

THE DAILY INVENTORY

Fall 2006

THE EANA ISSUE: TOP 12 & PÉÑ PÉÑVÉS

Next Season....

MERRY CHRISTMAS

Hot Topic:

COURAGE IN RECOVERY

INSIDE.....

The Newcomer Page

The Service Page

Personal Recovery Stories

Poems

Coming Attractions

Service Opportunities in EANA

Upcoming Anniversaries



Statement of Purpose:

1. To provide information on group, area and regional, national and/or world events.
2. To offer a forum to recovering addicts to share their experience, strength, and hope.
3. To inject a little humour and fun into the otherwise very serious business of recovery (cartoons, jokes, puzzles, etc.).

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COMMITTEE NOTES

Salutations fellow addicts. It's that time again for another exciting, intimate and interactive edition of the Daily Inventory. There's some good readin' in here so hope ya' enjoy all the diverse flavours of perspectives and opinions proffered by your fellow recovering addicts. Remember to never forget about the next, new, beautiful hot topic for the merry christmas special edition of the DI : Courage in Recovery. Hope ya' enjoy what people love and hate about EANA: your fellowship, your home because personal recovery depends on NA unity and this unity for us Anglo-addicts is EANA.

THE EANA ISSUE: TOP 12 AND PET PEEVES

Welcome to the EANA issue...You are about to embark on a journey of love and hate, light and darkness within the dimensions of EANA, home sweet home to many English recovering addicts. This is the opportunity for us members of EANA (the only requirement for membership is the desire to stop using) to express our frustrations and anger or our gratitude and joy about the place we call home, where we come to recover from active addiction on a journey towards freedom, unity and self-love. All recovery-oriented opinions are welcome so feel free to continue to express your feelings about recovery to the DI because feeling is healing and that is what we're here for.

COURAGE IN RECOVERY

Courage is not the absence of fear. Courage is the willingness to face that fear, take that risk, move forward despite the seemingly, paralyzing presence of fear. The lion, the King of the jungle, in the Wizard of Oz was a big scaredy cat. He was willing to walk down the path towards what he wanted most in life: courage. Walking down the path through all of his fears, insecurities and doubts is what made him courageous. When the wizard gave him the symbol of the heart, the lion finally believed in himself. That symbol was just a cheap toy. It is the willingness to take the steps on the yellow brick road of recovery despite our fear, insecurity, negative nature and our disease. It is in taking those steps where we acquire courage despite ourselves. This is a wonderful topic. Please share your courage with us because this is an I can't, we can program and we need each other's courage to recover.

*** Next Issue ***

Hot Topic : Courage in Recovery

Anniversaries between Dec. 13 and March 9



Personal stories of recovery, **poems, sayings, quotes** from NA texts, and much more

Comments, opinions, etc. about anything you see here in the DI or in EANA at large.



Deadline November 24 ,2006

SUBMISSIONS MUST BE RECOVERY ORIENTED AND USE NA LANGUAGE.



PLEASE FORWARD YOUR SUBMISSIONS

 daily.inventory@eana-mtl.org 



OR

 P.O. Box 453, N.D.G. Station, Montreal QC H4A 3P8 

OR

 hand them in to any G.S.R. at meetings 

OR

 in person 

the **DAILY INVENTORY SUB-COMMITTEE** meets

the 4th Sunday of every month at 1:00 PM, 1440 Stanley, rm. 508



PET PEEVES:

Don't get me wrong. I like hugs. I don't like cologne, perfume or after-shave. I never wear it. The only exception in NA when someone in NA hugs me and decides the hug has to include a cheek to cheek as well. Then I end up wearing whatever they happen to be wearing and I just want to find someplace to take a shower to get this odor off of me. A simple rinsing in the men's room doesn't get rid of it. It gets in the pores of your skin. It feels as if I have been violated.

submitted by Doug H.



PET PEEVES:

I just hate it when you hug someone and they do a cheek to cheek and they're all sweaty and then their sweat goes on your face and you feel all slimy and icky after.



PET PEEVES:

This is not a pet peeve about hugging. I hate it when someone forgets to identify and then someone says "Hi Joe" and then starts laughing. It's like nails going down a chalk board.

THE TOP 12 THINGS I LOVE ABOUT HUGS:

1. Hugs let me know that I am lovable.
2. Hugs allow me to give tangible expressions of love to others.
3. Hugs are warm and snuggly.
4. Hugs help me cry--feeling is healing.
5. Hugs are uplifting--my heart instantly starts beating faster and a smile creeps on my face.
6. Hugs can turn a s@#\$\$%& day into a better day.
7. Hugs are miracles--hugs help me change my perspective.
8. Hugs get me out of my disease.
9. Hugs help me give pain to others when I squeeze them too hard (always remember love is pain)
10. Hugs help me put principles before personalities especially when I am hugging someone I can't effing stand.
11. Hugs are spiritual principles put into practice--incessant hugging gives me a golden opportunity to practice my program.
12. Now I am so used to hugging everyone I see inside and outside of the rooms and it is pretty disconcerting and offensive for those who do not appreciate physical contact of any kind.

Next Season's **Hot Topic:**
THE CHRISTMAS EDITION
COURAGE IN RECOVERY



✍ L I T E R A R Y C O R N E R ✍

When the dreams lose meaning

When visions run dry

Even if you put the pen to paper

But know the words are just a lie

When your message

has no meaning

And you don't even care to try.

Where do you go from empty?

Where do you go from despair?

Where do you go from a loneliness

that doesn't even care?

You go to another day and give it

one more try.

You just do the best you can,

please don't ask me why.

STAY CLEAN!

All things must pass

submitted by Arthur



THE TOP 12 THINGS I LOVE ABOUT EANA

1. I like to be able to listen and share NA recovery in English in an overwhelmingly dominant French speaking society.
2. I like the committment to fellowship we have in EANA. We support a full range of activities and services for such a small number of active members. Thank you EANA.
3. I like that we have a meeting dedicated to formally writing the 12 steps of Narcotics Anonymous. Thank you EANA.
4. I like the diversity of our members from brain dead morons on welfare (like me) to highly educated productive members of society (like some of you) and everyone that rattles below and in between. Thank you EANA.
5. I like that everyone is welcomed and that there are no restrictions to becoming a member of our fellowship. Thank you EANA.
6. I like that when meetings are on the verge of sinking we pull together to keep the meeting(s) open.
7. I like that by writing this I'm participating in my own recovery. Thank you EANA.
8. I like the diversity of formats our meetings host: speaker discussion, text study, discussion, topic discussion, a varied menu that's especially refreshing for those of us doing 90 meetings in 90 days and old timers alike. Thank you EANA.
9. I like the people that I'm getting to know. Even the ones that aggravate me. Every one of you beat the hell out of using and living in isolation. Thank you EANA.
10. I like that by attending the meetings I'm able to stay clean for longer periods of time than I do when trying it on my own and that most of the time my mood brightens and a feeling of well being begins to emerge a short time after settling into my seat. Thank you EANA.
11. I like the security of knowing that members of EANA make meetings happen at least once a day. Thank you EANA.
12. I like caring about, listening to and sharing my recovery with all of you. My endeared fellow members of EANA.

submitted by Robert V.



THE NUMBER ONE BEST THING ABOUT EANA AND THE WORLD:

I. MY HOME GROUP

AND IF YOUR HOME GROUP ISN'T THE BEST .

GET A NEW ONE





PET PEEVES



My 'pet peeve' is being warned that a particular addict is 'still using' or is a 'relapser'. First of all this is a breach of anonymity -- of the highest order. Though I will give the people doing this the "benefit of the doubt" and recognize that it is probably coming from a desire to protect another 'clean addict' from the 'boogey man'. We need to remember that not all of us come into these rooms clean. "The only requirement for membership is the desire to stop using," and "Each group has but one primary purpose, to carry the message to the addict who still suffers."

Stop using what exactly. Drugs!!! However, it does not say anywhere in our basic text -- nor in 'It Works, How and Why' that we need to have the desire to stop using all drugs when we walk in the door. It is my opinion that when someone walks in the door of their own volition, they show the requisite desire and are as much a member as someone with 25 years clean.

It is my belief that those people who warn others that another addict is 'still using' or is a so-called 'relapser' are motivated by fear. Fear that these addicts threaten our fellowship. This is a fabrication. Instead please try to recognize the suffering of another addict and transform that fear into compassion. Instead of warning others about them -- embrace them and lend them your ear. I am not suggesting you to go out and use with them or go back to their apartment. I believe if we are truly concerned for the 'newcomer' then we can advise them that it is not a good idea to go out with any 'one' addict in the rooms -- that they are much better off going out with a few addicts after the meeting and then going home 'alone'. This protects them from all predators -- whether clean or not and does not breach the anonymity of anyone addict.

Some of us have been able to come into these rooms having already stopped using drugs and have managed to stay clean ever since. To them I tip my hat -- however, many of us have not had that luxury. That does not make the suffering addict who is unable or unwilling to stop smoking pot while they are struggling with heroin addiction any less of a member. Nor is the addict who needs to go on methadone to stop using heroin less than. Nor is the addict who keeps coming back after countless relapses less of a member. Relapsers show us a kind of courage that the newcomer needs to see. Because 'there is no shame in relapse only shame in not coming back'. Remember, coming back after relapse is a life or death decision for many addicts.

I believe we need to embrace all these people and welcome them into -- and back into our fellowship. We need to encourage them to 'keep coming back' so that they can hear the message. It is not our place to contribute to alienating these addicts.

submitted by Keith M.



PEOPLE

People who think their cake is all about them

Yeah right...

The only thing they got by themselves is their
newcomer key tag!!!

We forget how we were when we got here.

Thank you newcomer, for the reminder.

When we came here, we did not have a life.

We did not have a clue.

We followed directions, did what we were told.

Followed in the steps of those who came before us.

And also learned from their mistakes.

Sometimes we have a bad year.

We feel we don't deserve a cake.

Nonsense, all the more reason to celebrate.

People with less time need to see we
can still stay clean.

They need to see that we are dealing with life on life's
terms.

So why do we celebrate cakes?

Proof that we can get clean and stay clean.

I got one day by myself.

N.A. gave me a life, and the years.

submitted anonymously

TOPIC: PÉŃ PÉŃYÉŃ

Things I'd Like To See Improve in EANA:

We grow spiritually as we continue to learn, apply and live the 12 steps and 12 traditions. I'm confident that as a result we will keep improving the way we treat ourselves and become more mindful of others. Perhaps there will be fewer of us relapsing, leaving and dying. Perhaps there will be fewer members interrupting a meeting in progress by arriving late and greeting their friends, fewer people talking out of turn or cross talking in answer to someone else's share no matter how encrypted. Perhaps some members with many years clean will refrain from addictively, habitually, and continually using the sharing portion of the meeting as a waste dump for their toxic emotions and become mindful of the new person in the room seeking a message of hope that recovery from active addiction is possible. Perhaps all speakers will share with the intention of wanting to help someone in the room rather than worry about how their talk will be received by the group and how loud the group applauds. Perhaps members with many years free from their drugs of choice will stop destroying themselves with other risky and potentially debilitating behaviours (addictions) such as overworking, gambling, overeating, smoking. Perhaps, perhaps, perhaps, the price of gas will go down to 10 cents a liter and the countries of the world will kiss and make up. I believe that spiritual growth is happening in EANA. I also believe that it's foolish to think that any one member can accelerate that rate of growth. A plant grows depending on the amount of water, light and nutrients available not by physically pulling on the stalk and leaves while complaining that it isn't growing fast enough. Ideals are great to have as something to help refine ourselves and strive towards. I don't think that they were intended to be used to beat ourselves down or each other up. I notice a large number of people with a year or more at the end of almost every meeting raising their hands to testify that it is possible to abstain from using one day at a time. How many could honestly raise their hands if it was an idealistically perfect modern program that really insisted on abstinence from **all** mood changing, mind altering substances including all obsessive, compulsive behaviours which meant no excessive sex, caffeine, sugar, anger, gambling, overeating, nicotine, computer games, porn. Just to name a few I have or have had problems with and all of which are mood changing and mind altering. How many are still on your list of things you act out on yet you still raise your hand when the call goes out to all those with a year or more. What I see gathered from my 13 years of membership in EANA is most relapse and leave a few with incredible superhuman courage (me and a few others) stay and continue to relapse. A few die trying to stay clean. Many are abstinent from their drug of choice but still act out on other addictions and a few recover. As you can see I've kept detailed records. NOT!!! Take my word for it though. Given a choice I choose relapse over death, abstinence over relapse and recovery over abstinence. The nice thing about EANA is that we have examples of all facets of what is possible including the recovery part. There's a paradox in our fellowship. We're encouraged not to judge but at the same time it's suggested to stick with the winners. How do you do that without judging?

Great Divine Universal Intelligence (God)

Grant me the serenity to accept the things I cannot change

(Most of the stuff that has to do with other people)

The courage to change the things I can

(Aspects of myself and my behaviour are about the only stuff I have total power over)

And the wisdom to know the difference

(Where most of us get confused from time to time)

Love You All

submitted by Robert V.

HOOT TOPIC

TOP 12 ANDP.ÉT P.É.É.V.ÉS

top 10 things I LOVE about EANA :

1. It's the extended family I never had.
2. The small size of EANA makes it hard to keep the secrets that might take us out.
3. You can't fall between the cracks--when you're MIA everyone knows.
4. You can't 'hide' in EANA--a good thing for my sick mind.
5. Can't get away with s!&% around here...too small. Everyone will know. So I better behave.
6. It's easy to stay out of a relationship--not much choice in the opposite sex.
7. We get all the American visitors and they serve as a shot in the arm for our recovery because they're so hard core.
8. PLENTY of oppurtunity to do service.
9. PLENTY of oppurtunities to practice principles before personalities.
10. The newcomer gets so much attention because we're so desperate for fresh blood. (um, I don't know if I love that about EANA)

PET PEEVES:

1. Shares about current luxury problems with no reference to where we come from (our using days)--like using is a distant memory and no longer an issue. This is NARCOTICS ANONYMOUS.
2. Speakers who make no reference to a Higher Power.
3. Most service being done by new-comers.
4. Old-timers M.I.A. They've given enough to NA they claim. Good for you but I still need to hear your message. And so does the oldtimer who DOES go to meetings.
5. Recognition of clean time. It's none of your damn business how much clean time I have. On one hand we say it's one day at a time. Drum roll please...clap clap clap...is it a race? Oh I'm so excited. 30 days, 60 days, 3, 6, 9 months, 1 year, 2 years, RELAPSE. Forget recognition. It's misleading.
6. Watching my mouth to my ex-boyfriend who's sponsor is the sponsor of the sponsor of my sponsor. It's small you know what I mean.
7. If you don't speak French, you're s@!\$ out of luck if you want to try a different meeting without going to another fellowship.
8. We're always out of literature.
9. Amount of people with working knowledge of 12 steps: very low.
10. Choice in sponsors very limited cause old-timers are gone, gone, gone.

submitted by Anissa M.

TOP 13 PEEV PEEVES

TOP 13 THINGS I Hate ABOUT EANA :

1. People who arrive late at meetings and disrupt the serenity.
2. People who complain about people who arrive late at meetings and disrupt the “serenity”.
3. People who think everyone in the rooms knows all the details of their personal lives and dramas, and feel their anonymity has been violated; and I don’t have a clue what they’re talking about.
4. People who **don’t** think everyone in the rooms knows all the details of their personal life; and so share again and again all the tiny details of their latest dramas.
5. People who get up during the main speaker to get coffee.
6. People who complain that people get up during the main speaker to get “coffee”.
7. People with time that go to after meetings with a newcomer and then spend the whole evening talking about sports or themselves.
8. People who complain about people that go to after meetings with a newcomer and then spend the whole evening talking about sports or themselves.
9. Newcomers with less then a year clean thinking that people with multiple years of recovery and service aren’t doing enough if they have one service position or only do one meeting a week.
10. People with multiple years of recovery and service who only have one service position or only do one meeting a week and feel that the newcomers are taking over the meetings and not following “the way we used to do it”.
11. People who ask for lists of peeves about EANA.
12. People who complain about people who ask for lists of peeves about EANA.
13. People who insist that the items on a list about NA add up to twelve.

submitted by Patrick

What Pisses Me Off...

What pisses me off about the program is that it requires some effort on my part, and also that the rewards come in their own good time.

I figure that as I behave like a nice boy I should be granted all manners of gift and that pretty fast.

But then I receive gifts everyday when I am clean but they never are to my liking. I always prefer something else.

So it is plain to see I am not cured and I need to be coming back again and again.

Have a good “24”

submitted by Robert L.



**HOUGHTOPIC: PEEY PEEY AND
TOP 12 THINGS I LOVE ABOUT EANA**

PEEY PEEY:

**TOP 12 THINGS I LOVE ABOUT
EANA:**

1. The notion that it should take at least a year to do each step.
2. Cross-talkers: especially those who preface their shares with not-to-cross-talk but...(kind of like the statement, "no offense but", which is generally followed by something which offends.
3. Identifying as an "alcoholic-addict" after you've been around long enough to know that that's not the most appropriate label in an **NA** meeting. (at the very least it's redundant)
4. People getting up and down all the time during a speaker (yes I know I'm leaving myself open for criticism since I know I often walk in late).
5. There's a tendency not to give enough time for a newcomer to pick up a newcomer keytag following the spiel given when presenting it.
6. Chanting "jails, institutions and death" during the newest reading "We Do Recover". I think we have enough reinforcement of the negative consequences. How about an addict's idea to chime in for the line "...or find a new way to live"? Do we want to emphasize fear or enthusiasm and gratitude? After all it is called **"We Do Recover"**.

1. Small, intimate meetings.
2. All EANA meetings have a discussion portion.
3. Anniversaries at **any** meeting. (cake all the time.
4. Strong friendships.
5. Very few predators compared to other fellowships.
6. The Just For Today meditation gets read at every meeting.
7. We tend to use inclusive terminology. (eg. Higher Power)
8. The Step Working Guide.
9. More old-timers attending meetings regularly.
10. The adoption of the long version of the Serenity Prayer in some of our meetings.
11. The sexy DI chair and her dedication to the Daily Inventory.
12. Enthusiastic newcomers.

submitted by Jenn C.



SERVICE PAGE: TOP 12 AND PET PEEVES

TOP 12 THINGS I LOVE ABOUT DOING SERVICE IN EANA :

1. Service keeps me CLEAN.
2. There are so many oppurtunities to do service in a small fellowship like EANA.
3. I love it when addicts bring fresh baked goods to the meetings to share with everyone.
4. Service teaches me how to keep committments and be responsible which are indispensible skills "out there".
5. Service introduces me to other fellow addicts in EANA and also gives me the oppurtunity to make new friends.
6. Service makes me feel " a part of" and since EANA is such a small fellowship there are SOOO many oppurtunities to jump into my recovery and get involved.
7. EANA is a fellowship which really stresses the importance of service and I am really grateful for that.
8. EANA provides a safe environment for me to do service in because it is so small (for those of us who have SAD: Social Anxiety Disorder).
9. Service gets me out of my self-centeredness (the core of my disease) and since there are sooo many oppurtunities to do service in EANA I can get out of my disease quite often if I choose.
10. Service gets me out of my habitual isolation (another aspect of my disease) and again there are sooo many oppurtunities to do service in EANA.
11. Service augments my sense of self-worth (the core of my recovery) and helps me to become a more responsible, productive and HAPPY member of society and again there are sooo many oppurtunities to do service in EANA.
12. SERVICE ROCKS!!! SERVICE IN EANA ROCKS EVEN MORE!!!

TOP 12 PET PEEVES ABOUT DOING SERVICE IN EANA

1. Newcomers who are filling all the service positions at a meeting (clean time requirements exist for a reason)!!!!
2. Too much lenience with clean time requirements for positions such as chair person or gsr. (clean time requirements exist for a reason)
3. Old-timers who don't lift a finger to do service. You know who you are!!!
4. Addicts who piss and moan about how you are doing service and who don't do service themselves. If you don't like how I am doing service, feel free to come and do it yourself.
5. Addicts who complain about EANA: the meetings, the events etc. and don't do any service.
6. One addict filling all the service positions at a group.
7. Addicts who do not show up for their service positions (I am one of those addicts)!!!
8. The small amount of people at sub-committee meetings.
9. When traditions are not followed in the sub-comittee meetings (i.e. meetings are abbreviated because being in a rush or are held in inappropriate locations).
10. When addicts come to a meeting early and do not help the secretary set the meeting up.
11. Business meetings that take too DAMN long and deter me from doing service when I want to.
12. **HAVING TO PULL TEETH TO GET SUBMISSIONS FOR THE D.I.**



FALL 2006
DAILY INVENTORY
THE NEWCOMER PAGE: READY OR NOT

Coming to these rooms was easy and difficult at the same time. It was easy because I had been in a rehab. and a twelve step group 13 years ago. I understood what addiction was and knew I was an addict. I developed the tools that the program gave me (I went to meetings and had a sponsor whom I kept in touch with) and I stayed clean for 6 months, before I decided to do it my way - alone. So by the time I came back to the rooms (my last crash involved finally losing something I couldn't stand to lose - my darling girlfriend of 4 years who loved me very much and I loved her). I had suffered enough and I knew what I had to do. I have to admit that it took a little nudge by my future sponsor. So in that sense it was easy. It was difficult because I still had everything else....Plenty of friends (using and not using), my apartment which I like a lot, and my job which was good for my battered ego. Even my parents love me unconditionally (though at the time I didn't really care). So I had every excuse to continue to try to do it my way, especially since my ego was sooo inflated that even this bashing wasn't going to deflate it for long. Yet I came back - for one simple yet truly meaningful reason...I was totally and completely miserable. Deep down in my soul miserable. The soft drugs I was using made me feel worse and the harder drugs I experimented with would have finished me off forever (you know what I mean). No more friends or family, no more job, no more apartment, no more life.

The first meeting I attended was small and simple. I was nervous but at least I knew what to expect because of 13 years ago. At the end of the meeting six guys came up to me and gave me their phone numbers. That felt reassuring. I didn't know if I was going to call but at least it felt good to know they cared enough to give them to me. I have now just received my sixty day tag and I tell you that is a miracle because I was never able to stay clean on my own for longer than three days. I've lasted this long for three reasons: First I have a sponsor who cares about me and gives me the benefit of his experience (man, does he make me work!!!). He not only shares his wisdom but he also gives me just enough rope to hang myself and see what happens. Second, the people in the rooms who share their feelings with courage and human emotion, and who listen with understanding (and patience) when I share. This kind of support is what I can always count on when I walk into a meeting - and I'm grateful for it. Finally the glue that binds all of this together...my surrender. I couldn't have come back after all this time, or given up trying to do it my way, or listened to my sponsor's advice, or looked for the message in the sharing or in the 12 steps, or had faith in others listening when I share, or even show up - when I don't feel like it, unless I admitted that my way didn't work and that I had to give up my "one man" army - surrender!! So please if you're new to the rooms, - get a sponsor, listen and share in the rooms and most importantly - give yourself a break and surrender. It takes time (I'm still working on it). Think about it - when sailing across the sea, I have to let go of the rope that binds me to the shore and trust the winds and currents (which you cannot see or touch) or my voyage cannot begin. How can I begin to heal if I don't let go of all that old stuff I'm hanging onto. Trust the program- I've put my trust in worse things before. So go slow - but let go !!!

submitted by Mike



Since this is the page where we announce all upcoming anniversaries and events in EANA I thought it would be a perfect opportunity to print someone's pet peeve about announcing their cake on the very page the anniversaries are announced just to juxtapose love and hate, light and darkness, yin and yang once again within the realms of EANA. Recovery is all about balance, right?:

I came very close to announcing my cake in the Daily Inventory but caught myself just in time when I realized that the announcing of future cakes 2 to 3 months in advance is one of my pet peeves with regards to EANA.

I am one of those people who like to take their cake on the spur of the moment. Anytime after my clean date when I'm feeling up to it and if it is convenient is fine.

Announcing it in advance locks you into a time and place. It's too stressful I tell you.

What's worse is that every meeting you attend for the next couple of months you come to dread the GSR report when he or she says "...and on the XXth of next month our very own, JOE ADDICT, will be taking 10 years"-- a round of applause for JOE.

No, you will not get me that easily. The date of my cake will be a complete surprise, even to myself.

submitted by Doug H.

Don't miss out on the Halloween supper and dance happening on October 28th at the Day by Day location. Are you willing to invest \$8.00 in your recovery? Buy your tickets in advance from a member of the Activities Committees and don't forget to dress up!!! Support your area because personal recovery depends on EANA unity.

 Anniversaries 

I believe that recovery has more to do with the types of experiences you've had and what you've learned from them, and less to do with how many birthdays you've celebrated.

<i>September</i>				<i>October</i>				<i>November</i>				<i>December</i>			
Sept. 16	Ariel	2 yrs.	Day by Day	Oct. 6	Johnny	18 months	Free on Friday	Nov. 4	Gary	5 yrs.	Day by Day	Dec.17	Ed	13 yrs.	Take It or Leave it
Sept. 16	Jen	5 yrs.	Day by Day	Oct. 8	Mary Ellen	10 yrs.	Take it or Leave It	Nov. 17.	Yannick	5 yrs.	Free on Friday				
Sept. 17	Joel	2 yrs.	Take It Or Leave It	Oct. 8	Dave	10 yrs.	Take it or Leave It	Nov. 18	Naomi	3 yrs.	Day by Day				
Sept.23.	Sandra	7yrs.	Inside Job	Oct. 8	Stanley	9 yrs.	Take it or Leave It								
Sept. 26	Marc	6 yrs.	Free on Friday	Oct. 9	Jeffrey	9 yrs.	Step by Step								
				Oct. 21	Dan	1 year	Day by Day								
				Oct. 22		22 Years	Take It Or Leave It								



SUMMER 2006

EANA

DAILY INVENTORY

MEETING LIST

MONDAY

STEP BY STEP 7:30P.M.
4251 ST. URBAIN RM #212
STEP STUDY/DISCUSSION/CLOSED
(SPEAKER ON 1ST OF THE MONTH)

TUESDAY

AWAKENINGS 12:00 NOON
5964 N.D.G. AVENUE RM #A
(CORNER ROYAL)
DISCUSSION/OPEN

GLAD TO BE ALIVE 7:30P.M.
137 PRESIDENT KENNEDY
BASIC TEXT STUDY/OPEN

BACK TO BASICS 8:00P.M.
160 BALLANTYNE N.
(CORNER NELSON)
TEXT STUDY/DISCUSSION/CLOSED

WEDNESDAY

OUT OF THE DARK 7:30P.M.
5550 PARK RM #3D †
(SPEAKER ON 1ST OF THE MONTH)
STEPWORKBOOK/DISCUSSION/OPEN

THURSDAY

AWAKENINGS 12:00 NOON
5964 N.D.G. AVENUE, RM #A
STEP/DISCUSSION/OPEN

CIRCLE THURSDAY 7:00P.M.
469 JEAN TALON WEST RM 102 †
TOPIC/DISCUSSION/CLOSED
(PLEASE RING BELL IF LOCKED)

NEW BEGINNING 7:30P.M.
1440 STANLEY RM 630 †
(CHECK BULLETIN BOARD)
SPEAKER/TOPIC/DISCUSSION/OPEN

CLOSED MEETINGS ARE FOR ADDICTS ONLY
OPEN MEETINGS ARE OPEN TO ALL

MEETING TIMES AND LOCATIONS
ARE SUBJECT TO CHANGE
CALL 249-0555 OR CHECK
WWW.EANA-MTL.ORG FOR MOST
RECENT CHANGES



FRIDAY

FREE ON FRIDAY 8:00P.M.
5319 N.D.G. AVE
SPEAKER/DISCUSSION OR
TOPIC/DISCUSSION/OPEN

CONSCIOUS CONTACT 8:00P.M.
4251 ST. URBAIN RM#212
SPEAKER/DISCUSSION

SATURDAY

INSIDE JOB 12:00 NOON
4020 HINGSTON
TRADITIONS/DISCUSSION/OPEN

DAY BY DAY 7:30P.M.
120 DULUTH ST. EAST
SPEAKER/DISCUSSION/OPEN

SUNDAY

IN FOKUS 7:00P.M.
120 DULUTH ST. EAST
TOPIC/DISCUSSION/OPEN
(HELD UPSTAIRS IF DOWNSTAIRS IS
BOOKED) (CLOSED AFTER BREAK)
TAKE IT OR LEAVE IT 7:30P.M.
2235 DELISLE
(CORNER OF GEORGES VANIER) †
SPEAKER/ DISCUSSION/OPEN

ALL MEETINGS ARE
⊗ NON-SMOKING ⊗
† LOCATIONS ARE WHEELCHAIR
ACCESSIBLE

A BETTER LIFE: 8:30 PM

DEWITTVILLE GENERAL STORE
SPEAKER/DISCUSSION OR
TEXT/DISCUSSION
OPEN MEETING

WHAT IS NARCOTICS ANONYMOUS?

N.A. IS A NON-PROFIT FELLOWSHIP OR SOCIETY OF MEN AND WOMEN FOR WHOM DRUGS HAD BECOME A MAJOR PROBLEM. WE MEET REGULARLY TO HELP EACH OTHER STAY CLEAN. THIS IS A PROGRAM OF COMPLETE ABSTINENCE FROM ALL DRUGS. THERE IS ONLY ONE REQUIREMENT FOR MEMBERSHIP, THE DESIRE TO STOP USING. WE ARE NOT AFFILIATED WITH ANY OTHER ORGANIZATIONS, WE HAVE NO INITIATION FEES OR DUES, WE ARE NOT CONNECTED WITH POLITICAL, RELIGIOUS OR LAW ENFORCEMENT GROUPS. ANYONE MAY JOIN US REGARDLESS OF AGE, RACE, SEXUAL IDENTITY, CREED, RELIGION OR LACK OF RELIGION. WE HAVE LEARNED THAT THOSE WHO KEEP COMING TO OUR MEETINGS REGULARLY STAY CLEAN.

THE THERAPEUTIC VALUE OF ONE ADDICT HELPING ANOTHER IS WITHOUT PARALLEL
- BASIC TEXT, P. 18
WHEN YOU CAN'T GET TO A MEETING, YOU CAN ALWAYS FIND A PHONE.

PHONE NUMBERS

NAME	NUMBER
HELPLINE	514-249-0555

The views expressed in this publication are not the views of Narcotics Anonymous or EANA as an Area, therefore they have no holds or bounds over the opinions expressed herein. They are submissions received by fellow recovering addicts in our area that have been submitted to the group conscience of the D.I. Sub-Committee for inclusion. We, the sub-committee, hope that these articles, poems, opinions, etc. reflect the experience, strength and hopes of addicts, as experienced by working the program of Narcotics Anonymous. It is our wish to promote recovery, unity and a spirit of hope for any addict reading this publication.



C O U R A G E

The ability to change things when they are difficult.

To go through rough times and come out the other end intact.

Courage is a form of bravery in a form of patience and tolerance.

We need to have courage sometimes.

Drawing on our strength and our ability to go on with our lives.

So remember that courage is important for our recovery.

It is all part of our growth in the NA program.

submitted by Paul H.

