



THE GUARDIAN

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Being of Service... Are you willing to step up?

I believe that service is just one area of a well rounded program. It is a special place for addicts who are willing to step out of their comfort zone, and give of themselves. Service has been an integral part of my recovery. It keeps me in line with being God centered instead of being self centered... which is the core of my disease. It helps me to stay in tune with the ever changing atmosphere of recovery in and out of my area. It helps me to make amends to the still suffering addict, and the community in which I live; because I was the liar, cheat and thief that everyone had to deal with.

Service is really a gift that we can only open when we choose to participate. My experience with service has helped me to grow into the person God, and I, knew I could be. Everything I've learned in service has been transferred to my everyday home and work life... I've learned how to handle money with a treasury commitment.

treasury commitment. I've learned that if I suit up, get to a meeting to set up, the addict seeking recovery will show up.... secretaries are invaluable. I've learned that it is not all about me. That it is all about you, and meeting your needs; and in the process my needs are met way beyond my wildest dreams. I've learned by being a literature distribution officer in my area, that I can handle a bank account, inventory supplies, and complete the re-ordering process to be sure that the still suffering addict has the life saving literature that Narcotics Anonymous offers. I've been trusted in recovery by being of service. My own family wouldn't trust me for a really long time. It has taken them a decade or more to allow me to be in their presence without thinking in the back of their minds if I was going to rip them off. That alone is a miracle in itself!

So my question to you is.... Are you willing to be of service?

Anonymous

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An addict shares her experience with ... Step 8

Freedom/Healing/Change – when I hear about the 8th step these are the words that come into my mind - freedom from self and the guilt of my past; healing as I forgive myself and others; and change because that is the process of moving on and letting go. I am allowed to free myself of myself. I receive guidance from a sponsor and other recovering addicts that have gone down the 8th step path before me. Part of the relief from guilt is changing my old way of thinking and doing things differently. It is my ability to be willing to listen to another human being (my sponsor or another addict with experience,) help make recommendations regarding whom I should talk to and how; while making my amends. I don't always want to listen to others and I want to do things my way (easier and softer); however, I have learned that my way isn't the best way and that's change. I would blurt out "I'm sorry" to the whole world; however, I know some of my apologies could have been more harmful than good. That is why it is so strongly suggested we talk with another recovering addict **BEFORE** amends are made; pray, and ask for direction.

“The Eight Step is an action step. Like all the steps, it offers immediate benefits.” *Basic text pg. 32*

STEP 8 – “We made a list of all persons we had harmed, and became willing to make amends to them all”

The Eighth Step is not easy; it demands a new kind of honesty about our relations with other people. The Eighth Step starts the procedure of forgiving others and possibly being forgiven by them, forgiving ourselves, and learning how to live in the world. By the time we reach this step, we have become ready to understand rather than to be understood. We can live and let live easier when we know the areas in which we owe amends. It seems hard now, but once we have done it, we will wonder why we did not do it long ago.

...The final difficulty in working the Eighth Step is separating it from the Ninth Step. Projecting about actually making amends can be a major obstacle both in making the list and in becoming willing. We do this step as if there were no Ninth Step. We do not even think about making the amends but just concentrate on exactly what the Eighth Step says which is to make a list and to become willing. The main thing this step does for us is to help build an awareness that, little by little, we are gaining new attitudes about ourselves and how we deal with other people.

Narcotics Anonymous Basic Text, Chapter 4/Step 8

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

Getting Started
Oneida, Tennessee

Freedom Group
Allardt, Tennessee

Middle of Nowhere Group
Albany, Kentucky

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.)

Tradition Eight -Where Our Service Structure Begins

TRADITION EIGHT – *“Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”*

"In this tradition we say that we have no professionals. By this, we mean we have no staff psychiatrists, doctors, lawyers, or counselors. Our program works by one addict helping another. If we employ professionals in NA groups, we would destroy our unity. We are simply addicts of equal status freely helping one another."

Basic Text, Page 69

I was at a tradition study one night when an addict got up from his chair, walked over to the wall where the traditions were hanging, pointed to the first seven and said "these traditions define group behavior, but the next five give us our service structure". In that moment it seemed as if a veil had been lifted from my eyes, I had looked at the traditions many times before, but I had never seen this obvious fact.

Imagine, if you will, what it would be like if we got together and tried to print our Basic Text, without using a printing service. Maybe the addicts at the World Service Office should do the taxes this year without using a CPA. The next time the Upper Cumberland Area of NA has a billboard moved or a new one erected, why don't we just do it ourselves?

When it is put this way I can begin to see what these special workers mean to our fellowship. Without this tradition we would have no way to reach those still suffering addicts with our literature because we would have no literature. As our fellowship grows we will have an even greater need for special workers. These workers help us provide services in a much more consistent manner. Anyone who has been in service would gladly share with us just how hard it is to maintain the same quality of service year after year as experienced members finish their service commitment and new members take their place.

We can also see the principle of anonymity at work here, we all are experts in our own recovery, and can share that with others. This tradition tells us that we do not place a professional status on any of our members, in this way we remain "forever nonprofessional"

Randy E

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: ucguardian@hotmail.com

Thank you for your support.

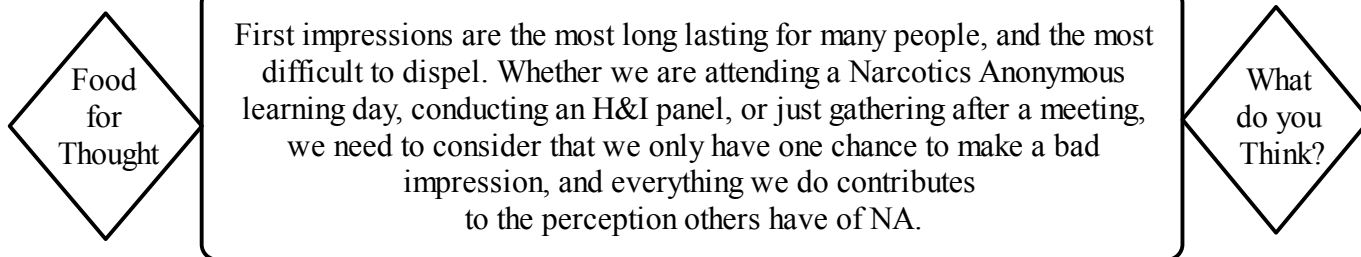
Thanks to our friends in the recovering community of the Southwest Area in the California Inland Region we now have these wonderful Word Find puzzles. We hope to have one each month, enjoy.

STEP EIGHT

T G N I A P H G C M D P A N Z I B D D L	ACCURATE	FINISHED	MAJOR
T K S Z Y A R V T G O K L K R Q W R H O	ACTIONS	FORGIVE	MAKE
H T A E D I O O F R F D A D H O J K Y O	ALL	FREEDOM	MENTAL
G A T D F J B E C E U F E W E W J T M K	AMENDS	GOALS	MUST
I V L A T N E M W E A H D E S F S A F P	BEGIN	GROUP	NEVER
E X I N V R G O A L S R W N R E I W M M	CLEAR	GUILT	OWE
M L U Q G N I L L I W S O F N F Q N A X	CRUCIAL	HARD	PAIN
X A G E G F N V N W Y I T O O P J K E T	DAMAGE	HARMED	PAST
J I D F N B E I V N T S H H V R E W S B	DEAL	HELP	PERSONS
L C K E S D F T E C U L A S T J G I N L	DEATH	HONESTY	PROCESS
A U J E E S H D A M A G E R P R L I E E	DEFINE	HUMILITY	PURPOSE
O R H M G M O X H R V K O V O L Q P V V	DEGREE	HURT	REAL
R C R G Y T I L I M U H M U A J W J E E	DENY	JUDGE	RISK
L A S D F T S W S V S C P I E Q U H R I	EFFECT	KNOW	SHORT
H A A N C W A A W T R V C S T W V D K L	EIGHT	LAST	STEP
F F E E O E B M P A E N O A C C D N G V	END	LIE	TEST
F E F R H S T S E T A P H L X W I R Q E	FAULTS	LIST	THINK
E F D E G K R L F N R Y E E D H O V A C	FEAR	LOOK	VICTIM
E S D F E R C E I U D B L E T D S N J H	FEEL	LOSS	WILLING
V P S T L U A F P X C S P F R R I S K K	FINANCIAL	MADE	WORDS

By AD

All of the words are taken from Step 8 in the Basic Text pages 36-38



The next meeting of the Upper Cumberland Service Committee will be on Sept. 21, 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.