



N.A. Times

OWN YOUR FEELINGS, OWN YOUR LIFE



As a graduate of a treatment center, I have learned a great deal. I have learned about life. I have learned about honesty. I have learned of the pain honesty can cause. Pain that is complete. Pain that is thorough. However, it is pain that can not be avoided.

Initially, I believed that telling the truth would make me feel good. Sometimes I have felt good by being honest with myself and others. Often I have not. Often I have felt so overwhelmed with the resultant pain from expressing my feelings calmly that I have actually questioned whether my feelings were correct. This is insane. Feelings have no morals. Feelings know no right or wrong.

Pain is a part of life. Drugs and alcohol do not have to be a part of life. Cocaine demonstrated to me what real pain is. A pain that truth will never know. Cocaine allowed me the chance to know the pain of using my tuition and rent money for a drug. Money that was earned by my mom. My mom had a major cancer surgery and four months later resumed catering parties. The money earned from this work was what I spent on cocaine. My mom learned the pain of a double mastectomy. I learned the pain of lying to her about how the money was spent.

I have had the chance to know the pain that comes from lying to my friends. It is not often that a person can feel the deep pain that coincides with borrowing money from a friend that you know you can not possibly pay back. Or feel the pain that stems from leaving town with those debts hanging over your head and knowing that you have lost those friends. And lost a part of yourself.

Cocaine has also given me an excellent opportunity to know the true pain of wasting a part of my life. The true pain of knowing the six years of my life were not lived to fulfill a very real potential. The pain that results from this knowledge is very real. Is very complete. Is very sad.

So the next time you feel it might be painful to be honest, please remember the pain you experienced when you were using. Honest can be painful, but it does not compare to the pain that comes from the loss of friendships, the loss of trust, and the loss of potential.

Please. Own your feelings. Own your life.

— Brian P.



Remember The Good Times

No matter what happens, thank God for the good times, have the courage and strength to search for them. Remember how much to have grown from these experiences. Have the wisdom to profit from difficulty, don't give up. Remember you have a lot of to offer. You can realize your potential. Take confidence in the fact that others have overcome their difficulties. Work hard and be patient.

Bitterness, resentment and regret are harmful feelings. Try to overcome these attitudes.

Have patience, it will work out for the best in the long run. There is hope in God for every addict.

— Mark M.

NARCOTICS ANONYMOUS HOTLINE

NUMBERS: PROVO — 379-3139;

 SALT LAKE — 488-2141;

OGDEN — 626-2652 

Either Way, It's One Day at a Time

During my using days I was able to survive only one day at a time. After waking up in the morning, I would lay in bed until I could find a way to score a high in order to "get through the day."

And when I was too sick to get out of bed, I would try to command others to come save me. Sometimes it worked but not very often. So I learned how to stash enough the night before so I wouldn't be sick in the morning. That wake-up high only lasted long enough to score the high I needed to "get through the day."

Then I started to notice that I was rarely getting high despite the drugs. I was just "getting through the day."

I was working the whole day to score and not even getting high. I got tired of the routine so I finally made that first step and started going to NA meetings. I saw and heard other addicts who were able to stay clean. So I kept coming back. Now when I need something to "get through the day" I find myself at a meeting. And It Works.

Today my life is one day at a time. Sometimes that makes me feel uncomfortable because my using days were one day at a time, too. So I keep telling myself that one day at a time is how I stay clean, also.

I have children, so I need to make plans that go beyond one day at a time. I want to plan special things for them and my husband. My first child was an innocent victim of my addiction for too long. So I must live one day at a time to stay clean. That is how I am making amends to my son. I can dream about all the good times to come, whenever I want to. But I must pray and stay clean one day at a time so I can live and watch my children grow.

— Shawna

HURTING THEN AND LIVING NOW

I sat at my kitchen table in my robe, a bag of makeup and a mirror in front of me. One of my sons pushed his truck around my feet. My younger son crawled after him chattering, but I didn't bother to listen to what he was saying. I had all of my rig ready for two hours of dancing at each bar.

After putting on three coats of makeup and pulling on pants that were way too tight, I went to the mirror and checked the final results. I was the thinnest I had ever been, I was sure I would have looked better if I was thinner. I popped a couple more speeders and chased with a seven-and-seven — which naturally had more of the first seven than the other. Looking at myself in the mirror, something still wasn't right. Makeup, hair and body seemed to be perfect. *What was it?*

My children were still busy chattering last minute things to mommy before I left for work and came home as someone else with someone new. I still didn't hear their words, it was jumbled baby talk. Screw it. I had to go. What was it missing about me?

My eyes were empty, hollow and sunken. They showed now I really felt on the inside, I didn't want to deal with it. I was too busy. I had to stop and buy another bottle and get some dope and more pills.

Today, I'm sitting at my desk at school, remembering this from my past. I never realized then that life could be so lived, really lived, and that I could feel good inside without the use of chemicals. My eyes are alive again. I remembered what my sons told me today before we all left for school. I really hear them now. We are a happy family today. Than you HP and NA.

— Vivienne

WSO Clarifies Message of Recovery

The World Service Office of Narcotics Anonymous has clarified an issue it believes will enhance the message of recovery to addicts, according to Utah Regional Service Representative George N.

The clarification concerns who can participate in open and closed meetings. While opening meetings may be attended by anyone, including the families of member addicts, it is suggested that only addicts share at these meetings. Closed meeting should be attended by addicts only.

The WSO again strongly suggests that members of the fellowship of Narcotics Anonymous continue to help the members develop autonomy from other 12-step programs by the way members address themselves. NA members are addicts, and "an addict is anyone who can identify as such." To otherwise characterize the disease may be confusing to newcomers and lessen the message the fellowship is trying to spread.

"Our message of recovery in meetings can be clouded or diluted if anyone other than an addict participates," the WSO said. "Language from other fellowships, discussions of other diseases, and focus on specific chemicals can also contribute to this confusion."

George N. also noted that special NA meetings, such as those slated for gays or women are permissible only as long as traditions are upheld and the "addict who still suffers" may participate.



SOME POETRY



Many years have passed, then a day;
Still we walk in a path that leads to the light
Shining down on the face beyond.
Thoughts ignite us; let love unite us
and then turn our faces to the wind
That turns in the life within.
You'll find a friend, everlasting love
You can depend.
And every time you smile, you'll bless a child
And our spirits perpetuate,
Our spirits mediate in love and faith,
And become one.

— Thomas D.



A lovely music deep within
That all the time was there;
A quiet, peacefull soothing sound
That vanquished every care.
We'd searched throughout the world for this
That lay so near within;
Becoming as a trusting child,
We'd found ourselves again.
WE turned to one another now,
To share what we had found;
And saw cross our neighbor's brow,
He, too, had heard the sound.
The music of the sould that rang,
Within each searching heart;
We realized the song we sang,
Was not as one apart.
We were strangers when we came,
We did not speak or smile;
We sat and listened silently,
And worried all the while.
For many were our cares and fears,
They formed an inner wall;
Creatred our by pains and tears,
A tower dark and tall.
But gradually we learned to still
Our busy whirling brains;
We slowed the racing thoughts until
We heard a low refrain.
But each one reaching out in love,
Within this inner place;
Found all the walls had fallen down,
And friends had filled their place.

— Kay M.



The knots I tie within myself,
It's me that was to break them;
For if the knot remains intact,
Then I'm the one that's broken.

— Merlin S.



I asked for strength.
He gave me weakness
That I might grow.
I asked for happiness.
He gave me sorrow
That I might know.
I asked for wealth.
He gave me poverty
That I might learn.
I asked for independence.
He gave me friends
That I might ask for help.
I asked for love.
He gave me a reflection
That I might look within.

— Susan



Dare to dream
For if dreams die,
Life is just a broken-winged
Bird that cannot fly.
— Mary



Utah N.A. Comes Into Its Own

It was only a few years ago that any meeting of Narcotics Anonymous in Utah would attract only a handful of recovering addicts. Utah NA was struggling for its identity.

But that handful of recovering addicts kept coming back. They spread the message. And through their efforts, NA in Utah has come into its own.

Last month, the burgeoning membership of the Wasatch Front Area of Narcotics Anonymous voted to become the autonomous Utah Region of N.A. It now will represent new Utah areas at the world level.

The division has created four separate regions in the state — the Northern Utah Area, comprised of Ogden, Logan and points north; The Wasatch Front Area, which includes groups located north of 2100 South to the northern Davis County line; the South Wasatch Area, comprising all groups located south of 2100 South to the northern Utah County line — including Tooele County — and the Central Utah Area, encompassing the northern and eastern portions of the state.

In this division, the trusted servants of Narcotics Anonymous in Utah at the region level hope to aid the areas, which, in turn, provide for the groups and their members. All of this is directed at keeping the with the traditions and seeing that no addict continues to suffer needlessly.

Meetings have been held and officers elected at both the regional and area levels. In addition, area hotlines have been established to help carry the message. The region also has contacted Narcotic Anonymous World Service Office to register as a voting member of the world service structure.

Trusted servants include:

● Region: Adian "Dean" M., regional chairperson; William A., regional secretary; Mark W., regional treasurer; George N., regional service representative; Rim, alternate RSR.

● Northern Utah Area: Burt B., area chairperson; Ken L., area co-chair; Todd T., area secretary; Pat B., area treasurer; Sheryl D., area service representative; Stan K., alternative ASR.

● Wasatch Front Area: Al F., area chairperson; Jeff W., area co-chair; Heather H., area secretary; Mel H., interim area treasurer; Corwin S., area service representative; Mike C., alternate ASR.

● South Wasatch Area: Ray C., area chairperson; Tony G., area co-chair; Mike S., area treasurer; Bobby S., area service representative; Derek, alternate ASR.

● Central Utah Area: Les R., area chairperson; Norm M., area co-chair; Joe O., area secretary/treasurer; Jay H., area service representative; Bud H., alternative ASR.

ARE WE FREE TO BE FREE?

Can we put away hate, resentment, anxiety and jealousy? Can we replaced these with love, patience, mercy and kindness? Can we cease to find fault because someone forgot something, someone's judgement was poor, or someone acted selfishly? As we forgive, can we be forgiven? As we give, may we also receive? As we love, are we not loved greater? You tell me, are we free to be free?

— Mel N.



SAVED BY HOPE AND FAITH

My name is Hollie, and I am an addict.

I went to my first NA meeting the first week of January. Even though I had been clean of heroin for six months, and had not used cocaine, alcohol or other drugs for about three months, it took me a while to find out about this group.

It so happened that I had been living all summer with a man who adopted me and, in a way, treated me like a daughter. He is also an alcoholic. When an acquaintance of mine who owns a bar broke up with his wife, we decided to help him out by letting him stay with us a while.

In the course of a couple of weeks, everything in the household deteriorated to a point where I felt I could no longer tolerate it and I was asked to move out. This wasn't anything new to me. Because of my drug and alcohol abuse, I had been in the same situation many times before.

I went to see my mother for any ideas she might have and she suggested I talk to my brother, who was a member of a member of another 12-step fellowship. He said it would be OK if I stayed with him, providing I meet a few conditions. One of these is that I was to read that fellowship's "Big Book" and that I go to a few meetings with him. I readily agreed, as I had already started getting clean some time before and had realized that I was sick and wasn't getting on very well by myself.

I was, at that point, willing to do anything to get straight and accept any help I could find.

At one of those meetings, I saw a flyer for NA that advertised a dance that was going to be held. I went to my first NA meeting and found, to my surprise and joy, that I needed the group as much as the other fellowship. I was, finally, truly among my own kind, for I found a love and fellowship which I very badly needed.

This is essential to me if I am to continue to stay clean. Along with it, I have found importance in my Higher Power. I have been blessed with a series of revelations, not unlike those related by many other fellowship members, which are so strong and profound to have shaken me to the core of my being. They have shown me many incidents in the past where this power has intervened and saved my life. These realizations were miracles which I can no longer doubt.

This newfound hope and faith has saved my body and soul from the slow, day-by-day death of drug addiction. It has given me a new outlook of wonderment at the beauty in this world to which my eyes had been closed for so very long. I don't think I'll ever be able to repay my higher power for the gift he has given me. I can only continue, every day, to ask for strength to stay clean, tolerant, considerate, and willingness to do whatever is required of me to continue on this new path. I must try to be grateful for each day I succeed, keeping in mind the pain and loss caused by my former way of thinking.

I know, too, that I must not dwell on these things, lest I pay the price of a slip, but I must see and learn the lessons that are there.

I must also keep in mind that in order to continue progressing in recovery, I have to do everything in my power to help the addict still suffers. To turn away any addict is to lose all I have worked for in getting well.

I must never forget how I felt as a newcomer in this program, and strive to do anything I can to help newcomers to feel they are welcome, needed and in the right place. I must help them understand they are among family in the fellowship and that this is what they have searched for for so very long and that they must "Keep Coming Back!"

In closing, I would like to urge my fellows to never, for any reason, let your tolerance for other people slip. We cannot drive away anyone who needs the help we have to offer as a group.

SPIRITUAL AWAKENING AN INSIDE JOB

I was at a meeting a while back where the topic was the spiritual awakening of the 12th step. I heard a lot of talk about people taking LSD for a spiritual experience. Also I heard some talk about waiting for a vision or a bolt of lightning from the heavens.

So far as having a spiritual experience using LSD, I had one once. I thought LSD was put on the Earth just for that reason. Back in the glorious mid-60s, when Acid was the "in" thing to do, I took the stuff two or three times a week. Each time I thought I was gaining a real contact with God just like everyone else. For some reasons it just wasn't good enough. Then we found some stuff that a guy guaranteed would do the trick. It was called STP. We took it with great hopes and expectations. It didn't let us down. As I recall it came on just like Acid — and then just kept coming and coming.

After about 10 hours I was sitting in a very comfortable chair tripping my brains out. I said, "Oh God, when is this going to end?"

He replied: "You are just getting started."

I didn't think much of it for a moment. Then I realized He had answered me. WOW! I FINALLY GOT IN TOUCH WITH GOD!! We sat there and had a wonderful conversation for a couple of hours. I learned that God's true will for me was to be a real Acid-head and trip around spreading my great words of wisdom. For the next few years I did my best.

One day I was talking with one of my friends telling him about this experience. He started laughing. He informed me that it was him hiding behind the chair doing all the talking — not God. He blew my whole trip.

My conception of spiritual experience or awakenings has changed quite a bit since the Hippie days of the '60s. After 20 years of chasing the rainbow with drugs — and not finding it — I hit that great bottom we so frequently talk about. The courts had my ass in a ringer and offered me a choice to spend a year and a half in jail or go to a treatment center.

It is at this time I had, what I feel, a real experience with God. I was fighting the courts with all I had. My parents were convinced I didn't need to go live with a bunch of alcoholics and drug addicts. They believed this would do more harm than good. I had everyone convinced I could do it on my own.

I couldn't persuade the judge to let me go so I turned to an old friend that had power over all. I asked God to get me out of this jam. When I was through praying I opened my eyes and my attitude had changed. I was suddenly open minded to this idea of treatment. I wasn't totally open but just enough for it to take hold. God didn't give me what I wanted, but instead gave me what I needed.

Today, I feel the spiritual awakening the 12th step talk about began for me on March 3, 1986. That day I prayed to get out of this program and didn't. I began to work the steps to the best of my ability. My life has improved beyond description in the past nine months. To me this is the spiritual awakening. I have been experiencing it all along as a result of working the steps. I pray I never lose touch and return to my old ways. I have finally found what I was looking for and it wasn't in LSD or any other drug. It was in myself all along and it is called God.

— Steve A.



NA BRINGS RECOVERY

I have always *thought* I could be anything I wanted to be. As it turns out I have this problem that stopped me.

I was afraid.

Today I *know* that I can be anything I want to be. All I have to do is try. I really believe that.

Because today, I've stopped running from my fear. It's really easier to do because I have no place left to hide, I can't hide from myself. My fear causes me great pain, and I think a lot of our using was to run from pain caused by fear. When we hurt our "superior ego" tells our "inferior ego" that we're wrong to be afraid. We end up letting this committee make us angry at ourselves. NA teaches us it's not fear that's not good. Fear can be good, it brings pain, and that brings growth. If we use this program — not drugs — when we're afraid, progress is inevitable. So, if you are willing enough to stay clean, use the steps and you can live. NA brings recovery.

— J.V.C.

NARCOTICS ANONYMOUS MEETING SCHEDULE

WASATCH FRONT AREA

Sunday

10 a.m. 11th Step Spiritual Meeting, Fellowship Hall, 1380 Richard St.

Monday

6:30 p.m. Monday Night Midtown, Fellowship Hall, 1380 Richard St.

8 p.m. Young & Alive Group, Vaughan Center, St. Ambrose Church, 1929 S. 2300 East.

Tuesday

8:30 a.m. Sober Reality, Project Reality, 1416 S. State, Salt Lake City.

8 p.m. Winners Not Users, Lakeview Hospital, 630 E. Medical Dr., Bountiful, 4th Floor.

7 p.m. Gypsy Literature Study Group, Episcopal Church, 1700 S. Foothill Dr., Salty Lake City.

Wednesday

9 p.m. Candlelight, Fellowship Hall, 1380 S. Richard Street, Salt Lake City.

Thursday

Noon Caring and Sharing Group, University of Utah Union Building, Room 312.

7 p.m. Reachout Group, LDS Hospital, 9th Avenue between C & D Streets, 5th Floor, Dayspring Center.

Friday

6 p.m. Regular Friday Night of N.A., Fellowship Hall, 1380 S. Richard St., Salt Lake City.

8 p.m. Take My Day, University of Utah Research Park, 501 Chipeta Way.

Saturday

11 a.m. Veterans Meeting, V.A. Hospital Day Room, Building #4B.

9:30 p.m. New Found Reality, Fellowship Hall, 1380 S. Richard St., Salt Lake City.

SOUTH WASATCH AREA

Sunday

8 p.m. Unconditional Love Group, Doxie Hatch Medical Center, 1255 E. 3900 South, Salt Lake City, 4th Floor Dining Room.

Tuesday

5:30 p.m. Stoned Sober, Wasatch Canyons Hospital, 5770 S. 1500 West, Salt Lake City. (Closed meeting, no smoking.)

8 p.m. Sandy Serenity Group, Blessed Sacrament Church, 9757 S. 1700 East, Sandy.

Wednesday

8 p.m. Straight Talk Group, Highland Ridge Hospital, 4578 S. Highland Dr., 2nd Floor.

Thursday

7:30 p.m. Thursday Night Prime Time, Salt Lake County Drug and Alcohol Building, 404 E. 4500 South, Suite #22B.

8 p.m. Clean & Serene In Tooele, Pre School Center, 205 N. 4th Street, Tooele.

Saturday

6 p.m. Saturday Night Live Group, Doxie Hatch Medical Center, 1255 E. 3900 South, Salt Lake City, 4th Floor Dining Room.

7:30 p.m. Misfits Group, Wasatch Canyons Hospital, 5770 S. 1500 West, Salt Lake City.

NORTHERN UTAH AREA

Sunday

8 p.m. New Beginnings, St. Benedict's Hospital, 5475 S. 500 East, Ogden.

Monday

8 p.m. It Works Group, McKay Dee Hospital, 3939 Harrison Ave., 5th Floor, Ogden.

Tuesday

6 p.m. Bridgerland Group, St. Thomas Aquinas Church, 800 E. 800 North, Logan.

Wednesday

8 p.m. Parkview Group, Parkview, corner of 25th and Madison, Ogden.

Thursday

8 p.m. Clean and Serene, Layton High School Catholic Institute, north end of school, 400 E. 500 North, Layton.

Friday

8 p.m. Friday N.A. Meeting, Church of the Good Shepherd, 24th and Grant Street, Ogden.

Saturday

8 p.m. Life Source, Presbyterian Church, 880-28th Street, Ogden.

CENTRAL UTAH AREA

Sunday

7 p.m. Aiming Straight, Charter Canyon Hospital, 1350 E. 750 North, Orem (no smoking).

Monday

8 p.m. Naturally High, Riverwood Hospital, 1067 N. 500 West, Provo.

Tuesday

8 p.m. We Care, Springville Community Church, 245 S. 200 East, Springville (closed meeting).

Thursday

8 p.m. One Day at a Time, Payson Hospital, 1000 West Highway #6, Payson.

Friday

8 p.m. Surrender, Utah Valley Hospital Dayspring, 1068 N. 500 West, 2nd floor classroom, Provo.

HOSPITAL AND INSTITUTIONAL MEETINGS

Tuesday

6:30 Repairing Our Lives, Utah State Prison, Visiting Room, Unit 2, Draper. Six months clean time required.

Thursday

7 p.m. Help Yourself, St. Marks Diagnostic Unit, 302 W. 800 North, Salt Lake City. Six months clean time required.

Saturday

2:30 p.m. Clean Time, Utah State Prison, Room #5 above gymnasium, Unit One. Six months clean time required.

6:30 p.m. Alive and Kicking It, Utah State Prison, Young Adult Facility, Unit II. Six months clean time required.

Security clearance required. For information contact H & I Committee Chairman Rim B (801) 486-5143.

