



# Mid-City Area

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ON THE FIFTH FLOOR SUITE  
508A

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Our CHAIRPERSON

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WELCOME TO ALL NEW TRUSTED  
SERVANTS

## Mid-City Area present our

MONTHLY SOCIAL

Chicago, IL

Saturday, October 24, 2009

Begins at 8:00pm

Mt. Vernon Church

.2622 W. Jackson

In Loving Service, Dorothy F.



Inside this issue:

Announcements 2

Clean dates 3

Birthdays 3

The Hope I Found 4

Just For Today 4

Meditations

## Mid-City Area

There will be a 'LEARNING DAY' held @ Mt. Vernon Church 2622 W. Jackson Saturday, October 24, 2009. Start 5:00pm. It is highly recommended that GSR'S & GSR-AIDES & MEMBERS interested in service work attend. Flyers will be circulated this month.



**To all members with the willingness!**

Mid-City are having elections for Executives Committees.

Sub- Committees on November 21, 2009 @ C.S.O. 1701 S. 1st Ave.Ste.508a  
Maywood,IL.Come out and give back what was freely given to you.

**Note Well**

**New Meeting**

Recovery At Fosco @ 1312 S. Racine  
Format ; Steps & Traditions 4th week speaker  
Wednesday 7:00pm– 9:00pm  
Come out and support

**Gateway To Freedom**

@  
3828 W. Taylor  
Format: 1,2,3 Steps Meeting & Speaker

7:30pm-9:00pm  
Needs Support



## “MID-CITY MONTHLY SOCIAL”

These are the upcoming dates for the Mid-City Monthly Social for the coming Year of 2009

<u>Month</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>
Oct.	10/24	8:00pm	Mt. Vernon 2622 W. Jackson
Nov.	11/21	8:00pm	Mt. Vernon 2622 W. Jackson



In Loving Service,  
 Rec. & Act. Chair: Dorothy F.

### Clean Dates

(773)370-5600

Carla M. 8/19 1yr	Rick 2 9/11 17 yrs
Flo W . 9//21 23 yrs	Theresa W. 9/23 9yrs
Ron F. 10/1 7yrs	Ray R. 10/3 18 mo.
Elissa D. 10/4 6yrs	Calip C. 10/11 3yrs
Jackie 10/13 18 mo.	Marilyn D.10/15 17yrs
Rodney M,10/15 17yrs	George B. 10/23 7yrs
Jannice 10/23 1yr	Charles L.Bey 11/9 9yrs

*Hold on  
 change  
 Is coming  
 There  
 Hope*



### Birthday's Dates

James K.	9/10
Nicole M	9/11
Beverly B	9/21
London F.	9/27
Elissa D.	10/1
Tony W.	11/9



## The Hope I Found In Narcotics Anonymous

As our recovery progressed we became increasingly aware of ourselves and the world around us. We came to realize that we had no power to change the outside world we could only change ourselves. Hello members at this point in our recovery the program of Narcotics Anonymous has given us the life that we always wanted. Before coming to the program of Narcotics Anonymous life was not good at all. It was hard to want to live because we didn't have anything to live for. By taking the simple steps that the program of Narcotics Anonymous has to offer my life has gotten a whole lot better. The steps has open the door to a life we always dreamed of having. Through working the Twelve Steps I was able to find a "God" of my understanding and live for that "God" that gave me everything I have in my life today. Thank "God" for Narcotics Anonymous !!

Rickey L.

**October 28**

**Attitudes**

*"We can also use the steps to improve our attitudes" Basic Text , p. 53*

Ever have a day when everything seems to be working against you ? Do you go through periods when you are so busy taking people's inventories you can barely stand yourself ? What about when you find yourself snapping at your coworker or loved one for no reason? When we find ourselves in this bleak frame of mind we need to take action. At any point in the day, we can set aside a few moments and take a "spot inventory." We examine how we are reacting to outside situations and other people. When we do, we may find that we are suffering from a plain old "bad attitude," A negative outlook can hurt our relationship with our Higher-power and the people in our lives. When we are honest with ourselves, we frequently find that the problem lies with us and our attitude. We have no control over the challenges life gives us. What we can control is how we react to those challenges. At any point in time, we can change our attitude. The only thing that really changes in Narcotics Anonymous is us. The Twelve Steps give us the tools to move out of the problem and into the solution. **Just for today:** Throughout the day, I will check my attitude. I will apply the steps to improve it.



**Serenity Check**

**January 23**

*"Lack of daily maintenance can show up in many ways" Basic Text. P. 91*

Ever had a perfect stranger remark about how great the weather was, only to reply "it stinks"? When this happens, we are probably suffering from an lack of daily maintenance in our program. In recovery, life can get pretty hectic. Maybe those added responsibilities at work have got you hopping. Maybe you haven't been to a meeting for awhile. Perhaps you've been too busy to meditate, or haven't been eating regularly or sleeping well. Whatever the reason, your serenity is slipping. When this happens, it is crucial that we take action. We can't afford to let one "bad day," complete with a bad attitude, slip into two days, four days, or a week. Our recovery depends on our daily maintenance program. No matter what is happening in our lives, we can't afford to neglect the principles that have saved our lives. There are many ways to recover our serenity. We can go to a meeting, phone our sponsor, meet another recovering addict for lunch, or try to carry the message to a newcomer. We can pray. We can take a moment to ask ourselves what simple things we *haven't* been doing. When our attitudes head downhill, we can avert a crash with simple solutions.

**Just for today:** I will examine the maintenance of my daily program of recovery.