



THE GUARDIAN

OCTOBER 2009

Step Ten: The Road Toward Serenity

As I have taken my own path along serenity, the steps have sometimes been unsteady, and difficult. As I have walked (and worked) the first nine steps, there was definitely scenery along the way that has been both ugly and beautiful. Yet with each step I take, I am brought to a new place of understanding and experience in living a clean, more content life.

I believe one of the most difficult of all things I am learning to do is be self-analytical; to honestly figure out how to examine myself. So many times before, I actually shied away from taking even just a few private moments for the purpose of self-analysis. I was too busy for such foolishness. But along a clean way, I've come to understand that these 'self-checks' need to be done honestly, thoroughly and often.

Sometime ago, after having time to analyze a past situation (one that caused me much regret, and much unhappiness to myself and to others); I had an opportunity to openly admit to a person that I had been wrong. I made the admission to this person face-to face. Much to my surprise, the admission was received graciously and the old matter was, at last, put to rest. Admitting when you're wrong opens the door to forgiveness.

Because of frequent "self-checks" I have become more aware of my emotions. With the help of my higher power, I will eventually become less likely to justify negative emotions and

more capable of controlling an urge to criticize and blame outside influences for my shortcomings.

In a recent incident involving a minor driving incident, the officer ticketed me concerning a traffic sign in a rather remote area. He contended that this particular route which exited from a parking lot (stretching no more than about 75 feet) was a one-way. My argument was that it was not a one way, since I had taken this way many times. He pointed out the sign which, for some reason I had never seen, and made his point! I pulled away with a ticket in my pocket and a few choice words on my lips. In reflecting on the situation later in the day, during a time of "self-checking", I discovered and realized my need to accept that the fault was not the officer's but mine.

If my own personal growth progresses as I hope that it will, I will use my moments of self-checking to help me rise above those old hills of hurt pride, anger and unwillingness to accept the imperfections of my own and those of other people. Hopefully, I am arriving at a point on this road of serenity where I can forgive when someone else is at fault. A place where I can admit when the fault is mine. And understand that my life is more about taking Steps toward progress rather than perfection

Fred M.

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Step Ten Crossword Puzzle

Continuing To Grow

Step Ten: *"We continued to take personal inventory and when we were wrong promptly admitted it."*

When I came to Narcotics Anonymous I thought the biggest problem I had was a drug problem. I could not stop using regardless of the problems that I knew it was causing. I went to meetings nearly everyday, and I met people who were learning to stay clean one day at a time. In the beginning it was all about the drugs and the damage my using had inflicted upon my family. My thoughts were consumed with staying clean, no matter what it took. I was desperate. It took some time but I came to realize that the only problem I had was me.

I got a sponsor, someone who continually worked the steps, and in turn could help me to find relief by using them. After awhile the desperation and pain overwhelmed me less often. My mind was more open and I could think of things like rebuilding my life. I began to think less and less about drugs and more about living. I wanted that new way to live I heard about in meetings, so I worked my steps. The more steps I worked the more aware I became of the spiritual principles of the program. I found that if I incorporated these principles into the way I lived my life, the thoughts of using had no place in this new life.

The first three steps helped me to find enough courage and open-mindedness to take the fourth step, and look at myself honestly for the first time in many years. In that step I found out so

many things about myself, and the most important one was that I had the willingness to work on me. The fourth step showed me my defects of character, and helped me to see the amends I had to make. As I worked my way through the next steps I was able to find relief from the mistakes of my past. Setting things right brings freedom, and that is what I want from this program. I don't want to just stay clean, I want to live life to the fullest, and that only comes by working these steps.

I had found some measure of freedom from my past in the first nine steps. For relief from the present I must use the tenth step. Just because I've worked of few steps and spent a small percentage of my life practicing spiritual principles does not mean I will not make mistakes that must be amended. I can use the tenth step to take care of small things before they fester and grow into major problems. In my past I tended to ignore my behavior and blame others for everything, this way of thinking has to go.

I also need to take note of the good things each day, I can't let myself become obsessed with my mistakes, I am human and will never be perfect. The tenth step is just one more tool in my program, but it has to be used in order for me to continue to grow. I have learned that when growth stops decay begins. I have a life worth living today and have no illusions that I can keep it without living this program. I am so grateful that we have this program. Thanks NA. Thanks to you too.

Joe Addict

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:

New Way To Live Group
Crossville, Tennessee

Crossville NA Group
Crossville, Tennessee

New Beginnings
Oneida, 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 TEN:

"Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy."

Having no opinion on outside issues protects the NA group from straying from its primary purpose. In our personal lives, we learn that it is okay to say: "I don't know. I have no opinion on that." We don't have to express our opinions on everything. Minding our own business, we refrain from giving unsolicited advice and begin to respect other people's rights to their own opinions.

By practicing the principle of self-restraint, we are better able to keep the focus on our growing self-awareness and developing relationship with a God of our understanding..

Read the chapter in the Basic Text on the tenth tradition.

Read the chapter in It Works: How and Why on the tenth 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 an outside issue?
4. When does an NA member's opinion get mistaken for NA's opinion?
5. How could NA's name be drawn into public controversy?
6. What effect could being involved in public controversy have on NA?
7. How do we deal with internal controversy?
8. The spiritual principle of this tradition is humility.

Define in your own words the spiritual principal in this tradition. Look up and write the definition from the dictionary.

The next meeting of the Upper Cumberland Area Service Committee will be held on October 18, 2009 At 2:30 pm CST in Crossville, Tennessee at the Crossville NA facility. We are always in need of members 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.

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.

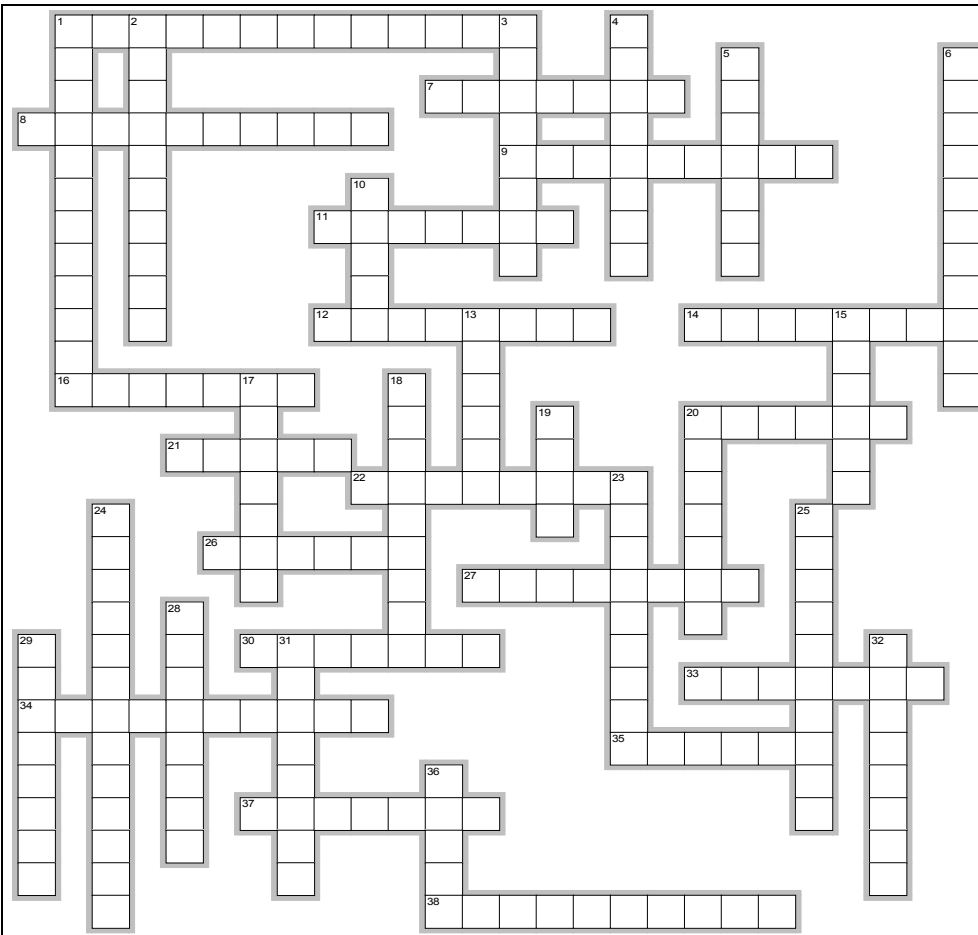
Don't worry if you think you can't write well enough, we will be happy to make any spelling or punctuation corrections for you. The important thing is that you will be sharing your recovery with another addict. After all, we can only keep what we have by giving it away. The length of your article isn't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

Step Ten "It Works"



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

All of the words in the puzzle can be found in "It Works How And Why"
Step Ten pg 96 – 104

Across

1. "Other situations can occur when we become _____ of others." pg 100
7. "Healthier relationships are just one indication that the _____ of our lives has improved dramatically." pg 103
8. "We can attribute virtually every _____ to a character defect we identified in the Sixth Step." pg 97
9. "Humbly asking the God of our understanding to remove our shortcomings is just as _____ now as it was in the Seventh Step." pg 97
11. "When we get a _____ feeling that something isn't quite right, we should pay attention to it." pg 98
12. "We are _____ what we were meant to be all along: whole human beings." pg 103
14. "While our sponsor will provide us with _____, we must apply the principles of the program for ourselves and arrive at our own decision." pg 100
16. "Often, our _____ will suggest that we write out our Tenth Step." pg 99
20. "Some of us look back at our Fourth Step and _____ why we have to do a Tenth Step." pg 96
21. "We should acknowledge that, quite _____, our motives are good and we do things right." pg 102
22. "When we see that we've been selfish, we can strive to become more _____ in the future." pg 102
26. "Am I being _____ today?" pg 99
27. "Instead, we can make an effort to be more _____." pg 102
30. "We can stop making unreasonable _____ on others and begin to give of ourselves in relationships." pg 103
33. "We _____ recovery-oriented goals for ourselves as we work this step." pg 102
34. "We have to deal with _____ such as these as soon as they arise." pg 97
35. "We may also make use of our informational pamphlet, _____ the Program." pg 99
37. "We keep going _____, striving each moment to become ever more aware of ourselves." pg 98
38. "We are blind to the harm we're causing others by not _____ their views as much as our own." pg 99

Down

1. "We know that, by applying our program of recovery to our _____, we will change and grow." pg 102
2. "If we find ourselves in the midst of such moral uncertainty, we can use the _____ of the Tenth Step to provide more clarity." pg 100
3. Recovery in Narcotics Anonymous is about _____ how to live." pg 96
4. "Am I growing, or am I slipping back into old _____?" pg 99
5. "In order to do so comfortably, we must decide what is, and what is not, _____ acceptable in our lives." pg 101
6. "Our recovery depends on our _____ to meet those challenges." pg 97
10. "As soon as we become aware that we're feeling ill at ease, we search out the _____ and deal with it as soon as possible." pg 98
13. "Not that we should be hard on ourselves, picking at our every _____ and looking for problems where none exist." pg 98
15. "We feel renewed hope as we uncover long-neglected _____ in this step." pg 103
17. "Our entire _____ has changed." pg 104
18. "Seeking _____ and meaning for our lives, we go on to the Eleventh Step." pg 104
19. "But we must continue to _____, and that's exactly what the Tenth Step helps us do." pg 96
20. "Although forming a habit of _____ this step may be difficult at first, we must persist." pg 98
23. "By working the Tenth Step, we become more aware of our emotions, our mental state, and our _____ condition." pg 96
24. "We begin to see ourselves more _____ as a result of working the Tenth Step." pg 102
25. "Every day, life presents us with new _____." pg 97
28. "As we do, we find ourselves constantly _____ with fresh insight." pg 96
29. "We are free to enjoy another's companionship because we're no longer so _____ with ourselves." pg 103
31. "When our _____ are running high, we may not be able to take an honest look at ourselves." pg 101
32. "Often we act in ways that are _____ to our values, yet we expect others to live up to our standards." pg 100
36. "... we need to admit our _____ as soon as possible and correct any harm we've caused." pg 101