



THE CLEAN TIMES

VOLUME 1, ISSUE TWO

January 2011

From The Editor

The clean times need s your help.

We need you to help your fellow addicts by sharing your recovery, by sharing your experience , by sharing your hope in print . Let someone see what maybe will help them stay clean just for today.

Do you know where to find us?

rbryce9047@longlines.com

712-251-1752

Ask any service person (addict)

Do you know who your CSR is?

Monday 7:00 pm –Kim N.

Monday 8:30 pm– Rick B.

LeMars Tues. 7:00pm Jesse K.

Tues. 8:00 pm Ross W.

Wednesday 8:30 pm Melissa B.

LeMars Thursday7:00pm Open

Thursday 8:00pm Open

Cherokee Thurs. 7:00pm Ashley M

Friday 7:00 pm Jason P.

Saturday 7:00pm Rennie L.

Saturday 10:00pm Roger H.

Sunday 7:00pm Jason P.

Living Free- Bill B.

Misfits– Craig A.

Agsh!!! A new year. This year I can do everything I have been meaning to do for the last ??? Years. The first on my list is to **NOT PICK UP**, but hey, that's on my daily list, oh well ,can't be reminded enough.

Back to my list, I have decided (realized) I will never get everything done that I want, largely because a lot of it is pipedreams. But that's ok because sometimes I feel that is all I have. I've been here (on this earth) for a little while now and wonder at times what have I accomplished? I know I have seen things, done things and experienced things many people haven't and also at the same time not

experienced much at all.

I know that making it back from my using life was and is a miracle and that I am so, so glad I did. I thank my higher power all the time for saving me. So maybe that is what I have accomplished in my life. To have used till my life became useless and to come back from there and try to give away what has been so freely given to me.

I continue to be involved in my recovery because I know that my addiction is patiently waiting for me. Waiting to do what it does best, take me to the end.

Rick B.

Interviews with Addicts

Ashley M.

Age 23 ,Clean 6 mos. I met Ashley about 5 mos ago and have seen her at Area and different meetings. I think she is an example of the program working.

Q. How long have you been clean?

A. Well, I actually got clean quite awhile ago , but relapsed and now have been clean since July of this year., so six months

Q. Why did you relapse?

A. Because I wanted to fit in with my old friends and I didn't discuss my reservations about wanting to use with anyone.

Q. Why did you quit using?

A. DHS got involved with my life, I have a three year old boy and I didn't want to lose what I had .

Q. So what do you think about not using now?

A. It feels great, I can live life free, I don't have to use before I do anything. can't pg

Continued from pg. 1 Ashley M.

I have better relationships with different people and my family and friends, and I can handle my responsibilities.

Q. How long did you use?

A. About eight years.

Q. what effect did it have on your life?

A. It was pretty bad in my opinion, I dropped out of school and have lived on the street at times. Never held a job and had no responsibility for myself whatsoever.

Q. What does the future hold for you?

A. Well, I of course intend to be clean, working with my sponsor, developing more relationships with people in recovery. I want to continue my schooling by attending college, so I need to decide on a course of study.

Q. How many meetings do you go to?

A. I attend three sometimes four NA meetings each week between Cherokee, Storm lake and Sioux City.

Q. What do you think about service work?

A. I think it's good, It keeps me around people who have of recovery and teaches me.

I want to thank you, Ashley, for allowing to be interview



Ross W.

Clean for almost four years, I'm glad the way his life has changed since he quit using. I am lucky enough to have met Ross very early in his recovery and have been excited for him seeing how his life has grown. I interviewed Ross after a N.A. meeting we both attended.

Q. When did you start using?

A. I started using when I was fourteen years old and used until almost twenty one.

Q. why did you start using?

A. I was curious about marijuana and asked other people about it and what was it like to be high. They said it was like being in another world so it was like, I want to experience that.

Q. what problems, if any, did using create in your life?

A. It created problems A Lot-, I became secretive around my parents because I was still living at home, I got in fights with them. My brother, who I am very close to, didn't like that I was using. I changed all my friends and only hung with people who were using. Shortly after high school I started to get into trouble with the law. It got pretty serious with arrests for drug possession and DUI's

Q. It sounds like you may have been "forced" into recovery, is that correct?

A. Yes I was, the first time I was quote " forced " I was put on probation and had to see a probation officer like once a month. She sometimes requested a UA so I thought, heck, I'm just gonna use. Then I got a second DUI while on probation and was put on a program is

got put on a program in South Dakota called 24/7, have you heard of that? NO, I haven't. You have to blow into a breathalyzer two times a day twelve hours apart at the county jail. I had to do that for about six months.

Q. when did you start recovery?

A. Well, I started to go to some of my first meetings during this time. I think it was suggested!! by my probation officer. She hooked me up with a guy in Elk Point who would pick me up and take me to meetings. It was like this for just about my whole first year.

Q. How long have you been clean?

A. Since march of 2007, So I'm coming up on four years.

Q. how are you staying clean?

A. Well, right now, today, I go to meetings and after almost three years I finally got a sponsor and have been working the steps with him. I'm on step nine now, which kind of sucks, but it's good you know. Just participating in life and school and clean relationships helps a lot.

Q. what about N.A. service work?

A. When I moved to Sioux City, I got involved with the Tuesday night Candlelight meeting and became the G.S.R. then I served as the Literature Chair for a year for AREA, but I mostly enjoyed helping Sara when she was Activities Chair was like her right arm man. I did a lot of grunt work at functions, like dances, you know from helping to set up to clean up. I felt like I was really " giving away what I had been so freely given " by addicts benefiting from what I was doing. I suggest everyone get involved. It makes you feel good knowing you are helping.

What am I ?

Recently people have asked me about why we do not introduce ourselves as addicts and alcoholics? I referred to the clarity statement, but they were still not convinced. I had a couple other things I needed to ask world services so I added this to the list. This is the explanation I received back from Chris at NA world services and I thought I'd share it with all of you. **Amanda D.**

In response to your inquiry, the clarity statement, or identity statement as it is sometimes called, has many variations. Most can be tied to a World Service Board of Trustees' Bulletin #13, entitled *Some thoughts regarding our relationship to Alcoholics Anonymous*, produced in 1985, and updated in 1996. While World Service bulletins are not conference-approved, they do represent the thoughts of the board at the time of their publication. World Services Bulletin #13 can be found online with other bulletins at <http://www.na.org/?ID=bulletins-bulletins-main>.

Some NA groups choose to read such a statement as part of their meeting format. In past years, a similar statement has been utilized in the World Convention's written program pamphlet, though it was not read at meetings or workshops there. Below is a version of that statement:

Identity Statement

In Narcotics Anonymous, we are presented with a dilemma. When NA members identify themselves as "addicts and alcoholics," "cross-addicted," or talk about living "clean and sober," the clarity of the NA message is blurred. To speak in this manner suggests that there are two diseases; that one drug is separate from the rest. Narcotics Anonymous makes no distinction between drugs. Our identification as addicts is all-inclusive, allowing us to concentrate on our similarities, not our differences.

The above statement is offered in the spirit of NA unity. Please remember this request is not made to rule, censor, or dictate behavior. We make this request in order to provide an atmosphere of recovery, where we can hear the simple, life-saving message of Narcotics Anonymous.

As a part of any related discussion about using or creating a clarity statement you may be interested to know that there is no Fellowship-Approved version of this announcement. In fact, this issue has come before the World Service Conference several times in recent years, and at the 2006 WSC the following motion was presented but was not adopted: "To direct the World Board to create a project plan for the development of a fellowship-approved Identity Statement to be presented at WSC 2008."

The World Board did not support this motion. Following is their recommendation: "While we do understand that some groups include an identity statement of some kind in their meeting format because they feel that such a statement helps to clarify the language and program of NA, we do not feel it is necessary to have such a statement become the focus of a world services project. Groups who choose to use a clarity or identity statement are, of course, free to do so; the principle of group autonomy ensures that. To de-

velop such a statement on a world level, however, could imply that all groups should read such a statement, an implication we do not support. The issue of language is an ongoing discussion in many N.A. communities, and there are varying opinions about what is and what is not appropriate to say in an N. A. meeting. It may be helpful to consider that we are not aware of any specific mandate in our recovery literature requiring NA groups to govern, censor, or edit the use of certain language in NA meetings. With that said, in the Sixth and Tenth Tradition essays in our text, *It Works: How and Why*, there is valuable guidance for individual members regarding sharing in NA meetings.

There in members are challenged to ask themselves a few questions about what and how they share in NA meetings, implying that it is for the member to determine what they should share. Interested members may want to read those essays for an additional perspective on this issue.

From the Sixth Tradition essay:

A group's meetings provide a forum in which individual members can share their recovery with one another. The message we carry in our meetings can either enhance our efforts to fulfill our primary purpose or distract us from it. Each of us can play a part in carrying out Tradition Six by asking ourselves, "What do I do to clarify NA's relations with other organizations?" Many of us use a variety of resources in our personal programs of recovery and spiritual growth. Not all of them, however, relate directly to NA's primary purpose. Do we imply an endorsement of a related facility or outside enterprise when we share in an NA meeting about the good things we've found elsewhere? Do we distract other members at the meeting from NA's message of recovery or give new members the wrong impression about the Narcotics Anonymous program? No one can answer these questions for us. But by answering these questions for ourselves, we can each help free our group of problems that could divert us from our primary purpose.

From the Tenth Tradition essay:

If everything is recovery material, yet we want to help our meetings retain their focus on recovery, how do we decide what to share? We can ask ourselves some questions: Am I sharing from my experience, or am I expounding an opinion? As an individual, am I dwelling in the problem or seeking the solution? Do I share to draw the group together or to force the group into separate camps? Do I make it clear that what I say, I say for myself, *not* for Narcotics Anonymous? So long as we keep our common welfare and our primary purpose in focus, we will avoid the kind of controversy that distracts us from recovery.

It Works: How and Why is available online with other recovery literature at <http://www.na.org/?ID=ips-eng-index>.

With regard to the specific issue of using what some consider as "non-NA" language in meetings, this often can be a delicate matter. But again, the excerpt from *It Works: How and Why* suggests that it is each of us as individual members who are responsible for the words we use. Generally speaking, there is no fellowship-wide directive that would explicitly exclude the use of specific words by a member in a meeting. We are each charged to consider

some very important parameters when we share. We encourage everyone to consider this guidance as they determine what is best for NA and their personal recovery efforts.

Regarding addressing a member who may be sharing inappropriately, it is not unusual for one member to approach another after a meeting to discuss this type of issue. This effort may be the result of an individual using gratuitous vulgarity or racial slurs or some other language that undermines NA unity. When this is done with care and concern it can be an effective means to help everyone understand and apply the spirit of our Traditions. Unfortunately, at times, some members can be less than tactful in their attempts to offer their thoughts. Our hope is that these kinds of situations are handled with the utmost concern for maintaining the welcoming atmosphere that our Fifth Tradition says is essential to a group's ability to fulfill its primary purpose. Indeed, experience has consistently shown that a caring and compassionate approach, typically involving one-on-one communication, often proves to be most successful.

World Service Reply to Amanda D.

25 Tips for Staying Clean

1. Go to 90 Meetings in 90 Days.
2. Don't use between meetings.
3. Don't use no matter what.
4. Throw away all your paraphernalia.
5. Throw away your drugs.
6. Get a sponsor.
7. Call your sponsor every day.
8. Avoid people, places and things that you associate with using.
9. Don't deal drugs!
10. Get phone numbers and use them.
11. If no one is home, and you're in trouble, call the hotline.
12. Be of service: Get a commitment at a meeting.
13. Go to coffee after meetings.
14. Remember that you don't have to stay clean for the rest of your life.

We only do this one day at a time.

15. If the connection calls, hang up and stand strong.
16. Read the books and literature.
17. If you think of using, think it through...ply the tape all the way through.
18. No matter what happens, keep coming back.
19. Seek a Higher Power.
20. Ask you Higher Power to keep you clean just for today.
21. Stick with the winners.
22. Ask questions.
23. Make recovery your #1 priority, putting just as much energy into you recovery as you did your getting and using.
24. Be Honest, Open-Minded and Willing (H.O.W.).
25. Don't be hard on yourself, recovery takes time.

Submitted by Amanda D.

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