



THE GUARDIAN

MAY 2010

Our True Nature

Step Five *“We admitted to God, to ourselves, and to another human being the exact nature of our wrongs”*

I've heard lots of people in the rooms say that the fourth step was by far the toughest step for them to complete, because it was the hardest one for them to start. They were afraid of going back down the path their lives had taken, fearing the act of revisiting these memories would cause them to feel the pain all over again. It takes commitment and courage to stand in the face of such fear and continue on. Working the previous steps with a sponsor helps to prepare us for this monumental undertaking. This is only the beginning of our new life, we will need to call on the foundation of our recovery many times in the course of our journey through the steps, so we must build it strong.

For me it was the fifth step that caused fear and anguish. I could write and write on my fourth step, digging deeper into my past, but the thoughts of sharing my findings with another human being and the God of my understanding scared me to the point of inactivity. The fifth step also asks me to identify my true nature, to reveal this to another. This is

where the rubber hits the road, this is where it gets real! In the steps I'm asked many times to put my faith in a Higher Power, stepping out on faith is what our program is built on. In the fifth step I have an opportunity to practice my newly found faith, and I do so by working this step even though I'm unsure of the results.

Working step five is not simply a reading of our fourth step, we draw upon the faith we gained in the second step when we share this step aloud, facing up to the exact nature of our wrongs. We find that by hearing ourselves make these admissions we get out of the denial that our disease thrives on. We made a decision in the third step to turn over our will and our lives to our Higher Power, this step gives us a chance to put that decision into action, courageously trusting the relationship we are building with the God of our understanding.

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Our True Nature

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This step can be a humbling experience, we may find that we are not the "larger than life" personality we thought we were. Most of our actions were dictated by our disease and have been exaggerated in our minds. Our need to feel good about our past actions may have given us a distorted view of ourselves. After working this step we may finally see ourselves as we truly are, and begin to enjoy just being that person.

By no means is this, or any other one of the steps a quick fix, our need for instant gratification can cause us to

expect all of our problems to just disappear after we work a few steps. In the course of our journey through the steps we strive to awaken our spirit and grow into a new way to live. We now choose to not have our feelings deadened and we must face these feelings. We no longer need to be numbed to get through our day, we have a program that is introducing us to spiritual principles, practicing these principles is how we grow. With the new friends we have in recovery and in the meetings, we are seeing others doing the impossible...and we can do it too. Now that we are beginning to see our true nature, and our trust in the program is strengthening, we go on to the sixth step.

Joe Addict

The next meeting of the Upper Cumberland Area Service Committee will be held on June 20, 2010 At 2:30 pm CST in Crossville, Tennessee at the Crossville NA facility. We are always in need of addicts 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.

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.

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866-454-3784
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Upper Cumberland Area of Narcotics Anonymous web site:
http://www.nauca.org

Meetings in the Upper Cumberland Area of Narcotics Anonymous:

New Way To Live Group
Crossville, Tennessee

Crossville NA Group
Crossville, Tennessee

New Beginnings Group
Oneida, Tennessee
&
Helenwood, 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 FIVE

“Each group has but one primary purpose - to carry the message to the addict who still suffers.”

One of the gifts of recovery is realizing that we can help another suffering addict. In reaching out to someone else, we put what we have learned of the spiritual principles of the program into action.

We learn that by helping others, we are really helping ourselves. As we develop more concern for others, we lose some of our self-centeredness. Our lives gain a spiritual focus and a greater sense of purpose.

We are grateful to know we are carrying a message of recovery by living useful, productive lives.

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

Read the chapter in It Works: How and Why on the fifth tradition.

Write answers to the following:

1. What does this tradition mean to you?
2. What does this tradition mean to NA?
3. Why is our primary purpose important?
4. Why does our primary purpose need to be defined in our traditions?
5. What is your purpose as a member?
6. What is the purpose of the NA group.
7. Do NA groups have other purposes than to carry the message? If so, what are they?
8. Who's responsibility is it to fulfill and maintain our primary purpose?
9. The spiritual principles of this tradition are integrity, responsibility, unity, anonymity. Define in your own words the spiritual principles in this tradition. Look up and write the definition from the dictionary.

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.

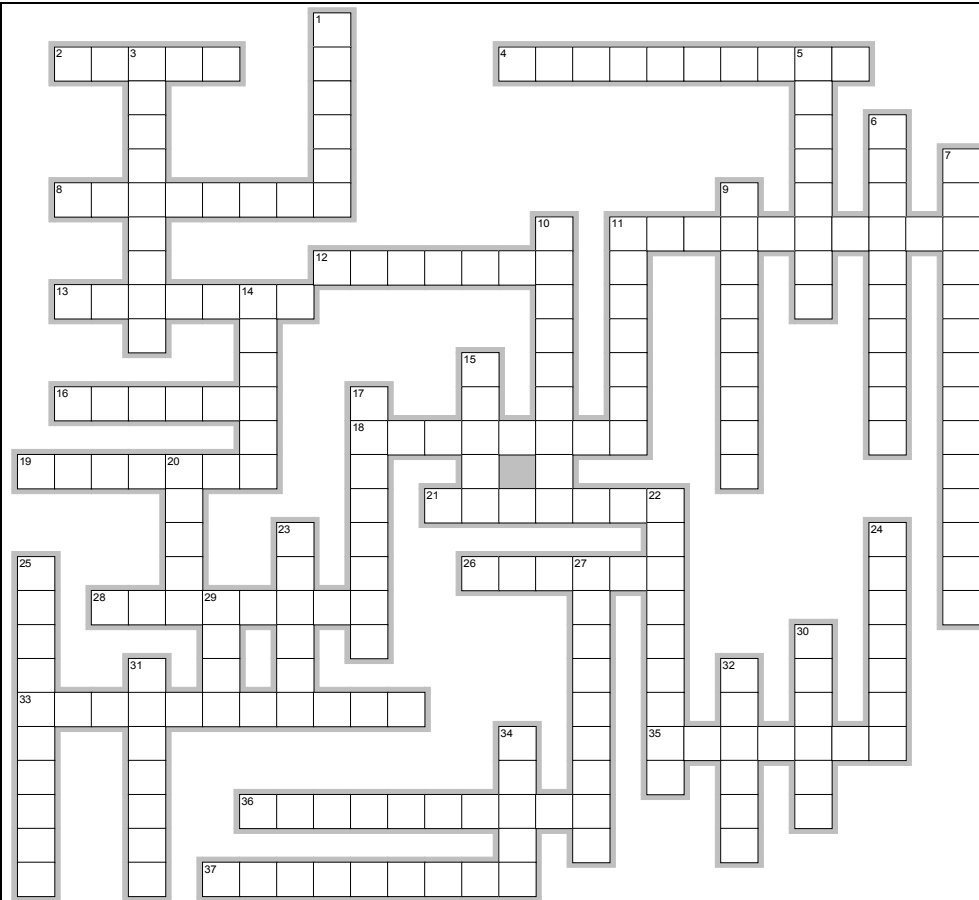
Don't worry if you think you can't write well enough, we will be happy to make any spelling or punctuation corrections for you. The important thing is that you will be sharing your recovery with another addict. After all, we can only keep what we have by giving it away. The length of your article isn't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

Tradition Five "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"
Tradition Five pg 159 - 165

Across

2. "The groups' _____ on carrying the message is so important to the survival of NA that it is called our primary purpose." pg 160
4. We lead by example, sharing _____ instead of advice." pg 160
8. "However, most groups find they cannot _____ their focus on their recovery meetings and also carry out other services." pg 162
11. "Some of the _____ we have applied to help us observe the Fifth Tradition include integrity, responsibility, _____, unity, and anonymity." pg 164
12. That way, groups _____ their time and energy for carrying the message directly to the addict who still suffers." pg 162
13. "This is the most basic guideline by which groups may examine their _____ and their actions." pg 160
16. "_____ carry the message of NA: hope and freedom from active addiction." pg 159
18. "But each time our focus is diverted from our primary purpose, the addict seeking _____ loses out." pg 161
19. "Tradition Five _____ the focus of Narcotics Anonymous." pg 165

Down

1. "The evidence of many addicts staying clean and seeking our _____ good is very persuasive." pg 165
3. "When groups conscientiously _____ this kind of integrity, their meetings further our primary purpose." pg 164
5. "How well are we _____ the message of recovery?" pg 162
6. "This concentrated focus protects the integrity of our _____." pg 165
7. "The Fifth Tradition gives our groups a great _____: to maintain our fellowship's primary purpose." pg 164
9. "The Fifth Tradition asks us to practice _____ by keeping our purpose foremost." pg 159
10. "Tradition Five is not limited to helping _____." pg 163
11. "Our _____ purpose is at the heart of our service." pg 159
14. "Narcotics Anonymous _____ to help addicts find freedom from active addiction." pg 159
15. "We don't recover _____." pg 165
17. "Tradition Five focuses the group's _____ on carrying the message." pg 163
20. "There are many ways to carry the message and meet the _____ of both the group and the NA community." pg 162
22. "We can live drug-free and _____ new lives." pg 160
23. "Allowing our groups to lose sight of our primary purpose may deprive an addict of a _____ to hear our message of hope." pg 164
24. "The character of the group is not its _____, however." pg 159
25. "Many meetings are _____ to carry the message to our newest members." pg 163
27. "The spiritual _____ we experience when we work the steps is also our message." pg 160
29. "Stable meetings that start on _____ carry a message of recovery." pg 160
30. "That is our message: that an addict, any addict, can stop using drugs, lose the _____ to use, and find a new way to live." pg 160
31. "Many of our members have much to offer on a variety of subjects but our fellowship has its own _____ message: freedom from active addiction..." pg 164
32. "Our primary purpose is a common _____ that unites us." pg 165
34. "_____ is one of our greatest strengths in carrying the message." pg 165
21. "All of our actions convey a _____, and Tradition Five reminds us to make it a message of recovery." pg 161
26. "When groups carry the message, the _____ of the Twelfth Step is greatly multiplied." pg 163
28. "All of these can either help further our primary purpose or _____ us from our focus." pg 161
33. "The Fifth Tradition _____ the Twelfth Step: It asks groups to carry the message to addicts." pg 164
35. Our primary _____ is the NA meeting, where addicts share their recovery directly with one another." pg 162
36. "We should try to establish a _____ for carrying the message—nothing more, nothing less." pg 161
37. "In _____, our personal differences are insignificant compared to our primary purpose." pg 165