



# THE GUARDIAN

JUNE 2010

## The Pain Of Remaining The Same

I'm a recovering addict in the Upper Cumberland Area, and I would like to share how I'm growing up in Narcotics Anonymous.

I've been around for awhile and still do the basic things we told the newcomers to do, go to meetings, read the literature, get a sponsor, work the steps, do service, and find a God of your understanding, but most of all stay clean.

Our literature tells us "we can only keep what we have by giving it away". I can only give away what I have, and for a long time the message I got at meetings was "just stay clean and everything will be alright". For an addict in their first ninety days that may be true. But how about that addict with double digit clean time whose never worked all the way through the steps, and doesn't know how to apply spiritual principles in their life. That's me!

There was a situation that happened in my life that brought up a lot of fear, and with fear comes anger, resentment, emotional pain, and every defect of character known to man.

I'm very grateful for the foundation of recovery I had at the time, even though that foundation was "just stay clean and everything will be alright". What about all the feelings that were going on? How was I supposed to deal with them? I would go to a meeting and share my pain and other addicts would say "stay clean and everything will be alright".

Well, I don't want to go into years

of details of things that happened or didn't happen, let's just say that life on the outside got somewhat better. But I still had all of the feelings bottled up inside.

For this addict, I had gotten so used to the pain of keeping everything to myself that I had convinced myself that this is not great, but it's much better than it was.

Today I go to meetings with a group of addicts that want everything Narcotics Anonymous has to offer and they are a great bunch of guys, the majority of them have less than two years clean. Most of us belong to the Step of the Month Club. What is that? In January we work the first step, in February we work the second step, and so on.

After sitting in meetings with these guys week after week, month after month, I could see that they were serious about recovery. And there I sit trying to slide by on my clean time and use all the cliches I learned in my first year.

I've made a commitment to the Step of the Month Club and I'm finding out that I don't have to carry around all that garbage, and live my life full of fear and resentment, hate, and anger.

I've just finished my sixth step and I've realized I'm not a perfect person but God and Narcotics Anonymous isn't through with me yet.

ILS. Keith H.

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# Entirely Ready

In Step Five, I was ready to admit I had been wrong. In Step Six, I became ready to have the defects of character I had discovered in step five removed.

A key concept in Step Six is *entirely ready*. By August of '93, I had "hit bottom" all the way. Such is not always the case when people first encounter the Twelve Steps. In other words, I had done the maximum amount of damage I could do in my life. My life was beyond the help of human intervention. I was beyond the help of self-discipline. My life and my relationships needed divine intervention and healing.

Had I sought to work Step Six before hitting bottom, I would not have been *entirely* ready. Only partially ready. God brought me to Step Six after careful preparation.

A second key concept is that only God can remove my defects of character.

I could not cleanse myself of my past, my failures, or my character defects. Once I admitted my mistakes, I also had to admit that I could not overcome them using my own willpower. I admitted I needed God's help. (Part of my ego problem had been the idea that I did not need God's help; that attitude put me beyond God's help.)

By hitting bottom intellectually, emotionally, financially, socially, mentally, and spiritually, my over-inflated pride and ego were humbled. My self-sufficiency was exposed as an insane lie; my power was shown to be powerless; and my self was shown to be nothing more than vague shadows of my work, my toys, my status, and my abilities. All that I had created to protect my ego in my proud, self-willed, fragile little world was shattered. I was alone, helpless and broken before God.

Once I was entirely broken, I became clay in God's hands, to be reshaped according to God's will.

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The next meeting of the Upper Cumberland Area Service Committee will be held on July 18, 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.

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

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**Upper Cumberland Area of Narcotics Anonymous Helpline:**  
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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:**

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 SIX

*"An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose."*

Many of us come to Narcotics Anonymous having exhausted our spiritual, emotional, and financial resources. The NA program enables us to return to the mainstream of life. We find satisfaction and fulfillment in pursuing careers, rebuilding relationships, and acquiring wealth or material possessions.

Yet, we must not become so attached to these pursuits that we lose our direction and sense of purpose. Living the Steps requires that we seek a balance between "Self, Society, Service, and God." If we focus on anyone of these, to the exclusion of the other our recovery suffers.

By practicing the principle of balance, we realize our primary purpose. We stay clean and learn to be better instruments of our Higher Power. .

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

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

Write answers to the following:

1. What does this tradition mean to you.
2. What does this tradition mean to NA?
3. What do the following mean: Endorse, Finance, Lend the NA name?
4. What is a related facility? What is an outside enterprise?
5. How could endorsing, financing or lending the NA name lead to "problems of money, property or prestige?"
6. What does it mean to be diverted from our primary purpose?
7. How do service boards, service committees, conventions, etc. relate to this tradition?
8. The spiritual principles of this tradition are humility, integrity, faith, harmony, and 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.

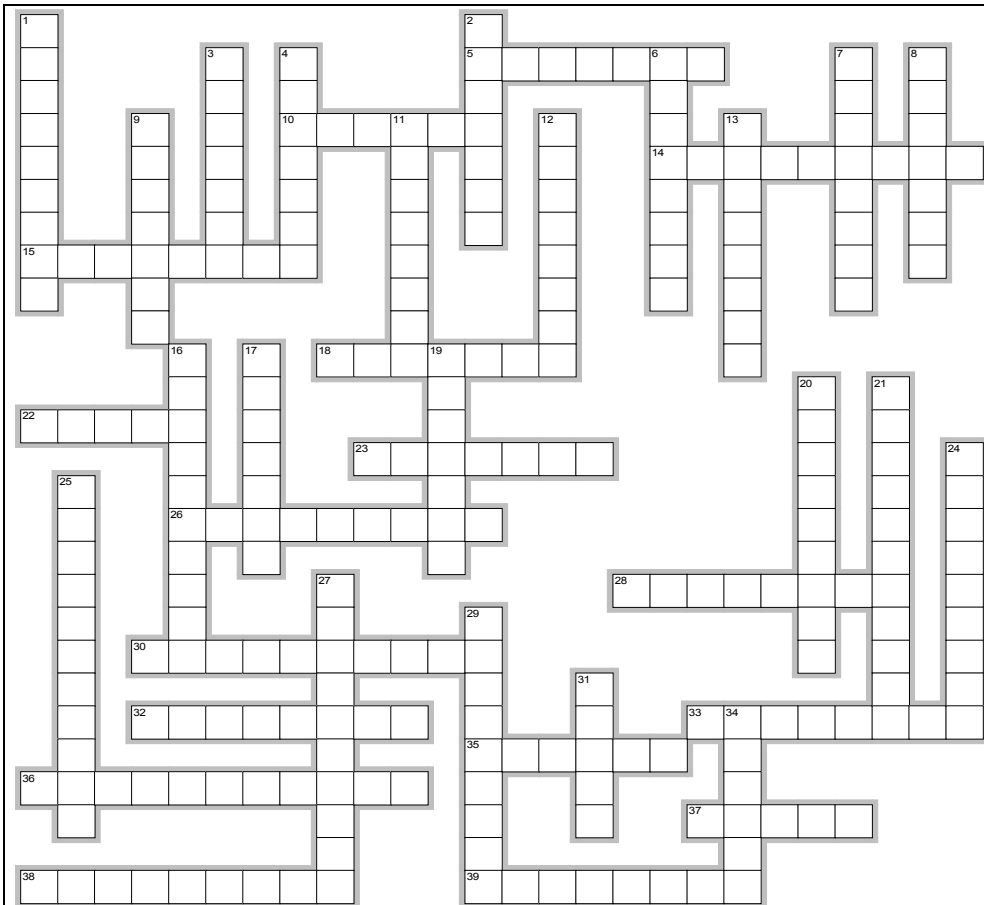
Don't worry if you think you can't write well enough, we will be happy to make any spelling or punctuation corrections for you. The important thing is that you will be sharing your recovery with another addict. After all, we can only keep what we have by giving it away. The length of your article isn't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

Thank you for your support.

# Tradition Six "It Works"



## Down

1. "Why not just extend such reductions to all \_\_\_\_\_?" pg 168
2. When NA's identity becomes too closely tied to the identity of another organization, the \_\_\_\_\_ of our primary purpose is muddled, losing some of its power." pg 166
3. "While that \_\_\_\_\_ may be similar to ours, it will not be the same as ours because the organization is separate from us." pg 169
4. "Cooperation with others is \_\_\_\_\_ for Narcotics Anonymous." pg 168
6. "\_\_\_\_\_ reminds us of NA's role in society." pg 171
7. "Additionally, anonymity helps us avoid \_\_\_\_\_ our purpose in our contacts with other organizations." pg 172
8. "In carrying the message, groups come in \_\_\_\_\_ with other organizations in their areas." pg 166
9. "The principle of \_\_\_\_\_ is both assumed and supported by Tradition Six." pg 172
11. "Financing another organization further \_\_\_\_\_ its purpose." pg 167
12. "Our groups seek to cooperate with others in society whenever \_\_\_\_\_ and as much as possible." pg 172
13. "Our \_\_\_\_\_ is in the power of the NA program." pg 172
16. "An NA group that uses another organization's \_\_\_\_\_ or speakers endorses that organization's primary

- purpose, not ours." pg 169
17. "Within the limits established by Tradition Six, we have tremendous \_\_\_\_\_ to carry the message of recovery and help other addicts." pg 173
19. "We do not, however, have any other purpose in \_\_\_\_\_ than to carry the NA message..." pg 171
20. "There are many related facilities and outside enterprises devoted to understanding \_\_\_\_\_ and aiding recovery." pg 169
21. "It's important to remember that we as NA members and groups are \_\_\_\_\_ for observing our Twelve Traditions." pg 169
24. Tradition "Six tempers our zeal to carry the message, establishing boundaries for our \_\_\_\_\_ with others in the area." pg 166
25. "The \_\_\_\_\_ of principles is the basis of our freedom." pg 171
27. "If it appears that some outside organization or facility is compromising our \_\_\_\_\_, we are responsible to discuss their actions with them." pg 170
29. "Letting others know who we are and what we offer \_\_\_\_\_ the chance that addicts seeking recovery will hear our message." pg 168
31. "A group's meetings provide a \_\_\_\_\_ in which individual members can share their recovery with one another." pg 170
34. "Not all of them, however, \_\_\_\_\_ directly to NA's primary purpose." pg 170

All of the words in the puzzle can be found in "It Works How And Why"  
Tradition Six pg 166 - 173

## Across

5. "Our groups often go to great \_\_\_\_\_ to carry the message." pg 166
10. "Does this make it \_\_\_\_\_ that the group endorses the facility in which it meets?" pg 169
14. "Carrying a clear message of recovery in NA reflects \_\_\_\_\_." pg 171
15. "Do we distract other members at the meeting from NA's message of \_\_\_\_\_ or give new members the wrong impression about the Narcotics Anonymous program?" pg 170
18. "Carrying our \_\_\_\_\_ to the still-suffering addict is sufficient for us." pg 171
22. "We must \_\_\_\_\_ in the world." pg 168
23. "Our fellowship's \_\_\_\_\_ purpose defines us." pg 166
26. "Our identity as a fellowship is founded in \_\_\_\_\_ and selfless service, carrying the message one addict to another." pg 172
28. "Our relationships with outside \_\_\_\_\_ exist to help us fulfill our primary purpose..." pg 172
30. "If we endorse an organization that later runs into trouble, our \_\_\_\_\_ will be damaged along with theirs." pg 167
32. "...allowing an addiction treatment \_\_\_\_\_, for example, to call itself The NA Medical Center..." pg 167
33. "But by answering these questions for ourselves, we can each help free our group of \_\_\_\_\_ that could divert us from our primary purpose." pg 170
35. "...Tradition Six allows us to devote all our \_\_\_\_\_ to carrying a clear NA message to addicts seeking recovery." pg 167
36. "There's a difference, though, between \_\_\_\_\_ and endorsement." pg 168
37. "We demonstrate \_\_\_\_\_ when we don't trade our endorsement, funds, or name for the cooperation of others." pg 171
38. "Although a few NA groups meet in their own \_\_\_\_\_, most do not." pg 169
39. "It's not possible to be entirely \_\_\_\_\_, evading all contact with outside agencies." pg 168