



# THE GUARDIAN

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## STEP ELEVEN

*"We sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out."*

What an amazing journey this addict has been blessed with. I began my recovery with an admission of my powerlessness in the First Step, and now I find myself in the Eleventh Step asking my Higher Power to grant me power. At first glance this may seem like a contradiction of sorts, but this is what makes living the Narcotics Anonymous program such a wonderful thing.

I arrived here in desperation, the getting and using, and finding ways and means to get more had changed me into a person that I never wanted to become. Drugs had made a fool of me. I had reached the bottom, and at my self made bottom I found powerlessness and unmanageably. I was powerless over my addiction, the First Step helped me to be honest with myself about that. What I was not powerless over was my recovery. I found hope in the rooms of NA.

With faith in this fellowship growing in my heart I continued to work my Steps. It was not an easy thing to do, but I made a decision in the Third Step to turn over my will and my life over to the care of the God of my understanding. This was the first wary contact I had ever attempted with a Higher Power. My way had never worked very well, so I had nothing to lose and everything to gain.

These first three Steps helped to form a foundation for me to build a solid program of recovery. It was and still is far from perfect, but my life was already getting better than it had ever been. The Fourth Step helped me to see the patterns of my obsessive, compulsive lifestyle. I would get better for a while but then I started getting too high again and again and again. In this Step I identified my defects of character. When I got to the Seventh Step I reached out to my Higher Power and asked for help yet again, building on the relationship that was began in the Third Step.

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Step Eleven (continued from page one)

The Eighth and Ninth Steps helped be to deal with the wreckage of my past, and in the Tenth Step I began to form a habit of checking my behavior and amending my actions promptly. Faith in a Power greater than myself has grown and I'm learning to really trust in that power. If what I want is a life that using drugs and people is not a part of I must remove any and all barriers that stand between me and the God of my understanding. Praying must be high on my list of priorities, right up there with eating and sleeping. In this Step I hope to learn to seek Gods will for me in all situations, and ask humbly for the power to do what ever is necessary for me to carry that out.

When I got here I was completely undisciplined and unprincipled, and I still get into a rough spot sometimes, but nobody ever told me my life would be perfect in recovery, just better. It takes a lot of practice to seek God's will and apply principles my life, but I just have to do it today, and if I fall short, I can try again tomorrow. I have found the contentment of a life of freedom, and for that I have gratitude. Thanks NA.

Randy E

**“What the eleventh step means for me is to live life - not on MY conditions, but on Gods.”**

*Gry from Lillehammer, Norway*

**STEP 11 –**

*The Narcotics Anonymous Step Working Guides*

It bears emphasizing that we should never confuse religion with spirituality. In NA, they are not the same thing at all. Narcotics Anonymous, itself, is not a religion. It offers a set of spiritual principles, and uses a concept referred to as "God," a "Higher Power," or a "Power greater than ourselves" for members to use as a path out of active addiction. The spiritual principles and the concept of a Higher Power can go along with a member's personal spiritual path that he or she follows outside of NA, or those principles and the concept of a Higher Power can serve as a spiritual path all by themselves. It's up to each member.

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

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**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.)

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## *Two Addicts Share their Experience with Step Eleven*

The practice of meditation has had a profound effect on my life. I can't imagine my life without it now. I have had some deep and profound experiences during meditation. For the most part, Step Eleven acts as my vehicle for living the principles found in the steps when I'm God-centered, when insanity enters my life, I am restored to sanity before I act out. Being spiritually centered opens me up to recognize what my HP wants me to do and where He wants me to go. My sponsor told me that the depth of my recovery would be contingent upon my spiritual maintenance. I have found that to be true, and I maintain my spirituality through prayer, meditation, and being of service.

*Jimmy K. - " You are the program . You're the only program that some people will ever see."*

The eleventh step is the most beautiful of all steps. Up to this point we have put trust in a Power greater than ourselves. We've asked a lot of things of our HP and we have moved obstacles out of the way, most of all our fear of the unknown. WE are now ready for a relationship with God. In all relationships the most important thing is communication and that is what the eleventh step is about. As most addicts we don't communicate well and that is the nature of the disease, it's self consumptions do not want to listen but that is what this step asks of us. We sought through prayer we can and have done this so far. Prayer is nothing but talking to God and we're good at this so far as we ask for our HP to mend us, we put trust in our HP, made amends, we ask to be ready and we ask to remove. The hard part is to be silent and listen. If we want a conscious contact with God as we understand him. We must be silent as in all relationships and there are times you must listen to the other party, and this is that time. The voices will try to disrupt you, acknowledge them and let them pass. You will know when God has spoken to you; he gives only Good Orderly Direction. My experience has led me to do this only in the AM before my brain gets busted with the daily activities. Just as learning to walk it takes practice, the problem lies in my addiction doesn't want this. If I do this on a daily basis the knowledge of God's will for me and the power to carry that out. My life is so much easier when I don't have to be in charge, all I have to do is to follow the Good Orderly Direction I receive and it keeps my life so simple this is truly the miracle.

### **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](mailto: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 ELEVEN

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

By AD

ACCEPT	LEARN
AWARENESS	MAINTIAN
BALANCE	MEDITATION
CARRY	OPEN
CHOOSE	PEACE
CLEAN	POWER
CONSCIOUS	PRACTICE
CONTACT	PRAYER
DAILY	PRINCIPLE
EFFORT	PROGRAM
EMOTIONAL	RECOVERY
EMPATHY	RESULT
ENSURE	SERENITY
FAITH	SOUGHT
FOUNDATION	SPIRITUAL
FREE	STEP
GLIMPSE	STRENGTH
GOD	SURRENDER
GROWTH	THANKS
HELP	UNDERSTOOD
IMPROVE	WILL
KNOWLEDGE	WORKS

All of the words are taken from Step Eleven in the Basic Text pages 43-47

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### Birthdays for the month of November

Anthony G. 11/19/97

David L. 11/23/05

Randy E. 11/20/05

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The next meeting of the Upper Cumberland Service Committee will be on Dec.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.