

Questions, comments, suggestions can be sent to: ourlivingpromise@yahoo.com



Our Living Promise



OFF THE WALL AREA NEWSLETTER

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

May 2010

Recovery Without God

Recovery Without God
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It seems that I've been searching all of my life for something to believe in. Finally, in 1982, after fifteen years of nonstop drug abuse, I crawled into the rooms of Narcotics Anonymous. Though I was barely recognizable as a human being, I found in those rooms the hope that had eluded me for so long.

Upon receiving my first hug at my first NA meeting, I knew that I had come home. What I found especially appealing were the choices I had been given -- the choice to not use, just for today, and the choice to have a Higher Power of my own understanding. For the most part, not using just for today proved to be much easier than finding a Higher Power.

Over the years in recovery, I tried many different gods: Jesus, Buddha, Saraswati, Vishnu, and countless others. But I found that trying to believe in an intangible and invisible being or force left me empty and longing for more.

What worked for me in early recovery, as well as today, is using the group as a power greater than myself. Actually it is the unconditional love that I get from the group and members of NA that I believe is a Higher Power -- certainly greater than anything of which I'm capable alone.

Does this mean that I pray or meditate to the group? Of course not. Prayer is simply a petition, and meditation merely reflecting -- it does not have to be directed to anything, anyone, or any deity in particular.

How can I possibly have any purpose or meaning in my life without a god? I believe my purpose in life is to develop into the best me that I can be.

Finally, with what do I maintain a conscious contact, and from where do I seek comfort, if not a god? Today I find comfort in knowing that I am living a healthy, good, clean life and that I am not harming others or myself. I can maintain a conscious contact by holding love close to my heart.

I seek to do the right thing for the right reason. I attempt to move my life forward in a good, orderly direction, and I do my best to incorporate the principles of our steps, traditions, and concepts into each day, I stay close to the program by going to meetings and sharing with my sponsor and sponsees. Today I accept my humanity. I know I'm not perfect, just a perfect human being.

My most significant spiritual awakening was when I realized that the power is in me. I cannot rely on a mythical being or force to do for me what I cannot do for myself, nor do I wish to. After a lifetime spent trying to be everything to everyone, I now know that it begins and ends with me. I have to do the footwork, I must make the effort, and I need to seek the solutions.

As it states in It Works: How and Why, today I have the ability to "live with dignity, love myself and others, laugh, and find great joy and beauty in my surroundings." I believe that life is an adventure waiting for me to discover all of its intricacies, not something to dread. I embrace the life that NA has given me today, and in spite of all the pain, loss, grief, and fear that I've experienced over the years, I relish every waking moment. I love life today.

I recently read something that, for me, says it all: "The meaning of life is to live a life of meaning." Today, with the help of NA, its principles, the friends I've made, and the people I've met along the way, I'm capable of living such a life.

-- Anonymous

The Up Side

1. Get Up
2. Fess Up
3. Give Up
4. Suit Up
5. Show Up
6. Shut Up
7. Keep Up

The 7-Up Concept in a nutshell is this. Get Up and start my day with an attitude of gratitude. Fess up that I really don't have it all together. Give up my self-centered attitude. Suit up and use the tools of recovery. Show up at NA meetings and share. Shut up so I can hear what needs to be heard. Keep up these practices on a daily basis.

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

Tradition of the Month –May - Fifth Tradition

The Twelfth Step of our personal program also says that we carry the message to the addict who still suffers. Working with others is a powerful tool. “The therapeutic value of one addict helping another is without parallel.” For the newcomers, this is how they found Narcotics Anonymous and learned to stay clean. For the members, this reaffirms their commitment to recovery. The group is the most powerful vehicle we have for carrying the message. When a member carries the message, he is somewhat bound by interpretation and personality. The problem with literature is language. The feelings, the intensity, and the strengths are sometimes lost. In our group, with many different personalities, the message of recovery is a recurring theme

What would happen if our groups had another primary purpose? We feel our message would be diluted and then lost. If we concentrated on making money, many might get rich. If we were a social club, we could find many friends and lovers. If we specialized in education, we’d end up with many smart addicts. If our specialty was medical help, many would get healthy. If our group pur-

pose were anything other than to carry the message, many would die and few would find recovery. What is our message? The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom. When all is said and done, our primary purpose can only be to carry the message to the addict who still suffers because that is all we have to give.

Basic Text 6th Edition, pg. 68



“EACH GROUP HAS BUT ONE PRIMARY PURPOSE—TO CARRY THE MESSAGE TO THE ADDICT WHO STILL SUFFERS.”

FIFTH TRADITION

“WE ADMITTED

TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.”

STEP FOUR

Step of the Month - May - Step Five

Despite our desire to recover, we may find that we’re feeling frightened at this point. This fear is only natural. After all, we’re about to confront the exact nature of our wrongs, candidly admitting our secrets to God, to ourselves, and to another human being. If we allow our feelings of shame or our fears of change and rejection to stop our progress, our problems will only be compounded. If we stop moving forward in our recovery, if we cease making every possible effort to recover, we will have given in to the disease of addiction.

We must overcome our fear and work the Fifth Step if we are to make any significant changes in the way we live. We gather our courage and go on. We may call our sponsor for reassurance. Usually, a reminder that we don’t have to face our feelings alone makes all the difference in easing our fears. Working this step with the support of our sponsor and a loving God is a way of putting into practice our decision to allow God to care for our will and our lives. That decision, like most decisions we make, must be followed with action. Following our Third Step decision with the action of the Fourth and Fifth Steps will lead to a closer relationship with our Higher

Power.

Our understanding of the spiritual principles we have practiced in the first four steps will be enhanced by working the Fifth Step. We experience honesty by making an admission, just as we did in Step One, but we experience it on a deeper level. The admission we are about to make to ourselves in Step Five is especially important. Not only do we open up and tell the truth about ourselves, we also hear the admission from our own lips, breaking the3 pattern of denial that has plagued us for so long. We find new levels of honesty, especially self-honesty, when we squarely face the results of our addiction and see the reality of our lives. The risks we take in this step increase our trust in God and nourish the faith and hope we first experienced in Step Two. We take our willingness a step further, thereby renewing the decision we made in Step Three. We draw on the courage we acquired in Step Four and find that we are far more brave than we ever dreamed possible.

It Works How and Why, pg. 49-50

Living the Dream 'Cause i am Clean

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.



Need Help in Recovery? Call (970) 282-8079 24hrs, You can also text for help.

Group Conscience

So long as we continue to rely on the power of a loving God to influence our decisions and their outcomes, we need not establish any codes of conduct for either our groups or our members. This is where the spiritual conscience of a group becomes indispensable. Group conscience authenticates true autonomy, and autonomy works most efficiently when this principle is inclusive to the spirit of our collective Steps and Traditions. Experience has shown us that when adversity strikes a group, and our focus is placed on the solution of our Twelve Steps and Twelve Traditions, the problems solve themselves. In this way, we express our faith in NA as a self-correcting program.

Personal preference must never be allowed to interfere with group conscience or what is good for the group as a whole. We must examine our personal preferences to see where they are coming from. Usually it is a matter of ego and therefore must be put aside. While we have a right to our feelings and our expression of those feelings, it is one of the great principles that we do not impose our will on others, depriving them of their say in the matter of their lives. Integrity is a matter of doing the right thing and standing up for the Traditions of NA regardless of personal preferences. Integrity is something that we cannot allow to be compromised.

Just as group autonomy does not justify a disregard for other Traditions, neither does it justify retaliation. If members think a group has deviated, it is imperative that we understand that each group has the right to be wrong. If our Traditions were enforceable, they would no longer say we "ought," they would say you "must." There are no musts in NA, in any absolute sense of the word. Even our Twelve Steps and Twelve Traditions are only suggestions that neither the individual nor the group must strictly adhere to.

Many have argued that this philosophy may spell disaster for both the group and even NA as a whole, but they are later astonished when this was not the case. Though some groups have strayed from NA tradition over time, once it begins to affect their members' personal recovery or NA as a whole, either the group will wither and die, or group opinion will snap it back in line. Even in such a case, a groups' autonomy is held inviolate.

"So then," you might ask, "can a group decide to do absolutely anything they please?" The answer is, restrictively, "Yes, as long as it is in respect to its own affairs." There is only one exception to the near unlimited liberty afforded a group through our tradition of autonomy. The exception is, that their liberty may not be exercised at the expense of severe consequences to any other groups or NA as a whole. It is for this reason that we have developed a service structure encompassing the principle of consultation. Such consultation will often consist of a discussion encompassing all involved, in order to solicit other opinions and reach a fellowship conscience, a conscience that supports both our unity and our primary purpose.

Call to Speakers

We are looking for speakers from all over the region and country to share a clear message of Narcotics Anonymous

Please send this form and your cd to:

CRCNA Program Subcommittee

PO Box 1437

Denver, CO 80201

All speaker submissions must be in by June 15th

All speaker submissions must be in by June 15th.

Main Speakers must have minimum of five years clean.

If you are interested in being a workshop speaker please include a topic you would like to share on.

Please share with us your experience strength and hope as a member of NA.

CRCNA XXXIV

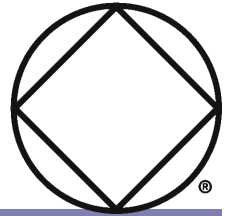
October 15-17 <> Grand Junction, CO

Name:
Clean Date: Workshop Topic:
Address:
Day Phone: Cell Phone:
Email:



Narcotics Anonymous is a God-given program, and we can maintain our group in dignity only with group conscience and God's love

Meeting list available at Off the Wall's website:
www.fortnet.org/na
Choose the Meetings link on the left of the page



Basic Text 6th Edition pg. 64

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
Newsletter Email: ourlivingpromise@yahoo.com

Youth in Recovery

My name is Taylor M. and I am an addict. I am 18 years old and got clean January 10th, 2010. I came into this program twice. This is my strength, hope, and joy that got me clean today. So, well I got into legal trouble back in February 2009. So I was coming to meetings, but I didn't work the program, didn't find a sponsor, and I did not want to admit that I was an addict. I didn't care for the word God or a Higher Power so I relapsed January 2010 and that's when I decided to actually work the program, find a sponsor, and find my Higher Power as I call God. I am early in recovery, but since I found sponsor and started working the program of Narcotics Anonymous, I have gotten to think that one day clean is a miracle. Today, I live life for today. I am having joy in life today. I came in the rooms and didn't remember how to feel happiness, joy, and love. But with my recovery today I have friends that want to help me and are there if I have problems or doubts. But I have a job and got accepted to college. That's all from my Higher Power and Narcotics Anonymous. I don't want to go back to my addiction but I know that if I wake up my disease, I know where I can go. To my family in recovery. I'm involved in the program. My recovery has helped me tremendously. I smile and I enjoy my life. I am honest, I don't steal anymore, and God has a reason for me on this planet. I tell on myself, and when I need help. I call my sponsor everyday, I talk to NA affiliated friends only. I mean I have the power to do anything I want to with my life. I mean miracles happen to me everyday in my life with my recovery. So I came into this program because I literally hit rock bottom and needed help and this program has me learning more about recovery and my addiction everyday. I learned that if I want to have a good day, I'll have a good day and since January 30th, 2010, the first day I came into the program and asked for help, my life has gotten better. So I keep coming back. It really works IF YOU WORK IT!!

Taylor M.

I am the Blacksheep
of the Family;
I came to the Rooms
& Discovered the
Rest of My Flock.

Happy Birthday!!

Danny G. 5/29/09 1 Year
Brad M. 5/18/03 7 Years
Desiree V. 5/31/03 7 Years
Tiffany R. 5/20/09 1 Year

AREA ACTIVITIES

What: 4th Annual Jackson Lake Unity Weekend
When: Friday-Sunday, June 11th-13th
Where: Jackson Lake State Park

What: Bowling (Free except \$3 Shoe Rental)
When: Friday, May 14th 7:30pm (Get there early)
Where: Sweetheart Lanes 2320 N. Lincoln Ave, Loveland

What: Movie—Avatar \$5.00 includes soda and popcorn
When: Saturday June 5th 7:30pm
Where: 1137 Riverside, Ft. Collins (Outback)

The Chair

