



# THE GUARDIAN

ISSUE 9 VOLUME 2 FEBRUARY 2009

## The Killing Fields

I would like to share how the Second Step is working in my life, and a bit about what helps it work. The first thoughts this addict had on this step were not all about hope, I was one of those that had reservations. In the rooms I could see people who's lives were being changed for the better, people that were happy, and who had some measure of serenity. When I saw these things I wanted them for myself, but I was not sure that the Narcotics Anonymous program would really work for me. There was only one thing I knew for sure, the First Step had helped me to see that I had made a mess of my life, and the lives of those around me. That realization was painful, and I no longer had the drugs to use to numb my feelings. I also could not practice honesty and continue to blame others for my mistakes, I had to face my pain. There I was, straddling the fence, hurting like hell, but not sure if I could commit to this program in a way that it would work for me. I believed it when I heard them say, "it works if you work it", I just wasn't sure if I was ready to work it. I was in a slippery spot, at a place called "the killing fields". It waits on addicts right between "We admitted..." and "We came to believe...". A lot of addicts get lost here, its easy to give up before we have the faith necessary to surrender to the recovery process.

came to the rooms. At first all my thoughts were about the drugs and how I could use the first few steps to just stay clean. That first notion worked well for me, but I outgrew it quickly. I was maintaining complete abstinence, although I still had a lot of bad habits, and was acting out on them regularly. I continued on in my step work, growing and learning to live a better way. Still I needed a lot of work, I felt like I had missed something along the way. I, like many other addicts, did what our Basic Text warns us about, I "passed over this step with a minimum of concern". If I want everything life has to offer, I need to work this program to the best of my ability. I have found that I can't just hit the high spots and expect to get all the benefits that are promised to us in our literature.

I have the good fortune to have recovering addicts around me that don't mind telling me things I might not want to hear, but these are the things that I need to hear. In learning to listen, and being open minded enough to lend credibility to the person speaking, I have grown in my recovery. Today I have total faith in the NA program, I have learned to turn to my Higher Power for solutions to life's daily hiccups. The freedom from the insanity spoken of in the Second Step lies in taking the time to really come to believe.

The concept I have of a Higher Power has changed several times since I

Randy E

### In This Issue:

#### Page 1

The Killing Fields

#### Page 2

Having Step Two Work Me

#### Page 3

My Experience Of Coming To Believe

The Fiery Sermon

#### Page 4

Tradition One  
Word Find Puzzle

---

## Having Step Two Work Me

When it comes to working my program on things I don't want to do, I follow a lesson I learned at what was then the most un-spiritual place I had to deal with in my day-to-day life: my last job. I took into account the spiritual principle of open-mindedness from Step Two, when I asked my one boss a simple question about what to do first, what to do next, etc. He said that it didn't matter, that he didn't give a (bleep) what I did because it all needed done anyway.

Major light bulb moment there! I transferred that idea into just getting things done, period. I kind of expanded this idea into an understanding that it doesn't matter whether or not I WANT to do something; if it is something I NEED to do, then I just have to do it. Whether it was my not wanting to be tolerant of performing some task, or letting go of some minor anger at someone (which was not really important in the first place), that I still had to push on in doing what I needed to do regardless of any minor negative emotions, instead of my falling back on my old behaviors just because I didn't want to do whatever.

This is where the cliché part comes in. We hear in various ways a few slogans: "When we could no longer stand our old ways, we began to change,"

(Basic Text, p.21)

"People tend to live what they believe,"

(It Works: How & Why, p.24)

"Insanity is repeating the same mistakes and expecting different results,"

(Basic Text, p.23)

For me, it wasn't that I didn't want to change, but I didn't know how to change because I only knew how to do things on MY terms. I was sick of the pain, so - with the idea of "it all needs done anyway" - I realized then that I had to do various things I didn't want to do if any positive changes were going to occur.

Well, that didn't fit in with my "beliefs" at the time. So, even though my actions *usually* follow my beliefs, I realized that in order to change those thought patterns, I had to acquire a different mindset through my actions. It wasn't easy, but it became more natural over time. As a result, I began repeating the same "non-mistakes." I was getting better results, and little by little whatever passes for sanity in my case is being restored.

If I wasn't open-minded to God working in my life, and believing that He could restore me to sanity, I would still be sitting in my pit of misery. I don't apply any of this perfectly on a daily basis; some days I don't even come close. However, by repeating the same positive actions my day-to-day life slowly improves, allowing me more freedom to live and grow than I ever got from any fix, pill or drink! In this way, I have to let Step Two work me.

Joe A. –  
grateful recovering addict  
in central Pennsylvania

*Jimmy K.*

*"...The wish or desire to remove the drugs from our lives may be fulfilled one way or another, but cleanliness is short lived if no action is taken to alter or renew the character disorder that is left. A clean life is not just a substitute for the old way, it should be a new way based in the superiority of being clean over any other way of life."*

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

**Newsletter Subcommittee**  
Vice-chair: Randy E  
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.)

## My Experience Of Coming To Believe

I was really fighting the concept of believing in something I couldn't see to take care of me and return me to sanity! It was around midnight and I was in my back yard screaming up to the sky! There were no clouds, and stars were everywhere! I was screaming, "Why do I have to believe in something I can't see or feel?" It began to rain and I heard a voice ask so softly. "Can you see the rain?" Scared I answered "Yes". Then it spoke again "Can you feel the rain?" I replied again "yes"! So for me coming to believe was one of most spiritual awakenings yet. So I have to remember that a Higher Power is just a prayer away! So if a Higher Power can help me come to believe, I know it can restore

sanity in an insane addict mind! I just have to carry that knowledge with me through the rest of the steps! When I'm going through something painful and troubling I wonder where my Higher Power is hiding! I then remember the night in my back yard and realize he is right beside me help me through! I can now see my Higher Power in miracles in mine and other addict's lives! I can feel him everyday when I hit my knees and ask him to direct my life! It is a wonderful life when I finally believe in something greater than myself that can restore me to sanity and actually experience it!

Michele S.

## The Fiery Sermon

A member of the program, who previously had been attending meetings regularly, stopped going. After a few weeks, her sponsor decided to visit her. It was a chilly evening and the sponsor found the sponsee at home alone, sitting before a blazing fire. Guessing the reason for her sponsor's visit, the sponsee welcomed her, led her to a big chair near the fireplace and waited. Her sponsor made herself comfortable but said nothing. In the grave silence, she contemplated the play of the flames around the burning logs. After some minutes, the sponsor took the fire tongs, carefully picked up a brightly burning ember and placed it to one side of the hearth all alone. Then she sat back in her chair, still silent. The sponsee watched

all this in quiet fascination. As the one lone ember's flame diminished, there was a momentary glow and then its fire was no more. Soon it was cold and 'dead as a doornail. Not a word had been spoken since the initial greeting. Just before the sponsor was ready to leave, she picked up the cold, dead ember and placed it back in the middle of the fire. Immediately it began to glow once more with the light and warmth of the burning coals around it. As the sponsor reached the door to leave, the sponsee said, "Thank you so much for your visit and especially for the fiery sermon. I'll see you at the meeting in the morning."

Anonymous

### 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](mailto: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.

## TRADITION TWO

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

ACTIONS  
 ALARM  
 ALLOW  
 APART  
 APPLY  
 ASKED  
 CARRY  
 CLASS  
 CLEAN  
 CONSCIENCE  
 COURAGE  
 DESIRES  
 DIRECT  
 EARS  
 EQUAL  
 EVOLVE  
 EXPECT  
 EXPRESS  
 FAITH  
 FEAR

FOCUS  
 FOLLOW  
 FORMAT  
 GOD  
 GOVERN  
 GROUP  
 HIGHER  
 HONEST  
 HOPE  
 HUMILITY  
 INSPIRE  
 INTEGRITY  
 LEADERS  
 LISTEN  
 LOVING  
 MOUTHS  
 MUTUAL  
 NEEDS  
 NEVER  
 ONE

PLAN  
 PROCESS  
 PURPOSE  
 RENEW  
 ROOM  
 SEEK  
 SERVANTS  
 SERVICE  
 SHAPE  
 SHARE  
 SIGN  
 SPONSOR  
 TALK  
 TIME  
 TRUSTED  
 UNITY  
 VOTE  
 WELL  
 WILL  
 WORKS

By @D

All of the words are taken from Tradition 2 in the "It Works How And Why" pages 134-143

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 February

Michael 02-02-06

Jeff J 02-01-05

Heather S 02-10-08

---

The next meeting of the Upper Cumberland Service Committee will be on March 15, 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.