

➡ From The Editor

Hi, my name is Rick and I am an addict.

Some of you may know me and of course, some of you may not.

I am the new Newsletter Chairperson for the Siouxland Area of Narcotics Anonymous. It is my main intention by holding this position to help myself stay clean. Sounds selfish, huh! Well maybe it is, but you know what? It's working. I've been clean for quite a number of days now and have been feeling like I was getting deeper into a cleantime rut. Going to one meeting a week and not really participating in the NA community was not enough. I began to examine what was wrong with me. Why wasn't I feeling very good 'bout life, etc.? What I realized was that (I believe) I was setting myself up for a relapse. If you believe the Basic Text, and listen to what others say, like I do, then you know that relapse occurs way before the actual physical action.

I had to change (argh!!! I hate change). I began going to an additional meeting, I volunteered to be GSR for my home group meeting. I went to an S.A.N.A. sponsored campout in LeMars, IA and had a really, really good time. I accepted the Treasurers position for the other meeting I started attending and have made more friends with other clean addicts, who I never

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Staying Clean

In my active addiction, it let me be me
It let me feel like I was free
But it took control and before I would know
It took my mind, body & soul
Addiction took me to places and made me do things I
didn't want to do
I would lie, cheat and steal and blame it on you
I turned into a person that I couldn't even trust
I had turned into a person of emptiness and dust
But someone or something brought me here to face all
my doubts, lies and fears
It was the N. A. program that opened my eyes
To see that I need not live in all the lies
I didn't have to do the things I did
To feel part of the crowd and try to fit in
I get the twelve steps and the program you see
To become the person I was meant to be
This recovery I get comes a day at a time
From the dark of night till the till the early daylight
Recovery is not always easy or fun
But just for today, staying clean can be done
Recovery is a gift that's been offered to us
A grace that comes to those who will trust
We can always go back to the way it was
Believing that it was fun and we are in control
Until those words remind us that
Addiction is with us until death do we end
So if you found recovery, I hope you will stay
Because things will continue to change day by day
Together we can stay clean a day at a time
To show others that recovery shines

An Addict in S.A.N. A. ☉



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would have known. I indicated an interest in the Newsletter Chair when it came open, and I was nominated and voted into the position. Now, this is my first publication.

I remember when I was newly clean for the real time, how excited I felt about most everything. I think it was because I was experiencing things for the first time not all messed up. I was excited to share with newcomers and others at different meetings. I spoke at a couple different functions. I felt like maybe I was helping others and by doing that I was helping myself.

WOW, what a brainstorm!!!! If I want to help myself stay clean, maybe I should try helping others.

So, this is one more of my efforts at keeping me clean today. I hope that by me staying clean, it might somehow help you, even if for the time it takes to checking out this newsletter.

on N.A. service
Rick B. ☺

Season

This is the time of year that can be so hard for so many recovering addicts. It starts with the end of summer and when the weather starts to change. You know, cloudy, a little rainy sometimes windy. The leaves come off the trees and everything begins to lose its color. Then Halloween, usually great fun, but that leads us to November, elections—that's all I'll say, and Thanksgiving!! The food is great but what can be so hard for many of us is ... you know it... Family. Many addicts have lost their love of course to our own behavior, so this can be an emotional time for us. Then Christmas is coming with again all the family stuff and the shopping we are trained to do. Who has money??? We pay fines and are lucky if we have employment, even part time at Mickey Dees. Trying to recoup from the wreckage of our using past, we don't need this "holiday season" giving us any help in maybe losing what we have found. If you are recently clean or may have some trouble with the upcoming "holiday season" I urge you to get that phone number and really use it. Go to meetings. Be part of the recovery community and attend the functions. We all need you. ☺

NO MATTER WHAT, DON'T PICK UP!

DID YOU KNOW?

If you go to our N.A. website (Siouxlandna.org) click on birthdays and enter info it will tell how many days you have clean. It also will break it down to years, months and days

WANT TO ATTEND AN EVENT?

Look for these flyers at your local home group...

- Annual Home Group Feud: Nov 6th Omaha Area*
- Regional Service System Workshop: Nov 21st Oelwein, IA*
- Regional Service Committee Meeting: Nov 20th Oelwein, IA*
- Narathon: Nov 25th-28th Living Free Sioux City*
- Holiday Party: Dec 11th Red Oak, IA*
- Gratitude Dance: Nov 27th Harlan, IA*
- New Years Bash: Dec 31st Omaha Area*
- Building a Strong Home Group: Dec 19th Omaha Area*

**NO NEEDS NO AGE
SEXUAL IDENTITY
OR LACK OF
THE ONLY REQUIREMENT IS THE DESIRE TO STOP**

Do you have the desire to write? How about helping someone stay clean? Who knows what can happen if someone reads your words. Maybe it will inspire them, maybe it would help them to try harder. Maybe, just maybe it might help you!

Send whatever you have to
rbruce9047@longlines.com

Call me @ 251-1752

Give it to any group service person

It doesn't matter how you get to me, just get it to me

Help yourself, help others the N.A. way

Embrace



LunaPic.com

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RECOVERY;
a long road worth taking