



THE GUARDIAN

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How Personal is Our Inventory?

“We continued to take personal inventory and when we were wrong promptly admitted it”
(Step Ten)

Recovery, for this addict, is about more than not doing drugs. I only had to get clean once. What I needed was to learn how to live. I want to live my life in a more spiritual manner, in a way that is not in conflict with the rest of humanity. I’ve been told that working the Steps in a consistent and ongoing way helps me learn to apply spiritual principles in all areas of my life. Doing this has helped me to be a much more productive and spiritually minded person, but there are still times when I get resentful or depressed. It is in these times when our Tenth Step helps me to take a good look at myself to find the source of any problem I’m having.

“Continuing to take a personal inventory means that we form a habit of looking at ourselves, our actions, attitudes, and relationships on a regular basis. “
(Basic text, pg 41)

When I was out there using the last thing I wanted to do was look at my behavior. I preferred to put the blame for my problems on others, it made it easier for me to keep doing what I was doing. In recovery I can’t afford to allow myself to have a negative attitude for very long. When I do, bumps in the road of life tend to turn into major obstacles that could land me in a ditch.

Just because we get clean and work a few Steps does not make us immune to bad days. I bet I’m not the only person who finds myself snapping at my family members for no good reason. What about those times when we stay busy taking everyone else’s inventory? We all have days when everything seems to go wrong, but there is something we can do.

Anytime during the day we can stop and take our inventory, we examine our actions, and our motives. We may ask ourselves if we have harmed anyone as a result of our actions, if we have, do we need to make amends? We can use this time to check our spiritual condition as well; asking ourselves if we have prayed for our Higher Power’s will for us, and the power to carry that out? We use the Tenth Step as a maintenance step. We must stay spiritually grounded in order to stay comfortable in recovery. An honest look at how we are working our program helps us to improve our attitudes by finding out what is really working and what is not.

Most of the time, when I find myself acting out on some of my less desirable traits it’s because I’m not looking for the solution. I can find myself copping a attitude, and trying to justify it by looking at what others are doing. It’s taken me a while, but I’m starting to see that I’m the source of most of my problems, and by looking inward I can find some solutions.

Randy E.

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Public Information

The goal of Public Information is to inform the public about Narcotics Anonymous and to let them know that help is available for the still suffering addict through the Fellowship.

Public Information (PI) does not go into facilities to give presentations to addicts. PI goes into facilities to present information to the staff, informing them of the services of Narcotics Anonymous. They tell them of the availability of meetings and that Hospitals and Institutions can bring weekly presentations into their facilities.

In addition, Public Information places literature in schools, hospitals, and facilities. Schools are of particular mention because the youth are very vulnerable and are easy prey for drug dealers. Educating children as early as possible is important, as the youth of today are the leaders of tomorrow.

Public Information can also place posters with the NA Helpline telephone number on them in public places. In some areas, billboards have been used and in one area there are signboards on buses with the Helpline number.

Drug Court Judges are sent literature, meeting lists, information, and Basic Texts to introduce them to Narcotics Anonymous.

PI projects should be designed to fit the needs of the community because the goal of Public Information is to inform the public about Narcotics Anonymous

**“Often when we ask an oldtimer what to do,
we are amazed at the simplicity of the answer”**

Basic Text, Step Ten, Page 42

Step Ten

Step Ten is an action step. As we grow in the program, work the steps with our sponsor, we start to form daily maintenance. Step Ten is very important in this regard. We don't have to formally work this step to use it in our daily lives.

In Step Ten, we make a habit of looking at ourselves, our thinking, behavior, and relationships on a regular basis. We identify our part in situations and look at our accountability.

When we find ourselves reacting un-spiritually; (dishonest, impatient, intolerant, closed-minded, unwilling, un-accepting, etc.) we promptly admit it. This means right away! Not tomorrow and not next week. We do this to identify and break the cycle of old thinking and old behavior. As addicts we are creatures of habit that is why we do this step.

By working this step we grow and change, we become free to live in the here and now.

Tommy S. Central Minnesota Area

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

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**Upper Cumberland Area of
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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.)

STEP TEN WORKSHEET

Using a dictionary, define the meaning of the words of Step Ten "We continued to take personal inventory and when we were wrong promptly admitted it." Then write about how you can use the principles of this step in your recovery.

- 1) How can I apply this step to my daily life?
- 2) Do I have a hard time promptly admitting when I am wrong?
- 3) How can the preventive part of Step Ten lessen the wrongs I do?
- 4) What areas of my life do I need to get more balance in today?
- 5) Am I obsessing, complusing or totally self-centered about anything today?
- 6) What are some of the things I put in my daily inventory journal?
- 7) How do I feel when I don't admit I am wrong?
- 8) How does Step Ten help me to live in the here and now, "Just for Today"?
- 9) What has Step Ten given me this time working through it?
- 10) How does Step Ten help me to do God's will for me?
- 11) How does Step Ten help me to take responsibility for my recovery?
- 12) How does Step Ten prepare me to work Step Eleven?

NOW START JOURNALING USING IP#9 "LIVING THE PROGRAM"

I Continue To Grow

by Ron White
September 28, 2008

*No more am I haunted
By the man in the mirror,
The conflict has finished
My mind has become clearer.*

*What once raged in chaos
With no form of release,
Has now calmed to a still
Deep inner peace.*

*GOD had entered my heart
And was able to show,
How to stop harboring guilt
And just let it go.*

*Then the lifetime of regrets
From my journey through hell,
Became courage and strength
In this story I tell.*

*Now arriving at step ten
I see I must continue,
To apply principles I've learned
From the spiritual menu.*

*I must always put honesty
Above all, at the start,
Without it, what I've worked for
Would soon fall apart.*

*Then each day, many times
I now stop to review,
If I've done something wrong
In the things that I do.*

*And if that is the case
I now promptly admit.
Doing all that I can
To stay spiritually fit.*

*At the end of my day
When I kneel down alone,
I thank GOD for my life
And the way HE has shown,*

*I need no longer wallow
In self pity and fear,
Because deep in my soul
I know GOD will be here.*

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.

TRADITION TEN

H M N B E D D F G J K I R U Y L P M I S	ADDICTS	FEES	PRO
R Z A P I V I V G W N J E K Q V K G K J	AGREE	FELLOW	PROVIDE
T X O V C Q G S E O I S T C I D D A G C	AMONG	FOCUS	PUBLIC
E C I G O V C L T H H A A K A V R O V P	ANSWER	FORCE	RETAIN
S D G Y Q I F Q K R T G I Y Q U U U L K	ANY	FREEDOM	SAY
E K C C L A D V L J A A N N R T T E G R	ATTRACT	FREELY	SCOPE
U G Q H R E U E A T A C A A S A H I E G	AVOID	GROUPS	SERVICE
S K T E F F E C T N N Y T I N U M F O V	BELIEF	GROW	SHARE
S Q H N Y A S R Q O S K D K Y Q F I G N	CAUTION	HELP	SIMPLY
I K G C O T A O F I W E S S T O K Q R K	CLAIM	HENCE	SOCIETY
G M U E K C E F K N E E R V I E W S O P	CLEAN	HOW	SPEAK
O Q O E T K Y I V I R E F K L F O C U S	CON	HUMILITY	TALK
D K G D N A E L C P V R G C I L B U P G	CONTROVERSY	ISSUES	TENTH
B E L I E F V J G O S G B W M V J W S V	DISTRACT	NEVER	THINK
V C Q V M E C N R E S A O M U R O T H J	DIVIDE	OFFER	TOUCH
A O C O I Q R T E Q C R K J H L E Q C K	DRUG	OPINION	UNITY
L M R R A J N F G V K A G H L N R W U G	DUES	OUGHT	VALUE
U G O P L O C V G E E Q V E T V A G O K	EASE	OUTSIDE	VIEWS
E Q V N C Q C C D P K R F H K Q H Q T P	EFFECT	POWER	WELFARE
G W O R G J V C S K E C I V R E S J K J	EYE	PRIMARY	WORKED

By @D

All of the words are taken from Tradition 10 in the "It Works How And Why" pages 196-202

The primary responsibility of an NA group is to conduct its recovery meetings, carrying the message directly to the addict who still suffers. Groups join their strength in the service structure, ensuring that other services-H&I, PI, literature development, for example-are fulfilled effectively and without distracting the groups from their own primary responsibility.

Twelve Concepts For NA Service

The next meeting of the Upper Cumberland Service Committee will be on Nov. 16, 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.