



THE GUARDIAN

NOVEMBER 2009

Something Different

Things sure have changed a lot in my life since I came to my first meeting. Up to this point I had spent my whole life wanting more of this, and a better one of those. I thought if I could just find that magic combination I would feel better about myself and have a great life. For some reason I was always looking for something on the outside to fix what was wrong with me on the inside. Those fixes never helped for very long, after awhile I was bored again and moving on, still looking. The changes in my life I was talking about didn't come from man made stuff, working the steps helped me to find something different, a more spiritual way of living.

Our steps have many references to God, after all this is a spiritual program. In one form or another, six of our twelve steps mention a Higher Power. The second step says "we came to believe", in the third step "we made a decision to turn our will and our lives over". These steps are not mere suggestions, they are not written in a way that allows us room to wiggle out of the commitment we are being asked to make. By surrendering self will we gain the strength to learn how to live.

It has taken some time but in the second step I found a Power greater than myself to believe in, and

in the third step I finally made a decision to turn it over. By working the fourth step the "exact nature of my wrongs" came out so I could admit these things to God in the fifth step, and in the seventh step I could "humbly ask Him to remove" them. The next three steps help me put the past right, and keep myself in check for the present. After all the help I have gotten from the God of my understanding, I need and want more. Time for the eleventh step.

In the process of working the first ten steps I found out that without a Higher Power in my life I will never be the person I want to be. I need to improve the relationship I have with my Higher Power. I am just now learning how to pray and I still tend to be selfish, even in the way I pray. I am an addict, I want things my way, I want it now. Sound familiar? This step is asking me to seek only God's will, after all, when I run on self will I mess things up; so why would I want to do things my way? In the first step I admitted the fact that I was powerless, now here is the chance for me to gain power, the power to carry out God's will. Now I've found something that is really different.

Joe Addict

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Waking Up To A New Beginning

"All spiritual awakenings have some things in common. Common elements include an end to loneliness and a sense of direction in our lives."
(Basic Text p.28)

We hear a lot of talk in recovery about spiritual awakenings. As newcomers, we sometimes wait with anxious anticipation as we work through each step, eager to get to the spiritual awakening promised in the twelfth step. We sat in meetings hearing others share about the spiritual awakenings they have had. We wonder if our awakening will be like their's. Or if it will be different. If it is different, then how will we know that we have truly had a spiritual awakening? And exactly what is a spiritual wakening?

Perhaps one of the most wonderful aspects of this program, and one of the main factors that allows it to work for anyone who is willing to work it, is the fact that the personal aspects of this program are not carved in stone. They are just that. Personal. The only requirement for membership is a desire to stop using. No one can decide whether or not another has the desire to stop. Only that individual can decide for his or her self. There are many ways to work the steps. We are encouraged to work them in order, write them down, and allow ourselves to be guided by someone who has experience and knowledge in working the steps. Beyond that, it's our choice how we choose to go about it, as

long as we learn to apply what the principles of the steps to our lives. We are also encouraged to find a God of our understanding. A Higher Power that is revealed to us personally.

All of these things are of a personal nature. And should be kept to the individual to experience on a personal level. Otherwise, they will simply be mimicking what has been dictated to them, and will not allow the spirituality of the program to reveal itself to them. Each of us must experience these moments of clarity on our own. We can share them with others, we can even use them as a basis for our guiding of others through their own awakening. But we should never compare our spiritual wakening with that of someone else, whether it's feeling jealousy because our awakening experience doesn't seem as grand as their's, or feeling superior because we think our experience is much better than their's.

A spiritual awakening is not a one time event. It is a series of personal moments throughout our recovery that enlighten us and bring us closer to an understanding of the true spiritual nature of our own personal program. I should be grateful for each "awakening" I have, for that means I am still moving forward in my recovery.

Ken H.

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

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Meetings in the Upper Cumberland Area of Narcotics Anonymous:

New Way To Live Group
Crossville, Tennessee

Crossville NA Group
Crossville, Tennessee

New Beginnings
Oneida, 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 ELEVEN:

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

Over time, we learn that our recovery speaks for itself. the changes in our lives are evident in the way we live. Our attitudes and actions draw friends, families, and co-workers to us.

As we grow spiritually, we find less need to take the credit or seek recognition for every admirable act. We remember that nothing "comes to us, not even a single day clean, except with the help of our Higher Power. Accepting that we are but imperfect instruments of God's will helps us keep an attitude of humility in all that we do.

Read the chapter in the "Basic Text" on the eleventh tradition. Read the chapter in "It Works How And Why" on the eleventh tradition. Write answers to the following:

1. What does this tradition mean to you?
2. What does this tradition mean to NA?
3. What is attraction? What is promotion? What is the difference?
4. How does the "Personal Anonymity" of this tradition differ from the "Anonymity" of the twelfth tradition?
5. What is "Public Relations"? What is our public relations policy?
6. Does this tradition separate us from society? If so, how?
7. Why is personal anonymity at the levels of press, radio, and films so important? .
8. The spiritual principles of the tradition are service and faith. Define in your own words the spiritual principles in this tradition. Look up and write the definition from the dictionary.

The next meeting of the Upper Cumberland Area Service Committee will be held on December 20, 2009 At 2:30 pm CST in Crossville, Tennessee at the Crossville NA facility. We are always in need of members 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.

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.

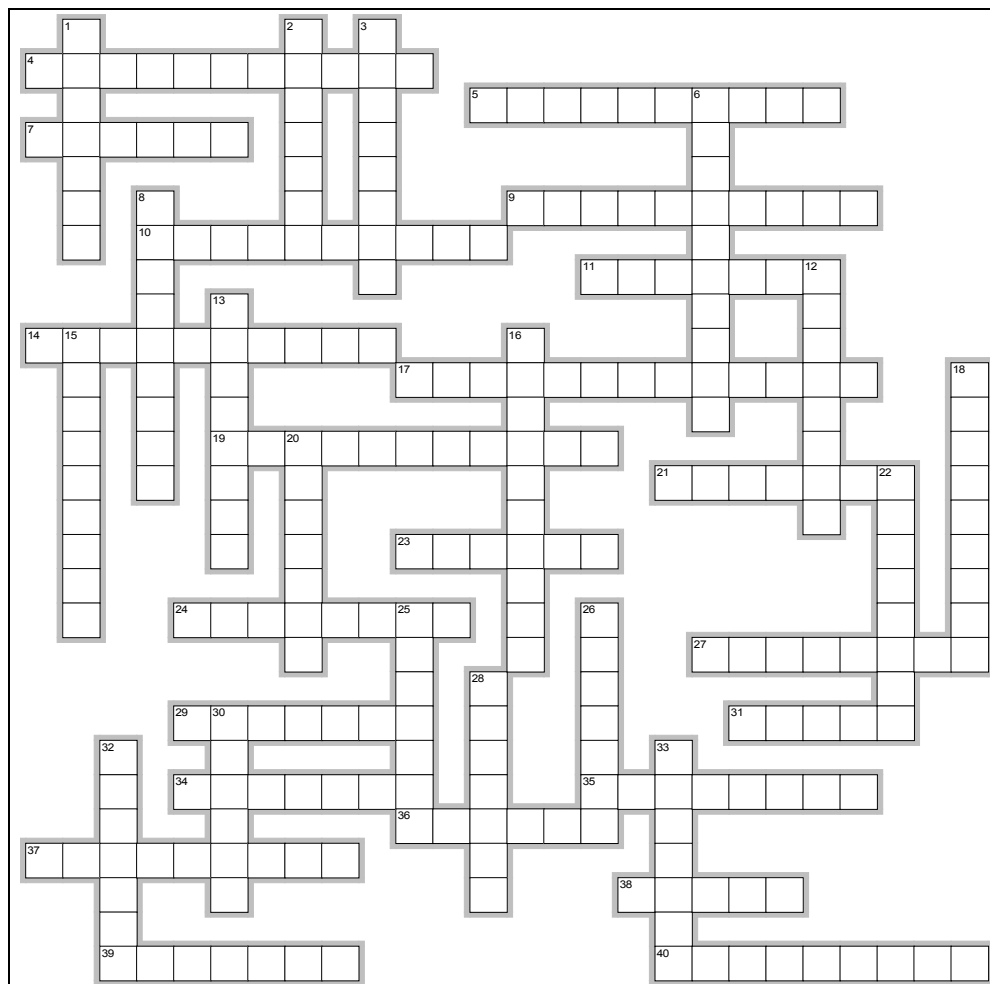
Don't worry if you think you can't write well enough, we will be happy to make any spelling or punctuation corrections for you. The important thing is that you will be sharing your recovery with another addict. After all, we can only keep what we have by giving it away. The length of your article isn't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

Thank you for your support.

Step Eleven "It Works"



Learning to use our literature helps us stay clean, the solutions are always in there.

Down

1. "...one of the things which stands out as a result of our working the steps is our _____ in building a relationship with the God of our understanding." pg 105
2. "We respect the rights of our members to form their own spiritual beliefs and tend to frown on anything with the potential to dilute the spiritual _____ of recovery." pg 108
3. "We should _____ that Step Eleven asks us to pray only for the knowledge of God's will and the power to carry that out." pg 110
6. "_____ the Eleventh Step involves a daily discipline of prayer and meditation." pg 111
8. Surrender, the stumbling block of our _____, has become the cornerstone of our recovery." pg 107
12. "This _____ may seem extreme." pg 111
13. "We can be happy and fulfilled with or without money, with or without a partner, with or without the _____ of others." pg 112
15. "Our separation and _____ have

- ended." pg 106
16. "We place prayer and _____ high on our priority list." pg 107
18. "In the Eleventh Step, we now seek to improve our _____ contact with the God of our understanding through prayer and meditation." pg 106
20. "We could see no _____ or meaning in our lives." pg 105
22. "As a result, we are open to receive our Higher Power's love and _____ directly into our lives." pg 105
25. "To work this step, we must also increase the _____ we've developed in the previous steps." pg 108
26. "They are, in fact, the very _____ of God's will for us." pg 112
28. "Through this daily practice, we begin to glimpse the limitless _____ we can be afforded through God's love." pg 112
30. "Our understanding of a Higher Power grows and changes through _____ and meditation." pg 110
32. "However, we cannot _____ on surrender alone." pg 107
33. "The experience shared by others is just that: experience, not ultimate _____ to the mysteries of life." pg 110

All of the words in the puzzle can be found in
"It Works How And Why"
Step Eleven pg 105 – 112

Across

4. "This leaning toward recovery reveals that we've _____ more completely." pg 107
5. "We need the courage to live according to spiritual _____, even when we are afraid of the results." pg 108
7. "It is only by being open-minded and by taking _____ that we are likely to find what is right for us as individuals." pg 109
9. "In the Eleventh Step, we pray for a _____ kind of power: the power to carry out God's will." pg 106
10. "We begin to seek out ways to be of service, to make a _____ in the life of another addict, to carry the message of recovery." pg 112
11. "We may not be aware of the many _____ that are open to us." pg 109
14. "In the Tenth Step, we began to practice the _____ required to live spiritually on a daily basis." pg 107
17. "We are on a spiritual path which will lead us to a greater _____ of our Higher Power." pg 109
19. "We deprived ourselves of an _____ to know someone else on a deeper level." pg 110
21. "We are sure to get help from our fellow members or, perhaps, even from others who are also _____ a spiritual path." pg 109
23. "Finding our own way is another _____." pg 109
24. "We see that, regardless of the _____ or absence of material success in our lives, we can be content." pg 112
27. "Our most heartfelt _____ and dreams for our lives are coming true." pg 112
29. "We may wonder if our _____ is now going to inform us that we must pray or meditate in a particular way." pg 108
31. "We felt _____ in a vast universe, believing nothing existed beyond what our limited view allowed us to see." pg 105
34. "For instance, at some time in our lives, we may feel unhappy but not know exactly what is _____ such unhappiness." pg 111
35. "We may even go to great lengths to _____ ourselves that our idea was divinely inspired." pg 111
36. "We no longer see God's will for us as something we have to _____." pg 107
37. "This _____ is what we are searching for when we pray, whether our prayers are desperate pleas or calm requests for guidance." pg 110
38. "We've begun to see that we aren't alone and _____ have been." pg 106
39. "Perhaps at the beginning of our recovery we worked the steps because we were in pain and afraid we would _____ if we didn't." pg 106
40. "Praying for specific _____ to specific problems is not the answer." pg 111