

Questions, comments, suggestions can be sent to: [ourlivingpromise@yahoo.com](mailto:ourlivingpromise@yahoo.com)



# Our Living Promise



OFF THE WALL AREA NEWSLETTER

Including: Loveland, Greely, Ft. Collins, Berthoud, Estes Park

January 2010

## Note from the Editor

Well, here we are into a new year. I personally thought I would start the new year by accepting a service position at the area level. I was nominated and accepted the role and responsibility of taking over the newsletter for the Off the Wall area of our Narcotics Anonymous program here in Colorado. I just ask that everyone please bear with me as I get situated in this position. If there are any ideas, questions, comments, or anything else you can think of, just drop an email to [ourlivingpromise@yahoo.com](mailto:ourlivingpromise@yahoo.com). I look forward to serving in this position

Thanks, Jonathan L.



## Things Your Sponsor May Say

"When you're right with yourself, everything else falls into place."

"It's hard to be ungrateful when you have a newcomer in your life."

"Nothing is so bad that it can't be made worse by using."

"I can either manage my own life and take the consequences or I can turn it over to God of my understanding--and take the consequences."

"It's easier to stay clean than to get clean."

"Don't use no matter what."

(Basic Newsletter)

Only addicts who are still suffering, if given the opportunity, can decide if they are powerless over their addiction. We can carry the message, but we can't carry the addict.

Just for Today, Dec. 13

## A Simple Approach to the Twelve Steps

**Step 1:** There's a power that will kill me.

**Step 2:** There's a power that wants me to live.

**Step 3:** Which do I want? (If you want to die, stop here. If you want to live, go on.)

**Step 4:** Using examples from your own life, understand that selfishness, dishonesty, resentment, and fear control your actions.

**Step 5:** Tell all your private, embarrassing secrets to another person.

**Step 6:** Decide whether or not you want to live that way any more.

**Step 7:** If you want your life to change, ask a Power Greater Than yourself to change it for you. (If you could have changed it yourself, you would have long ago.)

**Step 8:** Figure out how to make right all the things you did wrong.

**Step 9:** Fix what you can without causing more trouble in the process.

**Step 10:** Understand that making mistakes is part of being human (When you make a mistake, fix it, immediately if you can.)

**Step 11:** Ask for help to treat yourself and others like you, the way you want your higher power to treat you.

**Step 12:** Don't stop doing 1 through 11.

## Teen Drug Use

- TEENAGERS WHOSE PARENTS TALK TO THEM ON A REGULAR BASIS ABOUT THE DANGERS OF DRUG USE ARE 42 PERCENT LESS LIKELY TO USE DRUGS THAN THOSE WHOSE PARENTS DON'T.
- MORE THAN 60 PERCENT OF TEENS SAID THAT DRUGS WERE SOLD, USED, OR KEPT AT THEIR SCHOOL.
- 20 PERCENT OF 8TH GRADERS REPORT THAT THEY HAVE TRIED MARIJUANA.
- 28 PERCENT OF TEENS KNOW A CLASSMATE OR FRIEND WHO HAS USED ECSTASY

## Inside this issue:

FIRST TRADITION	2
FIRST STEP	2
A LITTLE PEACE	2
STAYING CLEAN ISN'T EASY	3
THE FIRST NA MEETING	4
SERVICE BEGINS WITH ME	4
HUMOR IN RECOVERY	4

**AND PASS IT ON!!**

**Need Help in Recovery? Call (970) 282-8079 24hrs**



“We keep what we have only by vigilance.....”

# Our Living Promise

Basic Text 6th Edition pg. 60

ourlivingpromise@yahoo.com

## Tradition of the Month - January - First Tradition

Our personal experiences while using differed from one another. As a group, however, we have found many common themes in our addiction. One of these was the need to prove self-sufficiency. We had convinced ourselves that we could make it alone and proceeded to live life on that basis. The results were disastrous and, in the end, each of us had to admit that self-sufficiency was a lie. This admission was the starting point of our recovery and is a primary point of unity for the Fellowship. We had common themes in our addiction, and we find that in our recovery we have much in common. We share a common desire to stay clean. We have

learned to depend on a Power greater than ourselves. Our purpose is to carry the message to the addict who still suffers. Our Traditions are the guidelines that protect us from ourselves. They are our unity.

Basic Text 6th Edition pg. 62-63



### WARNING !!!

Do not use NA in moderation. To be taken with or without food. It is often taken with coffee. Not to be taken with alcohol. Even if used in moderation this product can mess up your high and cause the formation of morals. This product will not cause drowsiness but can cause natural sleep. Contrary to popular opinion this will not cause life to be uneventful. Short-term side affects include the desire to stop using and complete change of associates. This product can interfere with your ability to tell lies. Long-term side affects include the formation of lasting friendships and the desire to help other people.

“OUR COMMON WELFARE SHOULD COME FIRST; PERSONAL RECOVERY DEPENDS ON NA UNITY.”

### FIRST TRADITION

We learn to experience feelings and realize they can do us no harm unless we act on them. Rather than acting on them, we call an NA member if we have feelings we cannot handle. By sharing, we learn to work through it. Chances are they've had a similar experience and can relate what worked for them. Remember, an addict alone is in bad company.

IP#16, pg. 2 For the Newcomer

## Step of the Month - January - Step One

“WE ADMITTED THAT WE WERE POWERLESS OVER OUR ADDICTION, THAT OUR LIVES HAD BECOME UNMANAGEABLE”

### STEP ONE

When we first began to practice these principles, they may seem unnatural to us. It may take a deliberate effort on our part to make the honest admission called for in Step One. Even though we are admitting our addiction, we may still wonder if this program will really work. Acceptance of our addiction is something that goes beyond our conscious admission.

When we accept our addiction, we gain the hope of recovery. We begin to believe on a deep level that we, too, can recover. We begin to let go of our doubts and truly come to terms with our disease. We become open to change. We surrender.

It Works How and Why, pg. 11

### A Little Peace

Once we make the decision to pursue our inner urgings to heal ourselves, that Great Power outside of ourselves sets into motion the means for all sorts of details to fall into place. A sense of peace will come over us, because we know that any questions will no longer make us wonder if our recovery is possible. Instead of deterring us from our goal, these questions only serve to clarify our focus to move us forward. We need not throw caution to the wind to follow our dream. The progressively positive shift in our energy affects all that is around us and most importantly...that which is inside of us. Like a rush of water, it goes ahead to clear debris from our path so that we can go forward on our newly cleansed journey. Our new clean attitude also attracts like minded people. Sometimes even the most unlikely Angels arrive to help us along our Journey with the information and support we are seeking.

Tikal M.



www.fortnet.org/na/  
100% anonymous

Confused about your day to day existence?  
Tired of... being tired?  
lost in translation?

**Drug Problem?**

**PHONELINE**

There is **HELP** Call us Today  
"N.A. is a nonprofit Fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean" NA Basic Text pg 9  
Call 970 282-8079 to learn more..

## Staying Clean Isn't Easy!!!!

I am Levi, a grateful recovering addict. I have had my addictions for over 40 years. Giving up the drugs was not the hard thing about my recovery. The hard thing has been changing the way I think, My mind is my worst enemy. Through doing, and working the 12 steps of Narcotics Anonymous I have changed. I now have things I had lost at age 13. I have a Higher Power that loves me. I have a conscience and morals. I can now apply the 12 steps in my life and do the next right thing. I have learned that by living the 12

steps, my life is simpler. My Higher Power's will is more visible to me. I don't question His will for me near as much as I used to. I now have 50 months clean, that is a miracle, believe me. I didn't see that coming when I first came in. I guess the most hope I can give the newcomer is that if my Higher Power can clean up an old hippie drug addict like me, he can help anyone. The miracles do happen in God's time.

I am Levi, and I am an addict.



Are you interested in having your NA birthdays published monthly? If so, send in a email with your clean date to ourlivingpromise@yahoo.com.

## Step By Step

Tying up the laces and stretching our souls  
A long run ahead full of pot holes

Finding our Source and Knowing our limits  
Sanely focusing to avoid those divots

With a Spirit to help pace us for this tough road ahead  
Through understanding this guidance we are safely led.

Running forward with force and focusing within  
The sweat that pours cleanses where we've been.

Up ahead, Spirit and a friend or two await  
Rooting us on seeing we are out of shape.

Seeking strength, Spirit hands us a cup  
Our Character is refreshed and things are looking up.

Not looking back but feeling the burn  
"Help me Spirit around that next turn"  
Around the next bend there are fans you know and knew.

Seeing the work you are doing for you  
The sweat and the pain is proof you are willing  
To show to these fans a new life fulfilling

Some think you will fail, others wait and see  
Just keep saying..."this is not for them. This is for me."

Those who have faith will be there to cheer  
Knowing that your trek is truly sincere

More of your inner comes sweating through  
But this hard fought race is building a better you.

You can see the finish line not to far away  
And you call to Coach Spirit you call out and pray  
"Keep me strong, keep me clean  
Keep my path ahead Serene"

You feel the power you feel the surge  
Those around you see the urge.  
To better yourself with a new look on life  
They join you on your recovery run, to help with their strife.

Tikal M.

Our observation is that addicts are creative people that would love to showcase their talents. If so, then please, by all means, anything related to recovery, email it to us at ourlivingpromise@yahoo.com.

We didn't stumble into this Fellowship brimming with love, honesty, open-mindedness or willingness. We reached a point where we could no longer continue using because of physical, mental, and spiritual pain. When we were beaten, we became willing.

Basic Text 6th Edition pg. 20

Meeting list available at Off the Wall's website:  
[www.fortnet.org/na](http://www.fortnet.org/na)

Choose the Meetings link on the left of the page

**Keep Coming Back - it Works!**



## OFF THE WALL AREA NEWSLETTER

OTW Mailing address - P.O. Box  
270075, Fort Collins, CO 80527-0075  
(For business communications)

Phone: 970-282-8079 For meetings or to speak with an addict  
Off the Wall Email: [otwnaweb@gmail.com](mailto:otwnaweb@gmail.com)  
Newsletter Email: [ourlivingpromise@yahoo.com](mailto:ourlivingpromise@yahoo.com)

### The First NA Meeting

The first participants were Doris Carnahan, Frank Carnahan, James Kinnon, Guilda Krause, Paul Rosenbluth, and Steve Ryan. In the minutes from the first meeting, they decided on their name, which was to be San Fernando Valley Alcoholics Anonymous and Narcotics Anonymous.

From Jimmy's own words, at the 20th anniversary of NA dinner in Los Angeles, he was opposed to this. So they came to be known as Narcotics Anonymous. Jimmy was elected Chairman, Doris was elected Secretary, Frank and Guilda were elected to a six month term on a rotating committee for leadership, and Steve and Paul were Elected to a three months rotating committee for leadership, with Jimmy as alternate. So, as has been mentioned before, this movement was setting a different course than those that had tried this previously. They were planning the creation of a fellowship, not just meetings. A total of seven meetings were held, and they planned the first NA meeting for October 5th, 1953. A total of 17 people attended, and here is the text from the announcement about the first meeting:

#### "NARCOTICS ANONYMOUS - OUR PURPOSE"

"This is an informal group of drug addicts, banded together to help one another to renew their strength in remaining free of drug addiction. Our precepts are patterned after those of Alcoholics Anonymous to whom all credit is given, precedence is acknowledged. We claim no originality but since we believe that the causes of alcoholism and addiction are basically the same, we will to apply to our lives the truths and principles which have benefited so many otherwise helpless individuals. We believe that in so doing we may regain and maintain our health and sanity. Which shall be the purpose of this group to endeavor to foster a means of rehabilitation to the addict, and to carry the message of hope for the future to those who have become enslaved by the use of habit-forming drugs"

### Humor in Recovery

A sponsor and his sponsee were at a meeting when the newcomer suddenly collapsed, went into cardiac arrest and fell to the floor. The paramedics arrived, performed CPR and brought the newcomer back to life. "My GOD!" said the sponsor, "I thought we had lost you." The sponsee looked up and told his sponsor, "I believe I was actually dead for a short time. I saw a bright light and felt myself basking in the light of my Higher Power. I'm sure it was either Heaven, Mecca, Zen. It was an amazing experience!"

"What was it like?" asked the sponsor. The newcomer smiled and replied,

"Well, I got good news, and I got bad news. The good news is that they have a huge speaker meeting every Thursday night. All the greatest NA speakers that have passed away speak there".

"And the bad news?" asked the sponsor. The sponsee looked his sponsor in the eyes and replied, "The bad news is that you're the speaker next week".



### Service Begins With Me

Service, an important aspect of my recovery, begins with me — my willingness, my commitment, and my desire to stay clean. Many times I have heard our trusted servants whine and complain that there is a lack of addicts willing to serve, then try to manipulate others into serving. True, there is a lack of addicts who are willing to commit and serve in our fellowship, but... I believe we need to make service attractive. Whining, complaining, shaming, and manipulating are not very attractive to most people —myself included. We need to talk positively about our service experiences to let addicts know of the opportunities for growth and recovery that exist within service. Why not politely invite a sponsee, a friend, or the person sitting next to us at our home group to attend the next group conscience/business meeting, or an area subcommittee meeting, or the area service committee meeting? I have had the opportunity to work with addicts at every level of NA's service structure: group, area, region, zone, and world. The experience, knowledge, and spiritual growth I have received from this involvement have been immeasurable in my recovery. But you do not need to start off as co-facilitator of the World Service Conference to receive these benefits; just start, as I did, at your home group. My involvement with my home group gave me (and still gives me) the opportunity to meet new people and really feel a part of Narcotics Anonymous, as does my work at all service levels. In addition, I have learned to work with others, discovered some of my abilities and talents (one being the ability to "disagree without being disagreeable"), improved my self-esteem, become aware that I did not need to be right or have my way all the time, and developed some very strong, loving relationships. I suggest that recovering addicts get involved in service. Anyone can attend a group conscience/business or subcommittee meeting and anyone can receive the benefits and personal growth that come with giving away what was so freely given. I have heard it said that service is gratitude in action. So please show your gratitude today.

Mike B.  
Manitoba, Canada  
(reprinted from the October 2004  
Issue of The NA Way)