

The Daily Inventory

Fall 2005

Living the Program

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Special Christmas Edition

HOT TOPIC:

The Gifts of Recovery:
Naughty or Nice



Statement of Purpose:

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

Committee Notes

Here it is! Another step toward our biggest, juiciest edition ever! Today, we who have worked on this issue, wish to extend our thanks to everybody who has contributed their thoughts on LIVING THE PROGRAM. It is your voice that makes the Daily Inventory resonate and we are proud to be a part of your lives. We are also looking forward to hearing what you have to say in our next edition (especially the naughty bits). We invite you all to exchange here the GIFTS OF RECOVERY, to tell us your stories, share the good news, and give us your Christmas wish list. Send us your submissions soon. Our deadline is November 25, 2005. And look sharp - there are only 100 shopping days left 'til Xmas! Godspeed to you, and good luck!

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"Living the Program"

H.O.W. do you live the program? What does living the program mean to you? This topic allows for us to express our unique selves and perspectives on living the program. We have received several wonderful, varied submissions for this issue: song, a poem, a recipe, a travelogue. It was really fun to work on this issue of the DI. We look forward to reading your juicy submissions for our upcoming Christmas issue: "Gifts of Recovery: Naughty or Nice".

"The Gifts of Recovery.....Naughty or Nice"

So what are you getting for Christmas this year: designer clothes, perfume, new linen or a big lump of coal? Tell the truth!!!! The Daily Inventory wants to know if you have been naughty or nice this year. Please be as juicy and detailed as possible. If you have been a naughty little boy or a naughty little girl, what have you learned if anything from your recent ventures. This is your chance to send the Recovery Santa Claus your Christmas wish list and to take a chance to review your year, perhaps making some New Year's resolutions in the process. I'll tell you what's on the Christmas wish list for the DI: YOUR SUBMISSIONS and even better -- YOUR JUICY SUBMISSIONS.

*** Next Issue ***

Hot Topic : The Gifts of Recovery...
Naughty or Nice

Anniversaries between Dec. 11 and Mar. 11


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 Nov. 25, 2005.

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



HOT TOPICS

~ Living the Program ~

Let's give a little credit where credit is due. I was living the program even when I was using, albeit less effectively than I am now. My drug habit took the edge off my clarity, which is exactly what I intended. There was hell to pay because those were years of great accomplishment. I left behind fatty-four eyes to become the style icon I once was. I moved to Montreal, the city of my dreams, learned a second language, and skill sets to see me through three career changes on my way to become the artist that I want to be. I've played the roles of political activist and mentor to many of my friends, but even as my drug habit accelerated and my clarity diminished, I pursued my art, kept my journals going, my commitment to the gym, paid my rent, and exhibited my work.

For me, living the program is about supporting and nurturing my authentic self. And that instinctual self is present even when I was stoned. In fact, without the experience of such excessive drug consumption, I may never have come to understand just how hurt and angry and sad I am. Nor how universal my isolation is. My drug habit allowed me to acknowledge that which I would otherwise have denied. It was a wake-up call that told me I needed to pay attention to some part of me that was paying too huge a price for all of those successes I am so proud of.

So, the junkie years were part of Living the Program, a part of acknowledging my inner being when the outer being had taken control. And as much as I am grateful for those years, I do not want to go back. I do not want to ever get in the habit again of denying the inner being that cried so hard for attention. I have opened up the program to welcome again a keener clarity, to allow myself to better acknowledge a more complete, more balanced being. My life and my being continue to evolve as does, I trust, my program.

FARIN

Next Season's **Hot Topic:**

The Gifts of Recovery: Naughty or Nice

Please Forward Your Comments and Opinions to:

The Daily Inventory for the Winter 2005 Issue



LIVING THE PROGRAM

The life I have through being clean is really something. It amazes me how my higher power has managed my recovery for me. All I have to do is show up and try to be willing. I say "try to be willing" because sometimes I am not willing to do much, and that is not a comfortable place to be, especially in early recovery. You see, I suffer greatly from depression. For like a year clean I was catastrophically depressed and demoralized by the things I had done while I was using. I could barely get out of bed, I slept 16 hours a day, I didn't do the dishes, I didn't take my garbage out, and I barely washed my clothes or brushed my teeth. And I was not willing to do much more than go to meetings and deliver pizza. My apartment was such a mess that my friends in recovery thought I was still using!

But go to meetings, I did. In fact, that was my saving grace. I went to a meeting a day for a long time. There was a guy in the rooms who used to say, "The most important time to go to meetings is when I don't want to go to a meeting". And I heard that. I was crawling out of bed at the crack of noon. I heard his voice in my head, and I'd go to the noon meeting in Cincinnati. That was my first real experience with the third step. It was my first real experience of living a program through a step on a daily basis. And it continues to be one of the biggest gifts of recovery there is. The opportunity to turn my will and my life over to the care of God as I understand Him, is the doorway that I have walked through in order to become a free man. Through practicing this step over and over again, I learned that I enjoy doing things I don't want to do like going to a meeting when I don't want to go to a meeting. Once I am at a meeting, I feel better. Not only do I not want to use, but I am actually happy and enjoy the fellowship and hope in the rooms.

I have also expanded on this novel idea of doing things I do not want to do or turning my will over to my Higher Power, or taking direct acts against my will. For example, I started brushing my teeth again in early recovery and it has something to do with being comfortable around people today. My breath doesn't stink and I can look people in the eye. For a long time, I didn't want to brush my teeth. I just wanted to die and use...now I even floss, and my mouth feels good! Thank God for Step 3.

I also went back to school when I didn't really want to in my third year of recovery. I ended up loving it once I was there (just like a meeting). I achieved straight As, rescued my GPA, built a nice design portfolio, and earned the respect and admiration of my peers. All because of Step 3.



HOT TOPICS

LIVING THE PROGRAM

I moved to Montreal for a job I didn't really want. It involved a lot of hard work which I definitely did not want to do, and planning. I stayed at that job for four years and I really really didn't want to. You see I hated work a lot, but my Higher Power had me there, and I had a notion it was His will. So I practiced Step 3 a lot for those years. Many days I went to work thinking "the most important time to go to work is when I don't want to go to work"..... Sound familiar? That guy at my first regular meeting had no idea what a service he was doing for me by carrying his message. I left that job 1 1/2 years ago and started my own industrial design firm which is doing amazingly well. I am surprised every day when I create beautiful things with my associates. This dream I am living is a far cry from the life I would be living as an active addict. Remember, I couldn't even brush my teeth 8 1/2 years ago.

There's more....I quit smoking against my will, I've written my personal inventory against my will (my sponsor even made me cry because I was resisting the process!), I've made amends against my will, I exercise sometimes which is against my will, and I try to help other addicts stay clean which is not exactly my first choice of activities. All of these actions have one thing in common -- after I do them, I feel happy and free.

I'm going to visit my parents this weekend. This action used to be a direct act against my will. I used to resist talking to them and visiting them with all my energy. Today, I love my mom and I love my dad. They are cool people. I never thought I would say that. It is no longer an effort to visit them, it is a pleasure. This is a miracle of living the program through Step 3. The program has turned a direct act against my will into an act I very much want to do. It is the proper use of the will and a pleasure to take action in the sunlight of the spirit rather than living in the darkness of the disease. We are so blessed as recovering addicts. I love you all and thank you deeply for carrying the message and helping me to stay clean and free one day at a time.

Sean K.



Living the Program

Experience, Strength and Hope on
Living the Program (H.O.W.)

Here are a few quotations from NA members on what Living the Program means to them:

"My head says everyone is screwed up. But on life's terms, everyone is beautiful."

"Learning to live life on life's terms. And always having a back-up plan."

"Without Narcotics Anonymous, I would still be in the rut of despair and loneliness. It is like the light at the end of the tunnel and that light is NA."

"It's hard to explain. I have been working this program for 20 years. The program, the steps, they're in everything I do. My actions and reactions. I can do something or respond to a certain situation. It's hard to explain. It's not something I normally think about, but after a situation, I reflect on my behaviour. There's a lot of situations you get into where you want to react badly. But then you have to make amends and reflect on the shortcomings. So I react in a positive way."

"Never alone. Never again."

"A quote? You mean, you want a quote from me? Okay, give me until the end of the meeting, says I. My mind drifts off. I start thinking about my grocery list. Sleepytime tea, Ovaltine are but a few items that pop into my mind. Think, think, I keep repeating to myself. Nothing. My mind is blocked, but hey, the world waits for art: My people shall wait until I descend with tablets of truth. Ah, I know, maybe I'll plug the program. That's it! I'm here almost three years to this day. I walked into this room without any hope or expectation. Fortunately, I kept coming back and I'm here. I'm well enough that I can come to this meeting and share with my fellow addicts. Just for today."

"For me, the first thing that I needed to do to start living the program was to change the people, places, and things that I knew. I was told by my sponsor that in order to stay clean, I needed to stay away from the people I had used with and to stay away from the places where I had used. It was the suggestions that I hadn't been willing to take in the past, but it was something I was willing to do this time to stay clean. Now that I have done some step work, I see that practicing these principles in all of our affairs means practicing these principles in my daily life is another way of living the program. I had to make NA my life. I had to pretty much only associate with people in NA and I had to show up at NA functions where I learned to socialize, where I learned to socialize clean. I had to start reading the daily meditation every day, writing in my journal everyday, praying everyday. For me, living the program was getting to the point where the program has started to affect my thinking and give me a better perspective on life. I have had to bring the program into every aspect of my life. At this point, living the program has begun to include not being embarrassed of being an addict and being willing to disclose that fact to people I meet outside the program."

"I think that the most important thing is to stay in the moment and live life to the fullest. The person in front of you is a reflection of yourself. Treat them as you would like to be treated. The world is not your enemy but your ally. We are all God's messengers. How you choose to take that message is your choice today."



Living the Program

When I came around the first time, I stayed clean for a very long time. I had a program, had some sponsees, did service, I had it all. If I was approached to be someone's sponsor, I made it conditional. I would sponsor them if they agreed to use the NA pamphlet "Living the Program", did it for 30 days and showed me the work. Some did - many did not. Today, I am back where I should be in NA and I must use this wonderful NA pamphlet to get a program that is based on all the spiritual principles the program offers me. I can tell you now that I am back from my relapse. Had I always followed the "Living the Program" suggestions, I would NOT have gone out. I forgot all of the good things NA did for me. I was free from active addiction, had a happy and serene life. So I cannot say enough about the benefits of having a program, a permanent program. I feel lucky to have come back. This time I did not bottom out like the first time. This time I do not want to lose what I have. So bottom up or bottom down, the NA way of life will allow me to avoid the pain of active addiction. Having a program might actually make me happy!

Anonymous

I FIND IT FUNNY HOW I LOOK FOR APPROVAL THROUGH EVERYONE'S EYES, USING HUMOUR, INTELLECT OR JUST PLAIN INTIMIDATION. I SO WANT LOVE THAT I USUALLY SELL MYSELF SHORT. NOTHING NEW REALLY. AS A JUNKIE, I'D LET FENCES TAKE ADVANTAGE OF ME TO GET MY FIX. IN PRISON, I WOULD CONSTANTLY DROP HINTS THAT I WAS A BANK ROBBER. COME TO THINK OF IT, I'VE BEEN DOING THE SAME THING SINCE I'VE BEEN OUT. INSECURE MUCH? ALWAYS FOR THE SAME REASON, SO THAT YOU, YES YOU READER, MAY FIND ROOM IN YOUR ABUSED HEART FOR ONE MORE, TRYING ALL SO HARD TO PLEASE, ADDICT. YOU MAY RECOGNIZE ME, I'VE BEEN AT EVERY MEETING YOU'VE DECIDED TO GO TO THE PAST COUPLE OF MONTHS (AND YES, I'VE BEEN TAKING YOUR INVENTORY. YOU SHOULD BE GETTING YOUR ASS TO MORE MEETINGS). WELL, I'M SURE YOU'VE NOTICED THAT THE COFFEE IS A LITTLE BETTER THAN USUAL. YOU'RE WELCOME, THAT'S ALL ME! SO, IF YOU'D LIKE TO SEND SOME LOVE MY WAY, I'M RIGHT HERE, DOING THE SUGGESTED 90 IN 90, GETTING INVOLVED, CHAIRING, SETTING UP OR MAKING COFFEE. BUT IF YOU SEE ME GREETING ON SATURDAY NIGHT, FOR THE LOVE OF GOD, DO ME A FAVOUR AND JUST #\$\$%^&*@@ SHOOT ME!

ANONYMOUS



NA COFFEE

"NA Coffee" is the best coffee in the world. It is what keeps me coming back to the rooms of Narcotics Anonymous. One Wednesday, at the end of the meeting, I declared this on purpose to a group of conceited men who I thought were listening but actually they weren't. When I was riding on my bike, I got the idea for writing a story about NA Coffee and all the things I could say. I was trying to glean material from the universe when I declared this out loud. The only reaction I got was that someone rolled their eyes and raised their eyebrows.

When I am the coffeemaker, I like to make Turkish coffee. There are two extremes in Narcotics Anonymous: coffee flavoured water or Turkish coffee. We are creatures of extremes. One magical Monday, I went to Step by Step "hey baby, you know I want you in my world" and there was cream. Usually addicts drink 2% milk. When it comes to dairy products, addicts strive for balance. Anyway, next came the coffee. I was pleasantly surprised. I slurped it up like any good addict will. The secretary for the group walked by me. I guess that the pleasure that I was deriving from the coffee was written all over my face. "The coffee's good, eh?", he exclaimed. It was breathtaking. I could have drank another cup but I felt selfish and also did not want to stay up all night and have gut rot. Not a good time.

I decided to carry on the tradition of Turkish coffee at the meeting Step by Step. When I got elected coffeemaker, I put double the amount of coffee in each time. It was good coffee, but nothing will ever, ever again come close to that one magical Monday night (because the coffee that night was not Folgers, it was expensive, good coffee). Each time I made coffee at that group that month, the same fellow recovering addict would boldly inquire in my listening proximity "Who made the Turkish coffee?" I think I blushed and butterflies were in my stomach. He knew it was me.

The first divine coffee experience inspired me to actually show up when I took coffeemaker position. I am a chairperson kind of girl because I like to choose who will read and most importantly I like to choose who will give away the newcomer keytag.

This summer I have met someone who surpasses me in my passion and drive to verify my own personal philosophy which has two central dimensions to it. It is like Step One and Step Two. Without Step One you cannot move onto Step Two. Step One is: "NA Coffee is the best coffee in the world." Step Two is: "Recovering addicts make the best coffee in the world." I have met someone this summer who believes this even more strongly than I do. He even goes as far as to say he is the best coffeemaker in NA and that if you go to meetings where he is the coffeemaker you will be drinking pretty good coffee. He has taken all the coffeemaker positions he can to carry on the tradition that recovering addicts make the best coffee in the world.

I enjoyed the rush of secretly putting in double the amount of coffee than I was supposed to and there he is unabashedly doing the same thing. Well at least I got to experience the rush and the thrill of perceiving the astonished, bewildered, expressions on other recovering addicts' faces when they drank the outlandish, wild, uncontrolled, untamed, Turkish, Folgers coffee.

ANONYMOUS



My Trip to Guatemala

Hi Everyone, my name is Annemarie and I am an addict.

I think I've finally learned one of the most important lessons of my life.....and even better, I understand. I cannot control, I can only choose to adapt.

As the month of July began, I made a serious commitment. I bought a plane ticket to Guatemala. I was going to be going all by myself to a country I had heard was quite dangerous, a country in which I knew no one, and whose language I could not speak. So, I took a month of intensive Spanish lessons and researched Guatemala extensively. I shopped for survival gear, bought a mosquito net, got all my vaccinations, etc, etc, etc. Obviously, my anxiety increased logarithmically with every day that passed, as my departure date approached. In fact, I spent two sleepless nights just before leaving. People were telling me that I was crazy to even consider going off to live in the jungle for a month, but I knew that I would be working with monkeys and absorbing a fascinating culture, two things I find very appealing! Most importantly, however, I knew I had to do this for myself. I needed to know that despite my years of active addiction, despite all the self-deprecation, the self-doubt, the depression, the self-sabotage, and immature behaviour, I had now grown into a self-sufficient, independent and mature woman who could have faith in herself and would not fall apart in the face of situations she could not control. I wanted to face my fears. And boy oh boy, did they cooperate!

My flights to Guatemala were both delayed and my luggage wasn't waiting for me on the baggage carousel. The cell phone I had brought in case of emergency wasn't working. The boat that was supposed to bring me to the wildlife rehabilitation centre never arrived. There were scorpions and cockroaches in my bedroom. My nose wouldn't stop bleeding because of the heat. The mosquitoes loved me and a spider monkey viciously attacked me. Hey, no problem! So what did I do? Well, I couldn't exactly control any of these things, could I? I could only adjust my reactions to them and make the best of the situation. That's not to say I wasn't upset by anything Oh no. I tried not to cry in the baggage terminal and I almost passed out from crying after I was attacked! But I constantly reminded myself that I had the choice to remain calm, that I had several options, and that I was strong enough, smart enough, and patient enough to get through it. Oh, and I didn't try to get too close to that monkey again, though we did make our peace.

Two weeks of living in the jungle where we all stank of monkey pooh, where we ate beans, tortillas and eggs breakfast, lunch and dinner of every day, where we prayed for rain to relieve us of the heat, though the humidity made it impossible for anything to dry. The thing is, when you're living the situation, and you've chosen to adapt, these things no longer bother you. I realized I hardly ever complained and that I was actually quite happy, healthy and satisfied.

But two weeks was where I drew the line. I wanted to travel! And so just like that, I did. Two years ago, off drugs, I couldn't even dream of making new friends because of my social anxiety. Because of my time spent in recovery, I was able to enjoy two splendid weeks of traveling around Guatemala, meeting loads of fascinating travelers and locals. I realized that rather than see a challenge as daunting, I now choose to see it as an exciting adventure. Because of Narcotics Anonymous, I have found a new way of life. I have found a will to live, and more than that, I have found a desire to live life to its fullest and its brightest. This experience has been.....revitalizing!

My name is Annemarie, and I will always be an addict.....who chooses to love life!



SERVICE PAGE

Want to speak at a regular NA meeting at a treatment centre?

The Oka Treatment Centre has been having regular NA meetings on Thursday nights since H&I meetings stopped two years ago.

They would like our experience, strength and hope.

If you would like to go and speak on the first Thursday of the month, please contact:

Ed W. at (514) 485-2087, or email at: edwmonde@hotmail.com

If you've been to a meeting recently, you've probably heard the GSR speak about the need for H & I involvement. NA carries the message to hospitals and institutions because these addicts can't get to a meeting. The H & I Committee has had big struggles in the past, one of which has been the lack of people doing service for this committee.

So, once again, we are appealing to you, our fellowship, to support the H & I Committee in any way that you can. They meet on the first Tuesday of the month at 7:30 PM, 6th Floor, 1440 Stanley (YMCA Downtown).

If you've been thinking about doing service, but are not sure what you would like to do, why not give it a try. At least attend a meeting, and see if this is for you.

We thank you in advance for considering doing service with the H & I Committee.

ENANA is looking for a new **Regional Committee Member (RCM)**. The RCM goes to area meetings and regional meetings. Since the ASC is a voting member of NA in the Quebec region, communication and cooperation between the two bodies is necessary to further growth and unity in NA. This position is for you if you are fluently bilingual and you want to get a more in-depth understanding of the workings of NA.

Clean time requirement: two years

Length of term: one year

The D.I. would like to thank Yannick-Alain for all of his great work as the RCM this year. His presence at the Region has helped to further unify the English and the French side of Narcotics Anonymous. He always brought back detailed reports of what was going on at the Region and flyers about upcoming events and conventions all over Quebec. Great job, Yannick-Alain. If you are interested in this position you can elect yourself or somebody else at the next Area which is every second Sunday of the month, 10 a.m., 1440 Stanley, YMCA Downtown (Drummond and De Maisonneuve). See you there.



NEWCOMER PAGE

Why it's important to follow suggestions (and remember, they are not orders):

When we don't follow some suggestions, there is a tendency to go back to our old ways. Suggestions can mean to step out of your own way or learning from others what works and what doesn't work for them. Suggestions also show you the way when we think nothing else will work.

Try 90 meetings in 90 days (and don't forget the meetings after the meetings). It's an opportunity to share and exchange phone numbers and build friendships.

No matter what, always keep coming back (because it works if you work it).

Service is one of the four legs of recovery (if you want to know the other three, keep coming back to meetings).

Alexandre (8 years)

To Whom It May Concern:

I'd like to express my gratitude for all the love and good wishes I received on my recent celebration night. Thank you for all contributing to my memory book and for the kind words you wrote. I understand how I make a difference through you. You see me as I am today and thankfully some of you remember me in the beginning. I didn't show up the me of today. I didn't even know who I was. I could be anyone you wanted me to be and I was willing to do anything just so you would love me. I just wanted to stop using and killing myself slowly with every hit. I tried real hard in the beginning of my recovery to not stay. I was different or I thought so until I heard your pain which helped me feel my pain and the healing began. It's not been an easy journey at times and some of the storms

in my life were more than I thought I could bear. I got through them with your help, you listened to my pain and the healing continued. I heard it said that we are here to comfort the disturbed and disturb the comfortable, thank you for doing both for me.

I only take credit for getting to meetings when I didn't want to and staying even though I wanted to leave. I kept coming back no matter what because I didn't know what else to do and by my own convoluted thinking I certainly learned what not to do in my 30 some years of using.

NA teaches me everything I know today, this is where I come to learn how to live in the real world.

NA gave me "the ways and means" to live life on life's terms, spiritually awake and emotionally aware.

I fall short sometimes or miss the mark, however I know today that even though I make mistakes, I can learn from them and hopefully not repeat them too often. It's about progress after all, not perfection. The best gift for me is that I now know I am not the mistake.

I learned that there are five things I need to do to stay clean and partake in the NA promise:

- In the beginning, do 90 meetings in 90 days, then attend meetings regularly
- Get a sponsor (preferably of the same gender)
- Join a home group and participate in the running of the meeting
- DO SERVICE
- Learn to pray. This is after all, God's program.

I'm a walking talking miracle, so keep coming back and don't leave till the miracle happens for you. With love and a hug, I am an addict named

Lucille
(8 years)



UPCOMING EVENTS

Celebrating an Anniversary Soon?

If you need a medalion for an upcoming anniversary, please speak to your GSR.

Halloween

Halloween is definitely my favourite time of year. I always like choosing my costume a few months in advance and then holding my breath in anticipation for that special night. This pagan holiday allows us through costume and role playing to explore and express an undiscovered aspect of our multi-faceted, unique selves. That is why I always enjoyed this holiday so much because it allowed me to be more flamboyant and uninhibited. That is also why I liked using drugs. Because it allowed me to express myself, angry, sad or joyous. For me, drugs were the solution to the masks I usually wore to protect myself from the outside world and worse even the rejection and abuse from the voices inside my head. I wore masks according to the person I was with and what I imagined they wanted me to be. I started behaving this way at a very young age and as a consequence of this behaviour, I lost any knowledge I had of who I was. I still wear many masks to conceal the emptiness, pain and heartbreak within. Living the program to the best of my ability (honesty, open-mindedness and willingness) is the only way I know how to peel off these masks, layer by layer, because I do not even know that I am wearing them sometimes and I do not even know anything about that authentic self I hear so much about in spiritual circles. I am only learning about myself through trying. I tried to take the masks off my own way. I wrote up many plans, grand schemes to make my life worth living in twenty-four hours. I don't always like the fact that I can't do it alone, that I need to ask for help. But I do and that's just the way it is. Happy Halloween and remember to put your mask on, but only for THIS EVENT:

Naomi

EANA'S 2005 HALLOWEEN PARTY

October 29, 2005

Regular Day by Day Saturday Night Meeting at 7:30 PM

Followed by a Dance

Admission: \$5

Snacks will be served

REGIONAL H&I

"BEYOND THE WALLS"

September 17, 2005

3:00 PM TO 1:00 AM

Supper: 5:00 pm (Spaghetti, dessert, coffee)

Please reserve in advance

Fee: \$5

Activities: Speakers (members involved in H&I), meetings, dance

For information, call John (514) 645-9853



UPCOMING EVENTS...UPCOMING ÉVÉNEMENTS...UPCOMING ÉVÉNEMENTS

6th English Area
of Narcotics Anonymous
Convention
Montréal
November 26th & 27th, 2005

Live FREE - Choose the Path of Recovery



Vivez LIBRE - Choisissez le chemin de rétablissement

6e Congrès de E.A.N.A.
(Narcotiques Anonymes)
Montréal
Les 26 et 27 novembre, 2005

Live FREE - Choose the Path
of Recovery

JOIN US FOR 'A LITTLE MORE THAN 24 HOURS' OF INTENSE RECOVERY STARTING AT 10 AM ON SATURDAY NOVEMBER 26TH AND ENDING AT 2 PM SUNDAY NOVEMBER 27TH.

Why pre-register?

When we pre-register for the convention we play a crucial role in helping the sub-committee in the planning and financing of the convention.

Each pre-registration sent before **September 1st** will receive an EANAC 6 momento and will be entered in a draw for a free convention registration.



Vivez LIBRE - Choisissez le
chemin de rétablissement

VENEZ NOUS JOINDRE POUR
'UN PETIT PEU PLUS DE 24 HEURES'
DE RÉTABLISSMENT INTENSE DÉBUTANT
À 10H SAMEDI LE 26 NOVEMBRE
JUSQU'À 14H DIMANCHE LE 27 NOVEMBRE.

Pourquoi se pré-inscrire?

Quand on s'inscrit à l'avance pour le congrès on joue un rôle important en aidant le sous-comité dans la planification et le financement du congrès.

Chaque pré-inscription envoyé avant le **1er septembre** recevra un souvenir de EANAC 6 et courra la chance de gagner une inscription gratuite au congrès.



Anni versari es



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.

September

- Sep. 16 Free on Friday celebrating 20 years!
- Sep. 17 Jen 4 Y. Day by Day
- Sep. 21 Ariel 1 y. Out of the Dark
- Sep. 25 Joel 1 y. In Fokus
- Sep. 26 Marc 5 y. Step by Step

October

- Oct 9 Martine B. 11 y. Take It or Leave It
- Oct. 10 Stanley 8 y. Step by Step

November & December

- Nov. 4 Naomi 2 y. Out of the Dark
- Nov. 18 Yannick-Alain, 4 y. Free on Friday
- Dec. 18 Ed. W. 12 y. Take It of Leave It



Recipe for Recovery

Hello, I am a newcomer from Kamloops, Canada. My clean date is 26 April 2004. In October 2004, I attended the Pacific Northwest Convention XXVII. Since it was Halloween weekend, we had a costume dance. I decided to dress up as a chef and "cook up" some NA-style recovery. Here is my winning recipe:

Ingredients: (a/n= as needed; t/t= to taste)

- 1 concept of Higher Power
 - 90 meetings
 - 1 home group
 - t/t phone numbers
 - a/n meetings
 - 1 pinch of sharing
 - 1 part service
 - 1 sponsor
 - 12 steps (thoroughly worked)
 - a/n give it all away
1. Preheat one addict until on fire for recovery (Must stop using for this to be effective)
 2. Mix fire with one concept of Higher Power.
 3. Add ninety meetings in ninety days.
 4. Fold in home group membership.
 5. And now the tricky part; use phone numbers, read literature, keep attending meetings regularly, share honestly, do service work, find a sponsor, and sift all these ingredients until willingness develops.
 6. When you have willingness, add twelve steps done with sponsor (be sure to work all steps thoroughly to avoid relapse) and practice principles daily.
 7. Check fire and stoke regularly; e.g. conventions, conferences, fellowship activities, etc.
 8. If you like the results - give it away. (Suggest sponsoring another addict(s).)
 9. Repeat steps five through eight as needed.
 10. Live life on life's terms!

Serving suggestion: Do not add any sexual attachments for at least one year.

Warning: Recovery goes flat quickly with complacency

Submitted by: Yannick-Alain

My Thanksgiving Story

This year, Thanksgiving falls on Monday, October 10. And like all other years, I will, once again, sit at my kitchen table and write 10 things that I am thankful for. I have been doing this for quite a number of years now, and I have no idea where some of these lists are today, probably tucked away in an unopened box somewhere, covered by dust, or most probably recycled and I'm using it today as toilet paper. In any case, my gratitude list is quite different than it was 10 years ago. Today, I'm not afraid to share it with you. So, I've decided to sit at my kitchen table a little earlier this year, and write the 10 things I am thankful for:

1. My health (Three years ago I was bedridden for 3 months. This year, I did a sprint triathlon).
2. My family (I have two beautiful daughters who are not using and are enjoying life to its fullest).
3. My healthy relationship (My partner and I have learned to have healthy discussions and love each other by being gentle to one another).
4. A healthier financial situation (Three years ago, I was very close to losing everything that I had. Today, I'm planning a trip to Europe).
5. My friends (Today I pick my friends carefully. Three years ago, it didn't matter who my friends were).
6. The country I live in (Today, I can take a look around and realize what's happening in this world. A few years ago, I couldn't care less).
7. My career (I enjoy getting up every morning to do a job that I care about).
8. My apartment (It's home and it feels like home. I love my little place).
9. My life (I truly enjoy every minute of my life now and I don't waste any precious moments).
10. Being drug-free and living life on life's terms (No matter what comes my way now, I have the tools available to handle it).

At least today, I can look at my list and feel proud that all the things I am thankful for are not materialistic and are part of who I am today.

Thanks for letting me share.

Dominique



P O E M & S O N G

Tears and delusions slowly drip pouring down
Dreams put on hold
Pouring down glaciers at the mouth of the Ganges River
We scrounge for our love that tickles and embraces us,
a multitude of different colours hold us together
We hold hands and try not to jump from lover's leap
We encircle the cauldron,
dancing our little pitter pats of freedom
Each one of our souls shop like frogs through the traffic
Each one of our hearts afraid to be shot in the dark
We wonder whether it is a climax of the setting down
which sets us free
We pluck our thoughts like grapes from the vine, and
crush them to keep the clowns drunk and amused
All the ants methodically do as the ants do
And race from the forest fire
Winnie the Pooh dances aflame
And Piglet is my breakfast bacon smells,
Roe and all the other cartoons
Burns paper tar as into mental retardation
And Cheshire cats ride fancier cars,
And the big bowling ball just rolled into the gutter,
As the guilt lingers like a cat blown from the balcony
'Cause Buddha was too busy getting watched from the
t.v. set
He was too busy forgetting to remember all the important
shit
He was too busy remembering to know why.

A Poem by JOEL

The Fragile Light

I was there
The day that changed
The day change came
And brought you in
Through these doors
Into this light
Into these rooms
In this fragile light
This fragile life

Your sleeves pulled down
To hide below
The tiny crimes
Healing slow
And beneath your lie
A river flowed
Your salty lips
Cracked from the cold

And in these rooms
And in this light
With these fragile lives
In this fragile light
One day at a time
Your eyes turned bright
And just one more life
Cast just one more light
On a newcomers face
On her darkest of nights

A Song by MIKE W.



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 7:30P.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)

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

SUNDAY

TAKE IT OR LEAVE IT 7:30P.M.
2235 DELISLE
(CORNER OF GEORGES VANIER) †
SPEAKER/ DISCUSSION/OPEN

**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.

