

MAY 2010



Volume 1, Issue 1

May 2010

Mid-City Area Newsletter

In Memory Of Kim D.... Tony W.

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On April 6, 2010 the members of Another Day Clean lost a member of their home group, Kim D.

She was a vital part of this fellowship as well as her home group. I will truly miss her for she was and will forever be my best friend. We went through so much together and she play a very important part in my recovery.

The thing I think I will miss the most is her laugh. She had a way of bringing a room to life. Kim would also go out of her way to help anyone who needed help. She touched the lives of so many people and was a vision of hope for not only

Women, but men as well. I'm so grateful to GOD for placing this Angel in my life and although she has went Home, she will never be forgotten.

So for Kim and all the other members who have made their transition to GLORY, know this We Shall Always Love each and Everyone of You.

Newcomer's know this, some die and have to die for other's to Live. Life is so very short so Live it to the fullest. Let today be the First Day of the Beginning of the rest of your Life.

I shall always Cherish the memory of my dear friend Kim D. Rest In Peace Beloved Angel until we meet again.

GOD grant me the Serenity to accept the things I can not Change, the Courage to Change the things I can, and the Wisdom to know the Difference...

In the words of Kim D. "Don't Fire Your Help" Gone but Never Forgotten!



A Word From The Editor... Booker P.



First and foremost I would like to thank God, the program of Narcotics Anonymous and all the members for the support of articles, birthdays, clean dates, and wedding anniversaries. It's only

through this that the newsletter can be of help with the information I have received from all members of Narcotics Anonymous. I would also like to give a special thanks to Tony W.

I'm grateful to be of service to the addicts who may be going through something and read this newsletter. May you keep in touch with your Higher Power !!!!

New Committee Members

Chairperson - Archie B.



Here's My Hand,
Let Me Help You Learn To Help
Yourself!!!

Secretary - Michelle

Rec & Act - Tim H.

Ad/ Hoc Chair - Staci W.

Literature Chair - Deidra.
Policy & Administration .Open

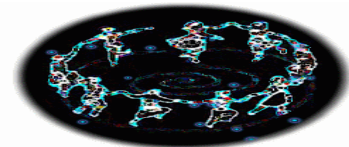
Co-Treasurer - Emmett L.

Mid—City Area is in need of a ...
Regional Committee Member Chair

Policy & Administration Chair

Keno X. is the Public & Relations
Chairperson

Brian D. is the H & I Chairperson



A New Beginning...
Enjoy It!!!

Meetings in need of Support and New Meetings ...

New Meeting : Little Girl's Grow Up.
Women's Issue Meeting. At 2622 W.
Jackson. Saturday, 1:00pm to 3:00pm

New Meeting : Choices Matter. At
4032 W. Vanburen .Tuesday 5:00pm
to 6:30pm. In dire need of Trusted
Servants and Support.

Fresh Start: I.P. Meeting At 2622 W.
Jackson. Thursday, 6:00pm to 7:45p
In dire need of Trusted Servants and
Support.

Clean and Progressive: At 2841 W.
Washington. Monday 4:30 to 6:30pm
in dire need of Support and Trusted
Servants.

Beginner's Are Winners: at 645 S.
Central. Saturday 7:30pm to 9:30pm
In dire need of Support and Trusted
Servants.

A Safe Place: At 321 N. Mason.
Friday: 7:00pm to 9:00pm. In dire need
of Support and Trusted Servants.

We Must Always Remain Grateful, Thankful and Selfless in Our New Way of Life!!
All We Have Is...
"Today"

...Just for Today: Daily Meditation...

What about the newcomer?

"Each group has but one primary purpose—to carry the message to the addict who still suffers."

Tradition Five

Our home group means a lot to us. After all, where would we be without our favorite NA meeting? Our group sometimes sponsors picnics or other activities. Often home group members get together to see a movie or go bowl-

ing. But sometimes we must take inventory of what our group is doing to fulfill its primary purpose—to carry the message to the still-suffering addict. Sometimes we go to our meetings, we know almost everyone and get caught up in the laughter and fun. But what about the newcomer? Have we remembered to reach out to the new people who may be sitting by themselves, lonely and frightened? Do

we remember to welcome those visiting our group? The love found in the rooms of Narcotics Anonymous helps us to recover from our addiction. But once we have gotten clean, we must remember to give to others what was so freely given to us. We need to reach out to the addict who still suffers. After all, "the newcomer is the most important person at *any* meeting."

May 4th.

Birthday Dates...

Valerie S. 04/10
 Ingra W. 04/17
 Tim H. 05/01
 Ron F. 05/01
 Jasmine E. 06/10
 Alvin W. 06/08



Clean Dates...

.Tiffany D. 03/26 8yrs.
 Charlene R. 04/24 1yr.
 Payton T. 04/26 17yrs.
 Sabrina M. 05/01 5yrs.
 Dave L. 05/19 18 yrs.
 Tim H. 05/07 19yrs.
 Carl E. 05/21 18mo.
 Joyce K. 05/26 9yrs.
 Alvin W. 05/29 19yrs.

Sherry B. 06/05 15yrs.
 . Al W. 06/13 17yrs.

**Each One...
 Teach One...
 But First
 We Must...
 Reach One!!!**

Events... Speakerthon..Monthly Social...

Came To Believe Group: Presents 1st Annual Speaker - thon. Saturday, May 29th, 2010 at 5320 W. North Ave. From 12:00pm to 9:00pm Come out and Support ...



Reach Out & I'll Be There.

The monthly social will be held on May 22,2010 @ The Martin Luther Kings Boys Club. 2950 W. Washington ,Chicago IL. For more information on activities you may contact Tim H. @ (312)685.0474. Come out to enjoy yourselves. Kids are not allowed.

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Maywood, Illinois
On The Fifth Floor
Suite 501

Newsletter Chairperson Booker P.
Phone: 312-371-1213
Co-Chair Ray S



Let's Take The Steps part III

This step affects our personality because we understand our role in our own recovery. Appreciate our strengths, and limitations. If we have faith in a power greater than ourselves, If we believe God's wisdom far exceeds our own, then we humbly ask that power to take complete control and license to work in our lives. Let us be honest with ourselves for a moment and test ourselves by looking at our behavior and thoughts. Do we think we stand up for ourselves, go toe to toe with whatever life throws our way, and respect ourselves? Do we find ourselves involved in a non-functional relationship and say it is Gods will for us? Do we find ourselves using people and being used? Do we take nothing from anyone, but allow our spouse, children, friend, bosses, and perfect strangers to place us in a state of living in fear and say I am powerless. Do we allow fear to rob us of our choice? How are we enhancing our assets with these

selective perceptions? Are the circumstances that we can change, are working to change them? Is it God's will for us to live in fear or are we telling a bald face lie to ourselves, or to others and lying on God? We approach this power humbly and ask to live without the limitations of our past ways. This is not a step to determine when and how our shortcomings are removed. It's not our job to analyze this step. This step is a spiritual choice, a choice to move beyond any emotional reaction or conscious act of will and dare to live in our strengths and step away from our shortcomings. This step asks us to practice spiritual principles in the place of character defects.

Step Seven: Courage is not the absent of fear, but walking through fear and surviving our emotions.

Testing our new found humility and expanding the envelop of our self acceptance is the purpose of this

step. As we learn to move past fear and guilt which kept us within our self made prisons brought about by our actions. By not placing blame or assigning credit for the harm we have left in our wake. We list the persons and institutions we have harmed. We examine our roles in the dramas of our lives by identifying and describing the type harm we have done. We learn to take ownership of our actions. In light of what we have learned about ourselves in the previous steps such as misreading situation and over, or under reacting to them. We have a benefit from this step. We can embrace our humanness and have true empathy for others as we see how our defects of characters being played out by others. This helps us to reinvent ourselves and change our perspectives of ourselves and others.

Step Eight: In looking at reality we are opening the door to freedom.

Forgiveness of self is the purpose of this step and the basis for forgiveness of others. The insight we gained from working the previous eight step such as the need to lean and depend on a higher power, the knowledge we gained about ourselves such as the traps we set for ourselves, the burden of unworkable ideals or bad attitudes that we carry with us, and the acceptance of personal responsibility for things we do and say. Freedom is not free and freedom from self is a byproduct of this step. We grow into being a better version of ourselves because of the attitude adjustment brought about by the amends making process. We own up to our action and change our actions. Step Nine is a lot more than saying I'm sorry. We change the way we think by accepting the reality of our affect on others and ourselves.

Step Nine: We clean our side of the street so we can live out life in freedom.