise of Hope Group
Cookeville, Tennessee

New Beginnings Group
Oneida, Tennessee
&
Helenwood, Tennessee

Getting Started
Crossville, Tennessee

Freedom Group
Allardt, Tennessee

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.

Basic Text Tradition Worksheet

Please take the time to use your Basic Text with these questions to improve your understanding of the Traditions of our fellowship. The principles that the Traditions teach us can help protect our primary purpose. So that no addict need die from the horrors of addiction.

TRADITION THREE:

"The only requirement for membership is a desire to stop using" (Page 62-63)

Tradition Three guarantees freedom for recovery to any addict who has the desire to stop using.

1. Who is this tradition important for? (Look for the answer in paragraph 1)
2. What is the key word in this tradition? (Paragraph 1)
3. What one painful fact has emerged again and again in our experience with carrying the message? (Paragraph 1)
4. What seven things can happen to addicts and they still will not stop until they want to stop? (Paragraph 1)
5. What is the only requirement for membership? (Paragraph 2)
6. This tradition ensures us that regardless of what...any addict is free to practice the NA way of life? (Paragraph 2)
7. Is membership in Narcotics Anonymous automatic? (Paragraph 3)
8. What is the ideal state for our Fellowship? (Paragraph 4)
9. What do we realize about recovery and life without drugs? (Paragraph 4)
10. Why do we open our doors to other addicts? (Paragraph 4)
11. Who will join our new way of life? (Paragraph 4)
12. How can we apply and practice the spiritual lessons of freedom of choice, equality, and nonjudgmental behavior in our homes, toward our family and loved ones? (This answer comes from your heart)

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.

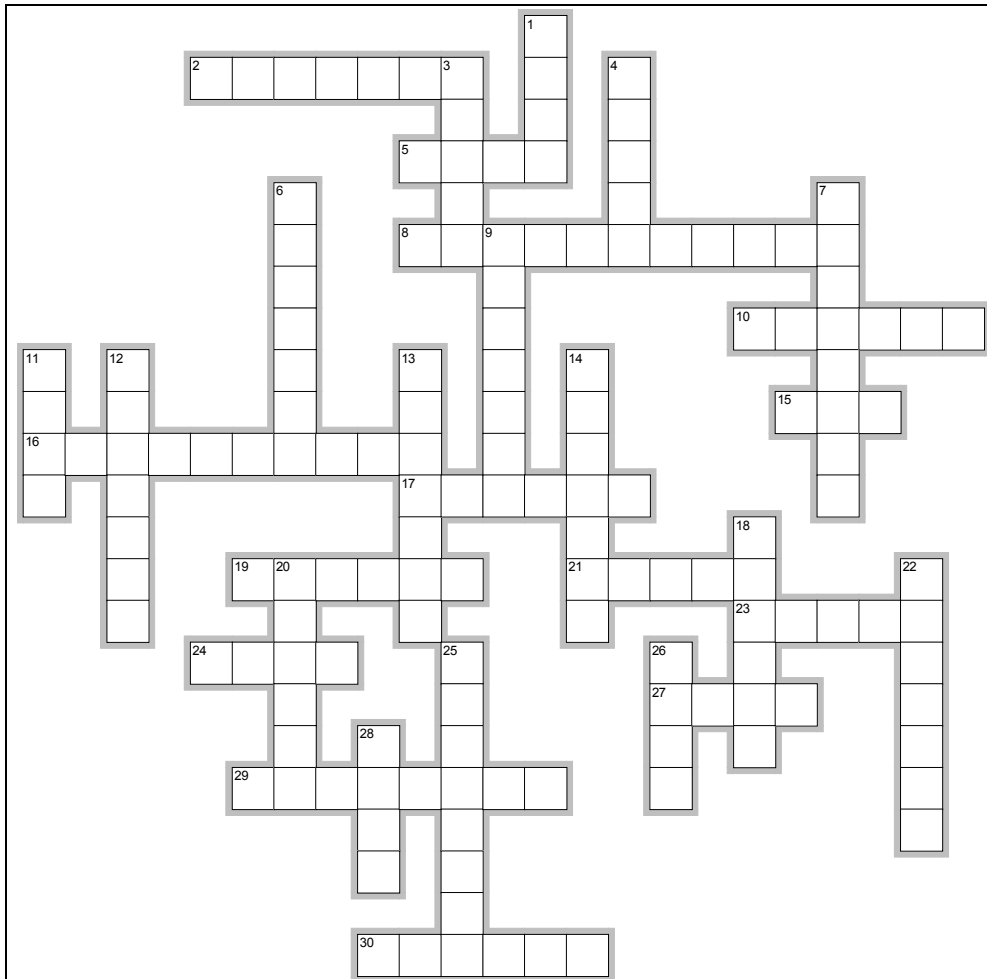
Don't worry if you think you can't write well enough, we will be happy to make any spelling or punctuation corrections for you. The important thing is that you will be sharing your recovery with another addict. After all, we can only keep what we have by giving it away. The length of your article isn't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

“Why Are We Here?”



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

All of the words in the puzzle can be found in the "Fifth Edition Basic Text" Chapter pages

Down

1. "We seemed to be incapable of facing _____ on its own terms." (pg 13)
3. "Many of us _____ to support our habit." (pg 13)
4. "It is a great gift to feel _____ again." (pg 16)
6. "_____ had become our way of life and self-esteem was non-existent." (pg 14)
7. "Acceptance leads to _____." (pg 16)
9. "Any form of _____ was frightening and unfamiliar." (pg 14)
11. "Helplessness, emptiness and _____ became our way of life." (pg 15)
12. "The progression of the _____ was not apparent to us." (pg 14)
13. "When we lied, _____ or stole, we degraded ourselves in our own eyes." (pg 15)
14. "Often doctors didn't understand our _____." (pg 14)
18. "We _____ our surroundings and living situations for our problems." (pg 14)
20. "Regardless of what we tried, we could not _____ from our disease." (pg 14)
22. "We placed their use ahead of the _____ of our families, our wives, husbands, and our children." (pg 13)
25. "...or sought help through medicine, _____ and psychiatry." (pg 13)
26. "We were addicts and did not _____ it." (pg 14)
28. "We tried substituting one _____ for another but this only prolonged our pain." (pg 14)

Across

2. "We are _____ seeking recovery." (pg 13)
5. "Any _____ of getting better disappeared." (pg 15)
8. "Although we are not _____ for our disease, we are responsible for our recovery;" (pg 15)
10. "Most of us realized that in our addiction we were _____ committing suicide..." (pg 13)
15. "We are _____ free." (pg 16)
16. "Our disease can only be arrested through _____." (pg 16)
17. "We were searching for an _____ when we reached out and found Narcotics Anonymous." (pg 15)
19. "We sought _____ by using again and again..." (pg 14)
21. "We find that we suffer from a disease, not a _____ dilemma." (pg 16)
23. "Surrounded by fellow addicts, we realized that we were not _____ anymore." (pg 15)
24. "After coming to N.A. we realized we were _____ people." (pg 13)
27. "We _____ to change our playmates, _____ playgrounds and playthings." (pg 15)
29. "This is a program for _____." (pg 16)
30. "Before coming to the Fellowship of N.A., we could not _____ our own lives." (pg 13)