



Together We Can

N.A. GROUPS OF THE FREE STATE REGION NEWSLETTER

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TOGETHER WE CAN

SEPT.-OCT. 2022

Thought for the Month

*"For us addicts, living clean with not using—after all,
that's our primary use for the word "clean" in Narcotics Anonymous."*

(Just for Today, June 11th)

Acronym of the Month

PRAY
UNTIL
SOMETHING
HAPPENS

*Have you done any
SERVICE WORK lately?*

There are lots of ways to serve
the fellowship ...
Choose a subcommittee and
get involved, you'll be
grateful you did!

GO TO:
freestatena.org
**FOR ZOOM & LIVE
NA MEETINGS**



*"Acceptance of our
changing spirituality
is part of our
evolution."*

*Please submit items from
your "Recovery Tool Box"*

N.A. HISTORY

DID YOU KNOW ... 2002, World Services takes its first development trip to China and comes bearing welcome keytags and drafts of I.P. #1

*Editors for the Oct.-Sept. issue
of "Together We Can"*

- Erika N. - Baltimore
- James A. - Baltimore
- Jonelle L. - Baltimore
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N.A. Readers Write

The following articles are the opinions of the writers, and do not represent the opinion of this committee or the fellowship as a whole. We have given permission to all other Service Boards and Committees of the Fellowship of Narcotics Anonymous to reprint any material appearing in this publication.

"Caring"

The **C**-ompassion which we develop for one another.
The **A**-cceptance that we are powerless over addiction
The **R**-oad each and every one of us will journey in recovery
The **I**-mportance of making meetings regularly
The **G**-ratitude which should reflect in my attitude
(more will be revealed)

By Dennis B.

[NA Communication, March 1998]

Top Ten Reasons to Write Your 4th Step

10. Makes flashy wallpaper for your home when finish.
9. Is great for the campfires this summer.
8. Let's your sponsor compare instead of identifying.
7. Just when you thought you were well, it brings you back to earth.
6. Gives you a chance to use writing skills not used since grammar school.
5. Keeps you busy while you're not creating wreckage of the present.
4. Gives the rest of the fellowship more time to share in meetings, because you have finally stopped talking about your painful childhood.
3. Helps boost your ego because you are envied by those who haven't finish.
2. Helps to keep your head from becoming a suppository.
1. You will reveal your true assets of character so when you need esteem on the remaining steps (and your life), you'll know what a great person you really are.

"Sound Off"

QUESTION FOR NEXT MONTH

What's is your favorite NA slogan and why?

One Day at a Time

Our lives have become frail and weakened by storms,
but the sun has now returned while the rain
ceases to pour.

As the foggy smoke from our battles start to clear, our
path will be set as our demons disappear.

While staring into death was once a trend or strange
Cliche', this nightmare has finally ended as we peer into
a new day.

Some days the going will be easy, and other times
we'll encounter strife but well never expect defeat
not this hour, this day, nor in this life.

Some days we'll walk and other times we'll climb.
Planning our goals for the future but taking it
one day at a time.

A Step Poem

I took **Step One**, began to moan
I can't do this one on my own
I took **Step Two**, began to pray
restore me God, please now, today
I took **Step Three**, gave up my will
Maybe God could love me still
I took a **Fourth**, I looked inside
Nothing more would I hide
And on the **Fifth**, I said aloud, I've done some wrong,
and I'm not proud. I took **Step Six**, and got prepared to
lose the defects, I was scared.
Now I'm at **Seven**, take them away My God, for this I do
pray. And on **Eight**, the list was long.
Amends to make for all the wrongs.
I took **Step Nine**, put down my pride Amends made,
I will not hide.
Step Ten I take, each day I pray I make amends
along the way.
And on **Eleven**, I pray to know each day His Will, which
way to go.
I take **Step Twelve**, I'm like a bird to others now,
and I spread the word.

Anonymous

N.A. Readers Write

INSIDE CONNECTION

Our Best Thinking...

*I've heard it said that going into our own
Heads is like going behind enemy lines
You're only lost in thought because it's unfamiliar territory.
Don't let your mind wander, it's too small to be out on its
own. Your head's a bad neighborhood.
Don't go there on your own.
Why is an addict alone in bad company?
Because he is with the last person he used with.
Sponsor to a sponsee who is at home alone, thinking
about things. "Get out as quickly as possible.
You're in the house with a killer".
Regarding thoughts versus obsession.
I can't help it if a bird poops on my head,
but I don't have to let it build a nest there.*

Anonymous

Unity

Unity is the common thread that holds us together. We set aside our differences and come together as a whole, in the spirit of cooperation. Unity creates an unconditional bond stronger than individual personalities. Unity helps keep a clear, concise message from being compromised. We gather strength in unity, knowing that we are never alone and have the support of many others.

Unity requires unconditional love and the ability to give and receive. Through this unconditional love, we accept each other and strengthen our unity.

An example of unity in Narcotic Anonymous is how we choose and support a home group. As a group, without unity, the fellowship of Narcotic Anonymous would not survive.

Anonymous

[Anonymous NA Way May 1996]

Step Ten

[Excerpt from, "It Works How and Why"]

"We continued to take personal inventory and when we were wrong promptly admitted it."

Once we're aware that we've been wrong—whether it's five minutes, five hours, or five days after the fact—we need to admit our error as soon as possible and correct any harm we've caused. As in the Ninth Step, we find that the process of admitting our mistakes and changing our behavior brings about tremendous freedom.

Tradition Ten

[Excerpt from, "Basic Text"]

"Narcotics Anonymous has no opinion on outside issues; hence, the NA name ought never be drawn into public controversy."

If an addict has never heard of us, he cannot seek us out. If those who work with addicts are unaware of our existence, they cannot refer them to us. One of the most important things we can do to further our primary purpose is to let people know who, what and where we are. If we do this and keep our good reputation, we will surely grow.



**Have You Called
An N.A. Member
Today?**

