



# SCANA

## Basic Newsletter

Volume No. 1 Issue No.1 August 2004



### **Freedom from our self-made prisons!**

**H**um?

...freedom for the individual comes from the Twelve Steps... basic text page 57.

Of course when I was using it didn't seem like a prison. I was in search of that higher level of conscientiousness, which could only be reached through the use of more and more and more. I actually felt safe in my prison and my paranoia kept me that way.

Self-preservation was my number one concern. if that meant it was better to not leave the house, well so be it! If that meant that I couldn't think beyond what it took to get more, than that is where my mind would stay.

If that meant it was just safer not to have friends, they just wanted my stuff anyway. I learned to keep every one at a

distance. If that meant family was to be used to enable me to continue my use.

Then I was always ready with the obligatory "I'm Sorry".

It meant that God was only needed "just get me out of this one and I'll never do it again".

N.A. has truly shown me what it means to be free. The steps have led me to that higher level of conscientiousness that I searched for, for so long.

I still feel the need for self-preservation, but not at the cost of stepping on other people and their feelings.

It has given me the ability to not only open the blinds but to actually go out the door. I can feel apart of the big picture.

Today, through N.A., I can use my mind to its fullest ability. Thinking outside the self-box and working on the next right thing. Today a friend can be there with a shoulder to cry on or congratulations when things are good. If they want today I'll be glad to share my stuff. My family is there today, watching me stay clean, and wanting to help unconditionally.

They can trust me and have faith in me to do the right thing. Today the "I'm Sorry" truly is what I feel.

Today my God is with me all the time. I pray before I fall in to that foxhole, so I don't have to fall.

Today, God and NA., keep me free with hope and faith.

Grateful Recovering Free Addict

**W**e will be freed from our self made prisons, WHEN

We attend that one extra meeting that we don't usually attend, and wind up in joyful fellowship with old and new friends after the meeting at coffee.

We share honestly with those around us, our thoughts and our feelings.

We reach out to a newer member and ask them how things are going, and really mean it.

We do something thoughtful for another, helping us to get out of aelt

We help pick up chairs, wipe down tables, sweep and mop a floor.

We participate in some form of service, whether it is N.A. service or picking up litter on the street we live in.

We make a list of amends we owe to those around us.

We find ourselves actually looking forward to going to the N A meetings and feeling grateful for the opportunity to fulfill our service commitments, whatever they may be

We give credit to God as we understand Hun for our being clean, for the shaping of our character, and for the promise of freedom.

We allow others to be who they are:

We allow ourselves to be who we are.

We will free from our self made prisons.

Anonymous

**24/7 NA HELPLINE**

**515-244-2277**

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Unites States

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700-0700



[www.na.org](http://www.na.org)

**L**ost in a world of delusion  
Hidden from all in sweet seclusion  
Amidst the chaos and confusion  
With silent tears I cry

I mourn the loss of inner peace  
Overtaken by this disease  
Broken and baffled talking ceased  
I have no words to lie

Faced with a most difficult decision  
I make to myself a startling admission  
My battle with this fatal condition  
I pray for courage to try

Released from my minds shackles and chains  
Finding freedom from the pain  
I now have the wings to fly

Anonymous

**W**e will be free from our self made prison. That might happen I realize that today I have a choices. NA taught me that freedom from that prison is found in using the keys of principles. I have learned, relearned forgot relearned cried

curled up in the fetal position all in a self centered reaction to reality. I have isolated, withdrawn and returned to my self made prison fearing what that reality might be. I have stomped my feet, cussed, cursed, spit, and shoved people, screamed at others all pissed off at the reality that was created in my prison. Freedom! Yep it can happen if I unlock the prison with the keys NA has given me. Keys like, faith, hope, love, kindness, generosity open-mindedness, tolerance, patience, acceptance, willingness, caring, empathy, gratitude, surrender, spirituality, courage, honesty, trust, humility, forgiveness. Oh, let's not for powerlessness. All I can hope for is by working the Steps of NA and practicing the principles in all my affairs I will be granted a daily reprieve I pray that you too can achieve this freedom.

Anonymous

### Top Ten Ways of Freedom

1. Let go
2. Surrender
3. Acceptance
4. Finish 4<sup>th</sup> Step
5. Find a God of your understanding
6. Pray
7. Meditate
8. Carry the NA Message
9. Service to Others
10. Work the NA Steps with NA Sponsor

**SOUTH CENTRAL AREA SERVICE COMMITTEE:**  
**3500 Kingman Blvd, Thoreau House**  
Meets 1st Sunday of the month 2:30p.m.

**Activities Subcommittee:**  
Meets at 12:15 p.m.

**Area Service Office Meeting:**  
Meets after SCANA meeting

**Hospitals & Institutions Subcommittee:**  
Meets at 1:15 p.m.

**Literature Subcommittee:**  
Meets at 9:00 a.m.

**Outreach Subcommittee:**  
Contact ASC Committee

**Public Information Subcommittee:**  
Meets at 10:30 a.m.

**Service Office Literature Sales:**  
On 1st Sunday of each month 1:15-2:20

**24/7 NA HELPLINE**

**515-244-2277**

### Top Ten Ways of Self-Made Prisons

1. Control
2. Reservations
3. Stay Angry
4. 1,2,3, SLIP
5. Stay Afraid
6. Me... Me... Me
7. Listen to the Voices
8. Carry the Mess/Gossip
9. Self-Service
10. Work 1 and 12 Only

**November Newsletter Topic**  
Group Conscience....What is IT?