

# BASIC NEWSLETTER

**SOUTH CENTRAL AREA NARCOTICS ANONYMOUS**

**August 2001**

## **SPONSORSHIP**



## **AREA SERVICE COMMITTEE**

Meets 1st Sunday of the month. 2:30 p.m. - 1011 Locust - 3rd Floor.

### **AREA SERVICE OFFICE HOURS**

Open 1st Sunday of the month. 1:15 p.m. to 2:20 p.m.

### **SUBCOMMITTEE DESCRIPTIONS:**

#### **AREA SERVICE OFFICE (ASO):**

Meets 1st Sunday of the month following area. 1011 Locust Rm. 308. SCASO is responsible for providing physical meeting space for the SCANA and its respective service committees, facilitates distribution of NA literature, and other NA material to the local NA fellowships. SCASO is also responsible for facilitating any other activities/services as directed by the SCASC.

#### **ACTIVITIES:**

Meets 1st Sunday of the month at 12:15 p.m. 1011 Locust 3rd floor. The purpose of this subcommittee is to provide and conduct activities and events to further our primary purpose and continue to carry the message of recovery.

#### **LITERATURE AND ARCHIVES:**

Meets 1st Sunday of the month at 12:15 p.m. 1011 Locust, rm. 308. This subcommittee facilitates the development of NA literature in coordination with the WSC literature committee. This subcommittee also maintains SCASC archives. It may also be directed by the SCASC to produce and distribute a local newsletter.

#### **PUBLIC INFORMATION/PHONE LINE:**

Meets 1st Sunday of the month at 10:30 a.m. 1011 Locust, 3rd floor. The purpose of this subcommittee is to inform the public that NA exists and that it offers recovery from active addiction. This subcommittee also offers information about how and where to find NA. This subcommittee organizes and maintains the local NA phone line service.

#### **HOSPITALS & INSTITUTIONS:**

Meets 1st Sunday of the month at 1:15 p.m. 1011 Locust, 3rd floor. The purpose of this subcommittee is to interact with treatment centers and local correctional facilities in their (H&I) efforts to carry the message of recovery to the still suffering addict. H&I meetings are **not to be included** on the printed meeting schedules of SCANA.

#### **OUTREACH:**

Meets 1st Sunday of the month at 11:15 a.m. 1011 Locust 3rd fl. (Kitchen) The purpose of this subcommittee is to assist groups in solving problems that impede their growth or threaten their survival. To help groups overcome many kinds of isolation by encouraging increased knowledge, contact and exposure to NA as a whole and the NA service structure.

**NARCOTICS ANONYMOUS WORD FIND  
BY JOHN K**

ONE  
EGO  
USE  
SIX  
TWO  
TEN  
WILL  
FOUR  
HOPE  
NINE  
FEAR  
FIVE  
FAITH  
SEVEN  
DRUGS  
CLEAN  
HUMOR  
EIGHT  
SCANA  
SANITY  
THREE  
SHARING  
PRAYER  
STEPS  
ACTION  
WISDOM  
CHANGE  
ADDICT  
PRACTICE  
AMENDS  
DISEASE  
KEYTAG  
DENIAL  
REALITY  
JIMMY K  
DEFECTS  
RELAPSE  
MIRACLES  
IT WORKS  
MESSAGE  
GOD'S WILL  
UNAFRAID  
MEDALION  
TWELVE  
STRENGTH  
RECOVERY  
MEETINGS  
PATIENCE  
SPONSOR  
FREEDOM  
SERENITY  
HONESTY  
ELEVEN  
COURAGE  
OLDTIMER  
PROGRAM  
SERVICE  
SELFWILL  
HUMILITY

M R I I C P R I N C I P L E S G U R D O S S D Y F T N O G E  
E J S T E P S H E E C N E I R E P X E U S E A E X Y S M E S  
D O L D T I M E R G R A D I T U D E R E F T L E P T I R C U  
A C V P Y Y H I G H E R P O W E R R N E T L T A R I X E N M  
L G H A Y T I L A U T I R I P S E G C I O C N E R N E M E I  
I N R A H Q U A H U M O R P H N N T T W I O N H F U S M I R  
O I C E N X T E D X M E S T D I S U S S N G O P C E O O C A  
N R M A A G I C G D N K I E L F D H A Y T B I I N E P C S C  
E A R E Q L E N D I A R L D E I B M H W W T H E P R W N L  
F H A J L T I A N T F C I S X P Z I G R Y I A S S O U E O E  
B S E C N E I T A P D W T R G L T L K O A L R R P W P N C S  
Y S N F U B V P Y O M E E I U Y E Y B H D L T O A E Y K P C  
Q R E O N E V E S Z I Y O X O V C S E Y O A S S L R R Y U A  
I S O R I Q C C N Z A S T N L N E Z R Y T M U N E L A M O N  
L N X T E T A C T R B C E E I S D E Z O R E R O R E M M R A  
P L G G N N I A P H N Y W A S M V U S M O N F P C S I I G H  
D R I O A E I D Y P G T B I S O N E E R F D E S B S R J O O  
E I O W D C V T A M A I O A C E R E O W T S A E W E P P Y H  
T G A G F S T N Y R C N E E G V T S P G S I Y H S H E I I K  
N C A R R L W I I W T A R A I I N M F O U R T T G N J R B E  
B A I S F A E I O L W S R C N O Z D L K J Y R W S N O L H Y  
Y L E D S A M S L N A U E G P R A C T I C E G A O E I P W T  
N K O L D E N T I L O R S S N O I T A T I D E M E R N V S A  
E V I F C A M U V C H N O I L A D E M E W M J K J F K O A G  
T E M O D E E R F T G Z H M O D S I W D E N I A L X P S H H

NEWCOMMER	ANONYMITY	MEDITATION	BASIC TEXT
SURRENDER	ADDICTION	TRADITIONS	MEMBERSHIP
OBSESSION	EXPERIENCE	FELLOWSHIP	WILLINGNESS
GRADITUDE	HAVING HAD	OPENMINDED	HIGHER POWER
POWERLESS	ACCEPTANCE	PRINCIPLES	FRUSTRATION
SPONSORSHIP	RESENTMENTS	SPIRITUALITY	JUST FOR TODAY
MORAL INVENTORY	PRIMARY PURPOSE	GROUP CONSCIENCE	

In my search for my sponsor's I listened to them share at meetings. It is important that I feel a connection and identify with my sponsor, and that I feel they will be able to identify with me. If I want to stay clean I need to identify with and begin to **TRUST** someone.

I have not felt connected to anyone in a long time. As I stay clean a day at a time after a few weeks I notice that I don't have all the answers and I make mistakes. I need to call my sponsor and get a prospective or attitude adjustment. One way I can keep a recovery attitude is to talk to my sponsor on a regulate basis. At first everyday, a couple of times a day if necessary.

After a while I start to remember what I can do for myself to recover. Go to meetings, call my sponsor, read the Basic Text, share at meetings, and listen at meetings.

My having a sponsor is a lifeline at first, someone who shares hope. I love that.

### **What is a Sponsor?**

A sponsor is a recovering addict in the program of Narcotics Anonymous; someone we can trust to share our life experiences with (both good and bad); a person to whom we can go with our problems that may be too personal to share with the group. It is suggested that a sponsor be someone who has practice in working the Twelve Steps and is involved in the program.

Primarily, a sponsor is a guide through the Twelve Steps of recovery.

(reprinted from IP 11)

### **SPONSORSHIP**

I don't call mine. What happens next?

### **SPONSORSHIP**

Sometimes I think I am one of the fortunate ones. I have kept the same sponsor for most of my recovery. She was one of the first people to reach out to me and bring me into recovery. She taught me how to work the 12 Steps along with the 12 Traditions. She is someone who supports me even if she thinks that what I am about to do is pretty insane (of which there have been plenty). She never tells me I told you so or criticizes me. She also has taught me to pray for those whom I may not like or who I believe have caused me harm in some way. She taught me to forgive. She is someone who has been there for me through the good and the bad times I've gone through in recovery. Probably the worst was dealing with the death of someone very close to me. She taught me that life does not end and that no matter what happens I never have to use again to cover up the pain. If I just hold on and allow others to be there for me I will get through whatever life brings my way. I think the most important thing she taught me was to love myself. In return all she asks of me is to be honest with her and keep giving back what has been given to me. I do this through several ways, one of which is sponsoring others. Always remembering that **WE AND DO WHAT I CAN NOT.**

## **How do you get a sponsor?**

Listening is the key to finding a sponsor. The most obvious place to look for a sponsor is at NA meetings. Talk, share, and listen to members of the program; get plenty of phone numbers and use them. When you find someone with whom you can talk openly and relate, simply ask that person to be your sponsor. Chances are the answer will be "yes." Sometimes the person may be unable to sponsor you. Keep on trying! Remember that when one door closes, another will open. Continue to attend meetings, listen, and soon you will find a sponsor. (reprinted from IP 11)

## **My gratitude speaks when I care and when I share with others the NA way.**

Through my life sponsorship has been difficult. My disease tells me that I'm OK all by myself. "I don't need anyone, I can handle things alone."

The hardest part of recovery for me is using a phone. To stay in contact with my sponsor. I'm told to stay clean I need to trust another person and let that person know me.

As a result I have been in and out of recovery for 19 years. Most of that time spent in Misery of my own making.

I ask myself what is it that I fear most of letting someone know who I am. I guess once that happens I can know longer pretend to be someone else.

## **Sponsorship**

Sponsorship is a one way street. In the beginning I asked this person to be my sponsor. He had 3 requirements. 1. I had to be willing to go to any lengths to stay clean. 2. I had to read, write and work the steps as directed. 3. I could only attend Narcotics Anonymous meetings, his reasoning behind the 3rd qualification was that more than one fellowship would only be confusing to me. I did all of these things that were asked of me.

Now I have a different sponsor who has asked me to do things I did not want to do. I began to question whether his requests were legitimate or not. I began to slip into mediocrity, and my attitude began to go south quickly. So, since that time I have done everything he has asked of me. It does not always feel right in the beginning but after some time has elapsed I have not felt the slip of relapse or mediocrity. I have also felt better about myself. Thank God for NA and sponsorship.

## **Sponsorship**

Well the heartbeat of one addict helping another has never been stronger with anyone else other than my sponsor.

I've had a couple 3 sponsors through my recovery. The first one and the most recent one helped me more than I could put done in works. The one in the middle has become a graduate of NA. He failed at a basic principle of trust. He blabbed! I fined him.

Back at the first one. I never wrote the steps. We worked them through one on one verbal communication. We met regularly at regular scheduled AA/NA meetings. God bless his spirit still lives and I still draw upon it for strength.

The one I have now is also very helpful in guiding me towards solutions. Some of my most horrid behavior is understood and recovery is always an option presented while sharing with him.

What I do with what they gave me is to give it back, when they need it. I also share it with the people I sponsor.

Thanks again for all the recovery found in the strength of **ONE ADDICT HELPING ANOTHER THERAPEUTICALLY.**

I went to my first NA meeting in 1996. I didn't hear the message that alcohol is a drug and we must abstain from all drugs in order to recover. This led me back to my drug of choice. I went to treatment in 1997 and upon leaving I went to a VA domiciliary and I got a sponsor. I stayed clean for 14 months. To make a long story short, I recently relapsed and I "kept coming back" another member said that I need to get a sponsor and work the steps. Another member told me to ask a certain member to be my sponsor and I did. He said yes. I have had cravings and the best way for me to deal with them is to call my sponsor. I got a sponsor I'm comfortable talking with and if he's not home I must call another member because I can't always make it alone. When I lost contact with my sponsor in the past I have relapsed. So I must keep a working daily relationship with my sponsor working the 12 Steps in order to recover.

#### **UPCOMING EVENTS:**

AUGUST 10-12 - CAMPOUT AT JESTER PARK

AUGUST 25 - DANCE 3938 FLEUR DR. DSM.

SEPTEMBER 28-30 -CAMPOUT

WESLEY WOODS

OCTOBER - HALLOWEEN DANCE

NOVEMBER - DANCE

DECEMBER - HOLIDAY DINNER

**PLEASE CONSULT YOUR LOCAL GSR FOR ADDITIONAL INFORMATION.**

#### **REASONS TO HAVE A SPONSOR:**

1. GUIDANCE
2. SOMEONE TO WHINE TO
3. THERAPEUTIC VALUE
4. TO LIVE - GROW
5. WORK THE STEPS
6. TEACH ABOUT NA
7. EXPERIENCE-STRENGTH-HOPE
8. SOMEONE TO KNOW ME
9. COMMITMENT
10. HEAR MY 5TH STEP
11. SHARE MY SECRETS WITH

#### **REASONS NOT TO HAVE A SPONSOR:**

1. CONTINUE USING
2. HAVE A LOVER
3. CAN'T DECIDE IF SHOULD M/F
4. MY SPONSOR IS GOD
5. I CAN DO IT ON MY OWN
6. NOT SURE I WANT TO STAY CLEAN
7. THEY'LL MAKE ME CALL THEM
8. THEY'LL MAKE ME WORK THE STEPS
9. NOT ENOUGH QUALITY SOBRIETY
10. I HAVE A CELL MATE
11. NOT TRUSTING PEOPLE RIGHT NOW