



# THE GUARDIAN

ISSUE 7 VOLUME 2 DECEMBER 2008

## The Awakening of The Spirit

"Having had a spiritual awakening as a result of these steps", when I first read these words I remember thinking, how would it be possible for me to have an awakening of the spirit just because I had worked these steps? I was yet to see the miraculous changes that happen in our lives when we choose to live by spiritual principles.

For me, this awakening is an ongoing experience. It has not happened overnight, it began for this addict in the first step. With that initial admission of powerlessness, denial was losing it's grip on me and I was beginning to see that my problems were of my own making, I could blame no one, and I would have to have some help to recover.

The second step is a powerful step to me, I had some trouble with the Higher Power concept, but I was first able to find a power greater than myself in my home group, in the literature, and more recently, I have been able to build a relationship with the God of my understanding. This has allowed me to find a level of faith that I thought was impossible. It took some time, but I learned to truly believe in the recovery process through the twelve steps. This conviction has led me to find a Power that helps me more than I would have ever believed.

Surrendering my will and my life over to the care of my Higher Power has been one of the hardest things for me to do. I know that I am much better off when my life is in the care of the God of my understanding, and just having this knowledge is a spiritual awakening in

it's self. That still is not enough to keep me from grabbing the reins at times. Thankfully, I do this less often than I did at first.

The fourth step has been the most beneficial of all the steps for this addict, it was in the fourth step that I was finally able to see the destructive elements of my active addiction. Standing on the first three steps I made a searching and fearless moral inventory of only myself. The strength and humility that I used when working this step were far beyond what I had by myself, I had again grown spiritually.

It still amazes me how these steps build on each other, without the previous four steps strengthening my faith I could never have admitted to God, to myself, and especially not to another human being the exact nature of my wrongs. I found out that I could trust someone enough to share my innermost feelings with them, and that was huge for me, I also realized that I was looking at all my defects and there was nothing there that was too big or bad for God to help me fix.

Becoming entirely ready to have my defects of character removed proved to be much harder than I believed it would be. I had become acutely aware of these defects and now was trying everything to suppress them. After floundering around for quite some time, I began to realize that again I was powerless without help from my Higher Power. With a new level of surrender, and even more faith in God I moved on to step seven. (continued on pg 2)

### In This Issue:

#### Page 1

The Awakening Of The Spirit

#### Page 2

The Awakening Of The Spirit (continued)

#### Page 3

Twelve Steps To A Relapse

#### Page 4

Step Twelve Word Find Puzzle

## The Awakening of The Spirit (continued from pg 1)

At this point in my recovery I began to pray for relief from my shortcomings, believing that help was really on the way. Faith and trust are essential ingredients in our recovery, and after receiving some measure of freedom from acting on my shortcomings, my confidence in the relationship I was building with God was growing and my spirit was definitely being awakened.

Step eight was tough for me, I had no trouble making a list of all the persons I had harmed, I was having a problem becoming willing to make amends to them all. I wanted forgiveness for myself, but was unwilling to forgive others. I also had a hard time admitting when I was wrong. Again I turned to my Higher Power for honesty and courage. I had to remember that my actions were up for review, not anyone else's. I had to make right the wrongs of my past if I was going to find freedom, and willingness was what I prayed for. My Higher Power came through for me yet again.

Once the amends process started I was amazed at how wonderful it felt to make things right, I was even more astonished at the feelings that were growing in me, I was beginning to really care about the way I made others feel. I was being

freed from the wreckage of my past and that was making me feel complete.

Next I get to learn to keep things from getting too far out of hand. I use the tenth step to take a regular inventory of my actions, checking my practice of spiritual principles. This step also tells me, when I am wrong to make my amends promptly. It does not say, if I am wrong. I know I will do things that are wrong, I'm human and therefore I will make mistakes, this step helps me to deal with daily life.

I have been getting closer to the God of my understanding since I started my first step, I was devoid of all spirituality when I came to my first NA meeting and that void is being undeniably filled. After praying for God's will for me for awhile, I believe His will for me is to carry the NA message to others.

Doing service work in this fellowship has been one of the most rewarding experiences of my recovery. By nature I am a self-centered person, doing something for others helps me to get out of myself, and builds self-esteem. One thing I have had to learn is that the best message I can carry is in the way I live my life, I am a living, breathing example of NA, and I do try to be a good example.

Randy E

*Jimmy K. - "There's times when I feel that I'm not making contact with newcomers enough."*

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

**Newsletter Subcommittee**  
Vice-chair: Randy E  
Email:  
ucaguardian@hotmail.com

**Upper Cumberland Area of Narcotics Anonymous**  
**Helpline: 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:**

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

(Note: This meeting is held in a correctional facility and is only accessible to those with clearance and approval.)

*Good will is best exemplified in service; proper service is  
"Doing the right thing for the right reason."*

Basic Text, "Our Symbol"

### **"Twelve Steps To A Relapse"**

Every relapse has a beginning, and every relapse has an ending.

Know Your Danger Signals!

Make the ending of your relapse Recovery, not death!

Relapse is a serious and sometimes fatal reality.

1. Start missing meetings for any reason, real or imaginary.
2. Become critical of the methods used by other members who may not agree with you in everything.
3. Nurse the idea that someday, somehow, you can use again in a controlled manner.
4. Let the others do the 12th step work in your group. You are too busy.
5. Become conscious of your NA "Seniority" and view every member with a skeptical and jaundiced eye.
6. Become so pleased with your own views of the program that you consider yourself an "Elder Statesman"
7. Start a small clique within your own group, composed of only a few members who see eye to eye with you.
8. Tell the new member in confidence that you yourself do not take one or two of the 12 Steps seriously.
9. Let your mind dwell more and more on how much you are helping others rather than on how much the program is helping you.
10. If an unfortunate member has a relapse, drop him at once.
11. Cultivate the habit of borrowing money from other members, then stay away from meetings to avoid embarrassment.
12. Look upon the "one day at a time" solution as a vital thing for new members, but not for yourself. You have outgrown the need of that a long time ago.

Most importantly always remember we can all have another relapse, but we cannot be guaranteed another recovery.

**" The quality of an NA meeting is directly dependent on  
the strength and solidarity of the NA group..."**

The Group Booklet, Revised

### **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.

---

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 TWELVE

L Q I N S U R A N C E S R I A F F A W S  
I N G G A F D F R E E L Y T S E N O H H  
V E O L H C J K K L O R T N O C R T Y A  
E G D I A C T V P O E S T I F E N E B R  
B A V C T D Z I X V Q W L K J D O G M I  
S M S D E C C F O E E E R U T A N A N N  
H I V P C N E C F N G S V H J I S S B G  
T A E D I Z E R A G S J P E N B U S N N  
G E H R V R G H I O G O H E I G R E E I  
N M P W R E I L T D K Y K C T L R M W R  
E O A O E S P T H K V A P I Y S E R C A  
R C S R S U T O U C W L Y T R U N B O C  
T L T K D L F G H A H I R C T F D M M E  
S E N S E T B A G R L V E A V F A A E G  
W W M A K L N D Y R M E L R N E I R R A  
O K R T E G R O F Y X B A P A R L G S K  
R N B F E L L O W S H I P V E S Y O H C  
K Z X S V S S E L F L E S F L A T R E E  
E J A D D I C T S J K F E F C L C P L R  
D O G F S L S S E N I L E N O L Y E P W

ACTIONS	GLAD	PRACTICE
ADDICTS	GOD	PRINCIPLES
AFFAIRS	HELP	PROGRAM
ALIVE	HONESTY	RECOVERY
AWAKENING	HOPE	RELAPSE
BELIEVE	IDEA	RESULT
BENEFITS	IMAGE	SELFLESS
CARING	INSURANCE	SERVICE
CARRY	JOY	SHARING
CHANGES	LEARN	SPIRITUAL
CLEAN	LIVE	STEPS
CONTROL	LONELINESS	STRENGTH
DAILY	LOVE	SUFFERS
DIRECTION	MESSAGE	SURREND
FAITH	NATURE	TRY
FELLOWSHIP	NEW	WELCOME
FORGET	NEWCOMERS	WORKED
FREELY	PAST	WORKS
GIFT	PEACE	WRECKAGE

By AD

All of the words are taken from Step 12 in the Basic Text pages 48-51

Our clean dates or "NA birthdays" are special events to us, and can be an inspiration to others.

If you would like to see your NA birthday in the Guardian, tell your GSR or Email us at [ucaguardian@hotmail.com](mailto:ucaguardian@hotmail.com)

---

---

NA Birthdays for the month of December

Jan H 12/9/07

Melanie 12/7/92

Michael D 12/8/01

---

---

The next meeting of the Upper Cumberland Service Committee will be on Jan.18, 2009 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.