



THE GUARDIAN

AUGUST 2010

Carrying the Message

We are a fortunate bunch, those of us who have found freedom from active addiction in the fellowship of Narcotics Anonymous. Before coming to NA, most of us had longed to be accepted, loved, and forgiven. When we came to our first meeting, we were given all that and more. No one cared what we had to do to get here, they knew. The one thing we all understand is the pain that motivates each of us to reach out to a group of recovering addicts for help.

As members of this fellowship, we must keep that still suffering addict in mind. When a newcomer walks in to a meeting, searching for freedom are they going to be received warmly, will they be given a hug, and are they going to hear a message that gives them hope?

As addicts, it is often easy for us to forget that our groups exist for only one reason, to carry the Narcotics Anonymous message of freedom from active addiction. We tend to get distracted as our lives get richer and fuller. We may get so caught up in our own interests that we forget what gave us this wonderful new life in the first place. Our literature tells us "we can only keep what we have by giving it away"; if we do not use it, we will surely lose it.

We can avoid falling into this trap by being of service to the fellowship that has given us so much. Getting involved helps us to feel a part of instead of apart from. Being of service to others helps us to find the humility we need to survive this disease and grow in our recovery.

Remember that still suffering addict? Being involved in service is one way we can be assured that our groups are focused on carrying the message. To attract and share our recovery with new members we must have groups that are grounded in the twelve traditions, with members that are committed to the home group, and a service structure working within the twelve concepts to help addicts find our doors. These new members must also be able to find a sponsor who is actively working the steps and applying the principles of the program to their lives, someone who is willing to show them how to recover not just tell them.

There is only one requirement for membership "the desire to stop using" but there are many benefits. The privilege of service is one of these benefits.

Joe Addict

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Staring At Our Past

It's a good idea to look in the rear-view mirror once in awhile; just don't stare.

I know of one thing that can plague me the most in my recovery: my past. From when I had 2 months, or one year, or until I sat down with my sponsor and worked my 5th Step, or as I pray to the God of my understanding to remove a character defect, or make an amends, and even to this day, my past can negatively impact my life. I can think about the things I did in my day-to-day active addiction, mentally revisit a few particularly bad experiences, remember that last fix, pill and/or drink, any of which can end up in an emotional whirlwind of self-hatred, and loathing towards life in general.

The longer I stare in the rear-view mirror of my past, the more disgusted I become with the person I created, and how I can react to the world around me. And the longer I stare, the greater my chances are of returning to my old thought patterns and coping mechanisms, whether or not the thoughts of using even comes into my mind. And if I keep staring— which I discovered through many bitter tears – the greater my chance of relapse.

The thing is, I still need to have that occasional reminder of my past, usually through newcomers at meetings, so that I don't return to that person today. I still need to see that look of desperation in their eyes, see their shaking hands, and hear their quavering

voice, if they even share at all. But I don't have to stare at the rear-view mirror of my life through them any longer; I can look forward through the windshield of my life as it is today.

I have Steps to walk, spiritual principles to apply, prayer and meditation, and a life I need to share with others in and outside of recovery each day. Through these things I can replace the life of my past with a new life today. And that newcomer who I need to see is also the person I need to talk with. I need to let them know the hope I have in my life today because I surrendered to win. I need to let them know that I can trust again and have faith in the NA program. I need to let them see for themselves how the Steps work in my life. And most importantly, I need to let them know how a Higher Power works in my life, so long as I let Him.

Now, today I can let the God of my understanding work through me – in whatever way He wants, and through whomever He chooses - and leave the results up to Him. I can remember the past, but I no longer have to live in that life. I can follow the suggestions of the NA program and Fellowship, and live today.

Am I willing to quit staring in the rear-view mirror and live my life today?

Joe from P.A.

The next meeting of the Upper Cumberland Area Service Committee will be held on Sept. 19, 2010 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.

Newsletter Subcommittee

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866-454-3784

24 hours toll free

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

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.

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.

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.

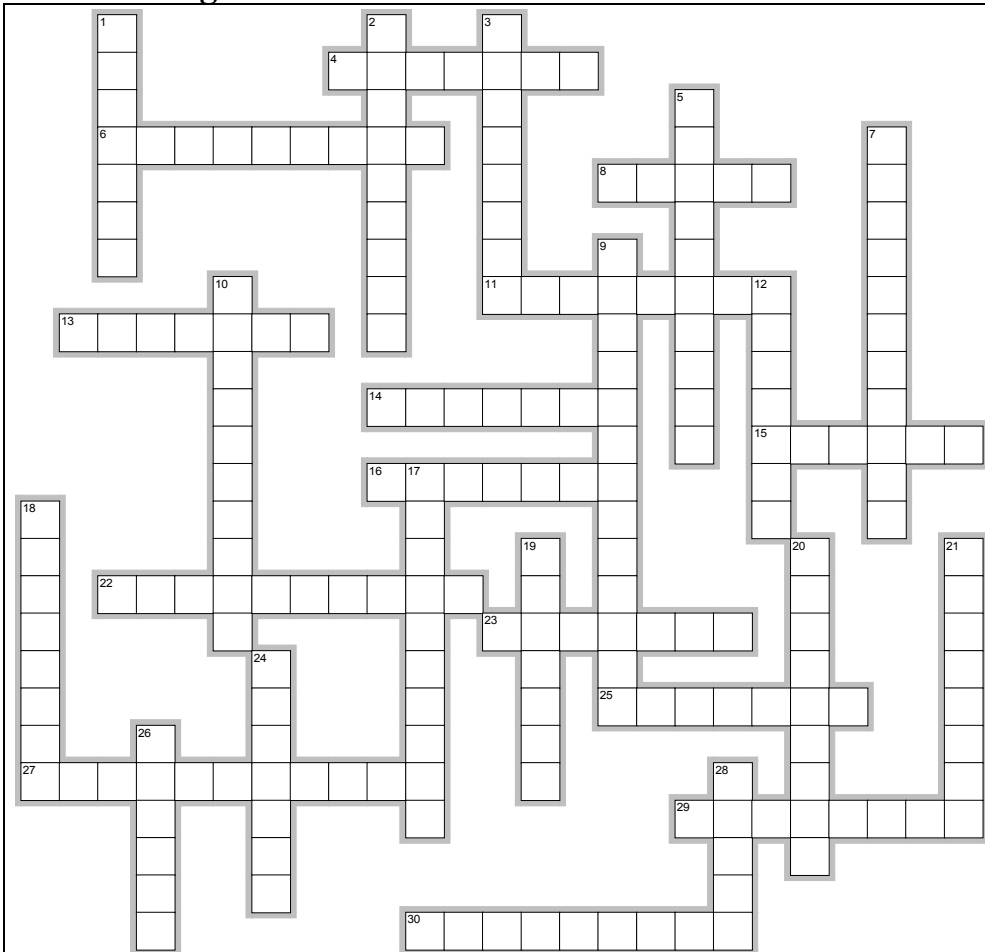
Don't worry if you think you can't write well enough, we will be happy to make any spelling or punctuation corrections for you. The important thing is that you will be sharing your recovery with another addict. After all, we can only keep what we have by giving it away. The length of your article isn't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

Tradition Eight "It Works"



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

Down

1. "Our groups do not provide professional therapeutic, _____, legal, or psychiatric services." pg 185
2. "We don't sell recovery; we share it freely with others in a spirit of love and _____." pg 186
3. "We must exercise _____ in employing professional assistance for our services." pg 187
5. "Likewise, the _____ underlying the Eighth Tradition are eminently practical ones: humility, prudence, anonymity, and integrity." pg 187
7. "Professionals are people with certain specialized skills, often recognized by the _____ given them by a certifying panel." pg 188
9. "We do not claim to be _____ or experts in anything." pg 187
10. "We are simply a _____ of recovering addicts who meet regularly to help each other stay clean." pg 185
12. "An NA group has no such recognized _____." pg 188
17. "All we offer is our collective practical _____ in getting clean and learning to

- live clean." pg 187
18. "Tradition Eight is one of the _____, most straightforward of the Twelve Traditions." pg 187
19. "What is Narcotics Anonymous, after all, but a fellowship of addicts freely _____ with one another the simple message of their own experience?" pg 188
20. "The first-hand exposure each of us has in recovery from _____ is more than sufficient to qualify us to carry the message to other addicts." pg 185
21. "An NA group exercises _____ when it does not pretend to be anything more or less than it is." pg 187
24. "Narcotics Anonymous offers a distinctly nonprofessional approach to the _____ of addiction." pg 185
26. "The Eighth Tradition reminds our _____ of the value of anonymity." pg 188
28. "The _____ of the NA way of recovery from addiction is one addict helping another." pg 185

All of the words in the puzzle can be found in "It Works How And Why" Tradition Six pg 185 - 188

Across

4. This is the heart of our _____; so long as that heart beats strongly, our fellowship and our recovery shall remain vital." pg 188
6. "Finally, Tradition Eight supports the _____ of the NA group..." pg 188
8. "We mustn't allow our _____ to prevent our fellowship from hiring the help it needs to support its services." pg 187
11. "We further _____ humility when we recognize that sometimes we need professionals to help us fulfill our services." pg 187
13. "Special _____ who are also NA members are not selling their recovery." pg 186
14. "In discussing the Sixth Tradition, we considered the sufficiency of our _____." pg 185
15. "This is what we mean when we say that Narcotics Anonymous should _____ forever nonprofessional" pg 186
16. "Our _____ are not paid a salary for their Twelfth Step work..." pg 186
22. "We have no hospitals, no treatment centers, no outpatient clinics, none of the _____ associated with a professional enterprise." pg 185
23. "Our members are perfectly _____ of fulfilling such responsibilities on a volunteer basis." pg 188
25. "Tradition Eight makes a distinction between "selling our recovery" and paying people to help us do our _____ work." pg 186
27. "...we reaffirm our belief that the _____ value of one addict helping another is without parallel!" pg 188
29. "All group members are experts in their own _____, fully qualified to share that recovery with another addict." pg 188
30. "This is not to say that a member of Narcotics Anonymous should never take a job as a professional _____ of one sort or another." pg 186