



# ***THE GUARDIAN***

MAY 2011

## Living The Program

How do we find a way to balance our newfound lives, the lives we have because of our commitment to recovery in Narcotics Anonymous? That is a question many of us have asked ourselves.

We begin to build a solid foundation for our recovery by attending meetings several nights a week and working our steps, trying hard to incorporate the principles of the program into our lives. Then we attempt to add jobs, friendships, relationships, sponsees, service commitments, and lawn maintenance into our lives as well. Before too long we may find that we are upsetting our employer, or that our family feels left out. It may be that we feel as though we need more time for ourselves, that we are being pulled in too many directions at once.

What are we supposed to do, resign from our service commitments, quit going to so many meetings? Maybe we have too many sponsees. Many of us have tried to correct our out of balance lives by withdrawing from service altogether or by just going to one meeting a week, only to find that our old ways of thinking and acting creeping back into our lives again.

Asking for help from members who have been around the program for a while and seem to have the serenity and composure we are lacking can help us at

times like this. The answers are simple, like everything in the NA program. They most likely will share with us how they slowed down, but never stopped. How they did one thing at a time, finishing each one before starting another, reminding us to take it one day at a time, so we don't get ahead of ourselves.

I have been told that anything that I put ahead of my recovery I will surely lose. I have a life that is worth living today and don't want to go back to my old ways. I hold several service positions in my area, and usually go to meetings three nights a week. I also work over forty hours a week, and have a much better relationship with my family than I did when I was using. There have been times when I felt like I might be overdoing it, but when I tried to stop doing service or going to fewer meetings, I could see the old me returning. Then, I realized that I was spending too much time on things that were unrelated to my recovery, or my job or family for that matter. I tend to get carried away with anything I do, so I'm working on that defect of character by using our Tenth Step. I'm learning to take my inventory, instead of everyone else's, after all I'm the one with the drug problem. Maybe that's why they call it living the program.

Anonymous

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# A Little On Tradition Five

I have been reading over Tradition Five and something always stands out to me about the spirit of the wording in our Basic Text, 5<sup>th</sup> Edition. It is very simple and clear about our purpose as groups. It says, *"If our group purpose were anything other than to carry the message, many would die and few would recover. 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 offer."* pg. 65

I always notice that it says that our only purpose can be to carry the message. Being clear on what carry means helped this addict understand our primary purpose and clear up the gray area how far I am supposed to go to do that.

I also always notice that it says that our message is hope. Hope in this context is not an action but a feeling, a description of the one thing we all come here looking for. We have to

create that hope through our actions. We must remember that.

I also see the part about an addict, any addict... Now this says to me that we already clearly define that there are no boundaries to who can receive the benefits of recovery as long as they are an addict. Why do we have to continually create literature that is in conflict with this statement? If we believe this statement why do we address all of our diversity with literature that speaks of our differences? Is one set of principles not good enough for everyone?

So here I sit believing again that the predecessors have already figured all this out because they said keep it simple so that we don't lose our purpose in confusing, politically correct, jargon. Please help me keep my fellowship simple. I mean hell; our lives do depend on this. P.S. Please remember that in the spirit of our 3<sup>rd</sup> Tradition we believe that this program works for those who come and leave freely, meaning our hope starts when an addict chooses to get clean.

In loving service, An addict

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The next meeting of the Upper Cumberland Area Service Committee will be held on June 19, 2011 At 2:30 pm CST in Crossville, Tennessee at the Crossville NA facility. We are always in need of addicts 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.

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

## **Newsletter Subcommittee**

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## **Upper Cumberland Area of Narcotics Anonymous Helpline:**

**866-454-3784**  
**24 hours toll free**

**Upper Cumberland Area of Narcotics Anonymous web site:**  
<http://www.ucana.net>

## **Meetings in the Upper Cumberland Area of Narcotics Anonymous:**

New Way To Live Group  
Crossville, Tennessee

Crossville NA Group  
Crossville, Tennessee

New Beginnings Group  
Helenwood, 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.

# Basic Text Tradition Worksheet

Please take the time to use your Basic Text with these questions to improve your understanding of the Traditions of our fellowship. The principles that the Traditions teach us can help protect our primary purpose. So that no addict need die from the horrors of addiction.

## TRADITION FIVE:

*"Each group has but one primary purpose---to carry the message to the addict who still suffers" (Pages 64-65)*

Tradition Five guarantees unity of action and purpose and freedom from losing and diluting the NA message.

1. What is the primary purpose of the group and what is the primary purpose of the individual addict? (Paragraph 1)
2. What is all that our groups can do? (Paragraph 1)
3. How does this tradition ensure that we maintain the atmosphere of recovery in our meetings? (Paragraph 1)
4. What does every group's focus on carrying the message provide? (Paragraph 1)
5. The Twelfth Step of our personal program states what? (Paragraph 2)
6. How does carrying the message affect the newcomer and the other members? (Paragraph 2)
7. What is our most powerful vehicle for carrying the message? (Paragraph 2)
8. What is the problem when a member carries the message? (Paragraph 2)
9. What is the problem with literature being used to carry the message? (Paragraph 2)
10. What would happen if our groups had another primary purpose? (Paragraph 3)
11. What is our message? (Paragraph 4)
12. How can we apply and practice the spiritual lessons of reaffirming commitments to our significant others, uniting and working together with them, not against them, to help improve our home situations? (From the Heart)

## 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.

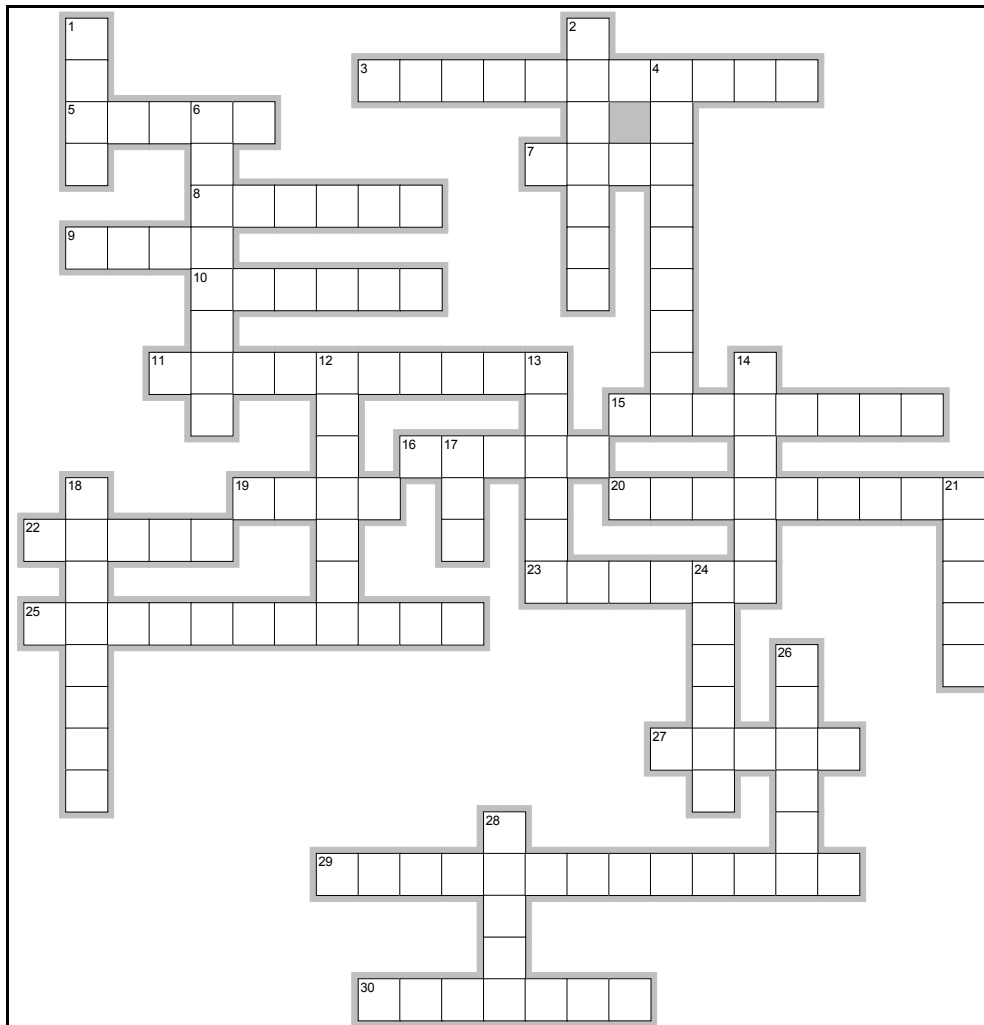
Don't worry if you think you can't write well enough, we will be happy to make any spelling or punctuation corrections for you. The important thing is that you will be sharing your recovery with another addict. After all, we can only keep what we have by giving it away. The length of your article isn't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

Thank you for your support.

## “How It Works” Steps 4, 5, 6



All of the words in the puzzle can be found in the "Fifth Edition Basic Text" Chapter Four (pages 27 - 34)

### Across

3. "We get \_\_\_\_\_ with our understanding of these steps." (pg 28)
5. "Perhaps this \_\_\_\_\_ difficult or painful." (pg 29)
7. "We have found that \_\_\_\_\_ is a lack of faith..." (pg 27)
8. "Addicts tend to live \_\_\_\_\_ lives." (pg 32)
9. "Writing will \_\_\_\_\_ the lid off of our pressure cooker." (pg 30)
10. "When we pray and take \_\_\_\_\_, it always goes better for us." (pg 30)
11. "This step has the \_\_\_\_\_ of being difficult; in reality, it is quite simple." (pg 29)
15. "We found that we do not recover physically, \_\_\_\_\_ or spiritually overnight." (pg 27)
16. "We have found that fear is a lack of \_\_\_\_\_, and we have found a loving, personal God to whom we can turn." (pg 27)
19. "The important thing is that we do our \_\_\_\_\_." (pg 30)
20. "Although He already knows, the \_\_\_\_\_ must come from our own lips to be truly effective." (pg 31)
22. "We know that another addict would be less likely to \_\_\_\_\_ us with malice or misunderstanding." (pg 31)
23. "This step will \_\_\_\_\_ our motives and our actions." (pg 32)
25. "This is a step of \_\_\_\_\_." (pg 34)
27. "We must be done with the past, not \_\_\_\_\_ to it." (pg 28)
29. "We do not \_\_\_\_\_." (pg 32)
30. "These \_\_\_\_\_ grow in the dark, and die in the light of exposure." (pg 31)

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

### Down

1. "We \_\_\_\_\_ make sure that they know what we are doing and why we are doing it." (pg 31)
2. ""We begin to long for \_\_\_\_\_ from these defects." (pg 33)
4. "Where we were proud, we now find that we cannot get away with \_\_\_\_\_." (pg 33)
6. "We learn that we are growing when we make new \_\_\_\_\_ instead of repeating old ones." (pg 34)
12. "When we ignore our feelings, the \_\_\_\_\_ becomes too much for us." (pg 29)
13. "Sharing the exact \_\_\_\_\_ of our wrongs sets us free to live." (pg 30)
14. "Willingness is what we \_\_\_\_\_ for in Step Six." (pg 33)
17. "We were entirely ready to have God remove \_\_\_\_\_ these defects of character." (pg 33)
18. "Eventually faith, \_\_\_\_\_ and acceptance replace pride and rebellion." (pg 34)
21. "We may \_\_\_\_\_ be able to remember all of our past mistakes." (pg 32)
24. "We \_\_\_\_\_ approach old defects with an open mind." (pg 33)
26. "\_\_\_\_\_ self-assessment is one of the keys to our new way of life." (pg 27)
28. "We \_\_\_\_\_ about the things that bother us here and now." (pg 28)