



Anonymous

THE

DAILY Inventory

Written by addicts
for addicts

Personal Stories

Anniversaries

Tidbits

Upcoming Events

Hello again.

It's your friendly neighbourhood Newsletter Sub-Committee here with another edition of the Daily Inventory. We would like to thank all those who participated in this season's issue, especially Denis, who designed the cover of this issue. There were many excellent entries for the Create the Cover Contest, however a group conscience at our last Sub-Committee meeting chose, after much deliberation, Denis' cover as the winning submission. Congratulations to him, and thank you to everybody who participated.

You might notice that the Hot Topics column that usually appears on the facing page is conspicuously absent. Due to our untimely announcement of this season's Topic, we received only one submission and therefore could not go ahead with the page as usual. This is a result of disorganization on our parts, and we apologize. The Hot Topic we have chose is "HELPING THE NEWCOMER", so please, write in if you have anything to say so we can print it in the next issue. If you have a story about your first days in NA when someone special reached out to you, or if you are frustrated because you feel that people aren't reaching out at all, let us know. We would like to publish as many varied opinions on this issue as possible, so don't be shy.

As we all know, Recovery is an ongoing learning experience and, as we here at the DI have come to realize, so is Service. The Winter Issue was received, on the whole, quite favourably by the members who took the time to read it and pass it along (thank you!), however upon its release we were provided with an opportunity to better learn and understand the Twelve Traditions and many Guidelines of NA.

It turned out (who knew?) that putting the NA logo on our pages was actually a violation of the Traditions and Guidelines of our dear Fellowship, as the logo implies that the World Service Committee has read and approved the publication. As we all know, this is not the case with the DI. The Daily Inventory is a locally published newsletter written by the addicts in our Area for any addict who may happen to come across a copy; it is not official NA Literature. Needless to say, we sought to remedy the situation as soon as possible.

You will notice that there are question marks at the bottom inside corner of each page, in the spot that the NA logo used to occupy. This is to inform and remind you all, every time you pick up this issue of the DI, of our new contest in honour of our collective desire to comply with the Traditions and Guidelines of NA. We would like to replace the question marks with a new logo; an original, creative, Daily Inventory logo. We encourage you all to put your creative caps on and help us remove the question marks from our pages! To honour the person who comes up with the logo that is the most creative, original and appropriate, the Sub-Committee will award a prize of the Basic Journal, a little-known Recovery Book that we hope will encourage self-expression in your program, as that's what the Daily Inventory is all about.

Submissions must be black-and-white and, in this case, size does matter! It needs to fit the spot that the question mark occupies, and we would appreciate it if the entries were sized accordingly. Also, while your submission need not be digital, the image must eventually be computerized, so keep that in mind during your creative process.

If you have any comments or opinions about anything that appears in this issue, please do not hesitate to send submissions to be printed in the Summer. We would also love your input at our Sub-Committee meetings.



Looking for a local logo!!!

DRAW, PAINT, PHOTOGRAPH, DESIGN, COPY/PASTE, ETC. A LOGO FOR THE DAILY INVENTORY THAT DOES NOT REFER TO NA ITSELF AND WIN A BASIC JOURNAL.



★ **DEADLINE 26 MAY 2003.** ★

SUBMISSIONS MUST BE BLACK AND WHITE AND ABLE TO BE DIGITALLY REPRODUCED.



PLEASE FORWARD YOUR SUBMISSIONS

 dailyinventory@yahoo.ca 



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





WHO IS ANSWERING THE PHONES



I wondered for a long time who took my call. I had been addicted for many years and had tried every method that I could think of to stop (except asking for help). Last Christmas, when I was working in Hamilton, Ontario, I was trying to manage some clean time. It was not going very well. Late one night I called 411 and got the number for Narcotics Anonymous. I called and left a message on a machine. The next day someone called; they seemed like a warm, friendly person. She told me that I could lose the desire to use and told me about a meeting that night.

I was quite nervous when I got there but I had the feeling that the person who had called was somewhere in the room, and that I would be OK.

I spent the next three weeks in Hamilton and attended all the meetings that I could. I made many friends in the program; I felt safe there. However, my work ended and I had to return home to Nova Scotia. I started to panic again so I called and got a number for the Helpline in Halifax. Once again my call was returned by a friendly voice that gave me useful meeting information and contacts for Nova Scotia. I was able to be in Halifax for her first birthday.

When I returned to Ontario, with a little over three months of clean time, I was driven by a wish to meet the person who had called and to thank her. I asked around the meetings and gave my cell phone number to some people. She called me and we were able to meet. I felt the way an adopted child must feel finally meeting their birth parent. It was great to put a face to the voice that had done so much for me.

I travel a lot in my work and use the phone lines often. I have made many friends who I have never met. People talk me through the rough times and give me courage.

I have just completed nine months in the program and can look back at the miracle that is happening in my life, thanks to the dedication of the people on the phones. I do some service work. When I talk to people in a detoxification unit I tell them to call 411. It has worked everywhere I have gone.

I wish to extend a special thanks to everyone who is working on the phone lines. Thanks to you, Narcotics Anonymous is working for me.

HELPING THE NEWCOMER

The newcomer! The most important person at any meeting? So what happens when a newcomer walks through the doors of an NA meeting? Are they greeted with love, care, support and open-mindedness? I know when I arrived at the doorsteps of Narcotic Anonymous, I received the precious gift of being made to feel welcomed and a part of. I am grateful to those few members who extended a welcoming hand; who gave me a place to feel welcomed, comfortable, safe, and who kept me coming back. I don't know if I would of stayed if it was not for their concern for this newcomer. In NA we have a saying that you can't keep what you have unless you give it away. Our Twelfth step states, "having had a spiritual awakening as a result of these steps, we try to carry this message to addicts and to practice these principles in all our affairs." So what this tells me is that it is our duty to welcome the newcomer with open arms; to make them feel comfortable and safe. We should greet them at the door, offer them coffee, and make sure that they get some literature including a meeting list with some phone numbers. Offer to bring them out after meetings and to other extra-curricular events that happen within the fellowship. To make ourselves available to them to offer help and support. As we grow in the fellowship, are we too caught up with ourselves to recognize that we are neglecting the newcomer? Are we grateful for our recovery? Are we prepared to give back in order to keep what we have? We must not forget the newcomer and remember that we were once newcomers. There were people there for us to carry the message, that we could lose the desire use and find a new way to live: happy joyous and free. So we should be there for those newcomers to share the love, the NARCOTICS ANONYMOUS way.

David C.



TRUSTING GOD

There have been plenty of times when I was able to let God handle the outcome in my life. When I first had the opportunity to share at a rehab centre, I was fresh in the program with not much clean time or recovery. I was asked to speak at this facility and when I got there, there was this woman there that I knew and wanted to do some serious damage to. After realizing that she was there I did not want to go through with my commitment. I was scared of what she would think and I was scared that she would judge me. I went into the washroom, got on my knees, and asked God to give me the strength and courage to go through with it. I also asked God to use me as a vehicle to carry a message of hope. The result was that it was one of the most beautiful experiences that I have had in recovery. I was able to speak with this woman and all the negative feelings that I had towards her were lifted. There was this situation with another woman in the program. She had a falling out with her boyfriend, and I liked her a lot. I was hanging out with her in hopes that we would possibly be together. She confronted me about my feelings for her. All I wanted to do was run. We talked and shared our feelings for each other. This would not have been possible if left up to me. When I was working early in my recovery, I was stealing money from the cash. I told my sponsor about it, and he told me that I had to make amends. I really did not want to, but I did it anyways. I did not get arrested or lose my job. I was going to a meeting and I happened to see someone that I recognized. It was an acquaintance from my using days; Someone that was on my amends list. I was able to cross the street, approach this person and finally make my amends to him. No fighting or name-calling ensued. After doing this, I was relieved. I also had the opportunity to make amends to an acquaintance that had put a contract on my life. We were able to talk and let go of the past. When my sponsor left Canada to live in the United States, I was totally messed up. I was freaking, very angry, and hurt that he left. The fellow addicts in my area saw this and suggested that I find a sponsor in Montreal. I was so mad that they would suggest that, but I was so messed up and I didn't want to suffer. So I asked another addict in Montreal to sponsor me and received another gift from God. I am blessed and my faith, belief, and trust in God has grown.

David C.

ACTING OUT ON DEFECTS

When I act out on my character defects, I do it because I'm in pain and I do not want to stay there. I am afraid of change and I act out on my defects. One way in which I act out is when someone hurts me by telling the truth, I become judgmental and arrogant. I give them mean looks and I'm not loving or caring towards them. When a situation arises where I know I am right or think that I am right and an argument occurs, I don't let it go. I try to control the situation, which causes me to get out of hand. When I am feeling lonely, I call my daughter's mother in Greece because it gives me relief and makes me happy for a while. I also do it to find out if she is still interested in me, and try to indirectly to make her return to Montreal quickly. When I want attention I do the self-pity thing, by complaining about everything and people pleasing. When my financial situation is at a low, like on most days, I go and play Lotto Video Machines looking for a quick fix to this situation, which usually does not happen. I become very self-centered and I am so totally obsessed with winning that I end up back where I was when I was using. I become unspiritual by being rude to people, unsociable, judgmental, closed-minded, unloving, uncaring, and I steal from people. So far I have done this four times. The worst of my acting out is at home because I want to be in control, but I cannot control my mother. When she is complaining all the time, I get really upset. I mutter bad things about her under my breath and I isolate myself from her by staying in my room most of the time. I act selfishly towards her by keeping things away from her and by sometimes not helping her when she asks. I am also looking for prestige in the rooms because I do a lot of service and I am aware of what is going on in our Area. I seem to think that I am better than a lot of my brothers and sisters in the program. Acting on these defects and not going back to the world of drug abuse has given me the opportunity to change for the better and has allowed my faith, trust, and belief in the program of Narcotics Anonymous to grow, and I am grateful. I thank NA for saving my life.

David C.



☞ How I Found NA ☞

It was just before the holidays, 2001. Work had finished for the year and I was on a binge. I didn't want to be bothered with family, so I went to stay with friends. I was there for two weeks and it was nothing but drugs. Money was running low and so were the drugs. We needed to do something: we planned a score and off we went. We left the house and two hours later had just under one thousand dollars in our pockets. Just as fast as we made the money it was gone. We replaced the money with drugs and we were on our way back home. We partied from that night straight through to the next.

As things were winding down, I found myself stretched out on the sofa staring at the wall; on the wall was a plaque. I had seen the plaque many times before, but I had never read it. I was extremely tired, but curious. I got up, took down the plaque, and began to read. Later that evening I found myself alone and crying. I cried for an hour or so. I came to the conclusion that I had enough of the life I lived for the past twenty years. For the first time in my life I knew I could not do it on my own.

The next day I awoke and, without hesitation, picked up the phone. I made a few calls and the next day found myself at my first "NARCOTICS ANONYMOUS" meeting. On that plaque was a poem; the name of that poem was "Footprints"...

Footprints

One night a man had a dream. He dreamed he
Was walking along the beach with the Lord.
Across the sky flashed scenes from his life. For
Each scene, he noticed two sets of footprints in
The sand; one belonged to him and the other to the Lord.

When the last scene of his life flashed before
Him, he looked backed at the footprints in the
Sand. He noticed that many times along the
Path of his life there was only one set of foot-
prints. He also noticed that it happened at the
Very lowest and saddest times in his life.

This really bothered him and he questioned the
Lord about it. "Lord, you said that once I
Decided to follow, you'd walk with me all
The way. But I have noticed that during the
Most troublesome times in my life there is only
One set of footprints. I don't understand why,
When I needed you most, you would leave me."

The Lord replied, "my precious, precious
Child, I love and I would never leave you.
During your times of trial and suffering, when
You see only one set of footprints, it was then
That I carried you."

Since coming to N.A. I have relapsed twice, and twice the Lord has carried me back. There are now two sets of footprints in the sand, and all feels well. I often find myself talking to my new friend as I begin life's journey!

I dedicate my story to the newcomer. Remember, in N.A. you need never walk alone.

Wayne C.



·M·Y· ·H·I·G·H·E·R· ·P·O·W·E·R·

At the end of my using days, I was very depressed. I was thinking about suicide a lot. It got to the point in my depression that my obsession to find an easy way out of my pain led me to the emergency room. My suicide attempt was not so physically harmful as it was a way for me to let myself, and the world, know that I could not go on living in so much misery. The whole world, everything and everyone in it, had become dark. I felt that I had nothing for which to be thankful. I had lost hope that my life would ever amount to anything more than compulsive using, self-mutilation, and suicidal ideation.

This last trip to the emergency room was very scary for me. I was not cooperating with the nurses and the doctors as I did not want wear the hospital gown or hand over all of my possessions. After refusing to do as I was told a dozen times, I knew that I was on my last strike. If I didn't go along with the doctor's request, he was going to call in the orderlies to physically restrain me. In my mind, I had images of fighting my way out, of running through the hospital corridors screaming, searching for an exit. I was so afraid of this situation becoming a reality that I finally put the gown on to appease the staff, but I had not given up. I sat on the floor on my tiny little room and cried, completely ignoring anyone who came to check on me. I knew that they had placed a sitter outside my door to keep watch on me, but I kept fantasizing about escape. I just needed one second when all their backs would be turned, and I would make a break for it. I didn't care that I was clad only in a gown and slippers. I didn't care that the temperature outside was below zero. All I wanted was to escape, to find my way to a pay phone, and to have someone come pick me up from my imagined oppressors. I was angry, and frightened, and I felt very alone. I never want to go back to that state of mind.

A few weeks later, as I was trying to get on with my life and my recovery, I experienced an uncomfortable feeling. I was so hurt and disappointed by what someone said to me that I returned to my old way of dealing with emotions. I wanted to run and hide, to escape my hurt. And I did run. Instead of talking about what I was feeling at the moment, I grabbed my coat and hat and literally ran out of his apartment. I ran down the street to my car, because walking couldn't get me away from these feelings fast enough. Little did I know that no matter how fast I ran, my feelings would always keep up with me. I got to my car and started driving with no regard to

stop signs, traffic lights, or speed limits. I was out of control. At 1am, speeding along Pine Ave. with tears streaming down my face, I thought only of using and of the sweet bliss that came from escaping my emotions. I was talking my way toward it so fast that I was about to take the next turn down the mountain into the city to find myself a bar and drown my sorrows.

Only weeks after the ordeal at the emergency room, I had already forgotten how awful it had been. I just didn't care that a night of drunken forgetting would ultimately lead me back to the hospital, or worse. Then my higher power reached out to me, to remind me of where I had come from. As I was speeding along Pine, I saw a man walking along the sidewalk in the snow. He was clad only in a blue hospital gown and paper slippers. My shock at seeing him was so great that I didn't know what to do. It was as though through this man, I saw myself: desperate, utterly unhappy, wanting only to escape from myself. I saw the physical me from a few weeks earlier, the unhappy woman who was willing to do anything to get away; and I saw the emotional me of that particular moment, the unhappy woman about to throw away all that hard work of being clean, just to ultimately end up back in that rotten gown.

My heart went out to that man. I wanted to help him so much, to ease his pain. I realize now that I also want to ease my own suffering, and I can only start doing this by remaining clean. My old habits of seeking the easy way out, the instant gratification, don't work. They only lead me deeper into the darkness. Recovery certainly has its difficulties. The last two months have been about trying to set some order in the chaos that my life has become, and it has been difficult. I have shed many tears. However, when each day comes to a close, I can have pride in the fact that I have one more day clean, one more day that I am taking care of business. I have come to believe that there is a higher power in my life, and that so long as I remain open to it, it will show me what I need to see, and tell me what I need to hear. My higher power showed me that man that night, and has been present in other situations when it was needed. Today I am thankful that I am healthy and that I am ok, just for today.

Cheryl



UPCOMING EVENTS

NA at Home

NA Across Canada

Convention News

EANAC IV Free 4 the Miracle July 18-20, 2003

John Abbott College, Ste. Anne de Bellevue

Support us; register early! Save \$5.00 per package!

Pre-registration is \$10 until June 1st

Registration forms available at meetings, or contact Ord M.

We are looking for **acts of all types** for our **Talent Show**.

Contact Karen N. to participate, help, or ask questions.

Get involved in this celebration of recovery!

To help out, simply attend the Subcommittee of your choice:

Convention	1st Sunday	Stanley YMCA	1:00	PM
Registration	1st Sunday	Stanley YMCA	N o o n	
Programming	2nd Friday	Stanley YMCA	7:00	PM
Hospitality	3rd Sunday	Stanley YMCA	1:00	PM
Merchandising	2nd Monday	4251 St Urbain	6:00	PM
Fundraising/Entertainment	3rd Sun.	StanleyYMCA	3:00PM	

Contact John D. (Chairperson) or Keith J. (Vice-Chair) for any information about the Committees or the Convention.

**We look forward to seeing you at EANAC IV!
Help us make this the best Convention yet!**

Activities

Easter Egg Hunt April 19 2003

Egg Painting 3pm Cold Buffet 4:30pm Meeting 6:30pm

Cost \$5, kids under 11 are free

Coffee free during meeting only. Otherwise; 75 cents.

British Columbia: 14 March 2003 - 16 March 2003; **Alive and Free in 2003;** James Bay Community Center, 140 Oswego St. Victoria. Event Registration: (250) 743-8968; South Vancouver Island Area; P.O. Box 8284 Victoria, B.C. V8W 3R9 Canada

Nova Scotia: March 8th, 2003 **Recovery in the Hood Speaker Jam VI** 9:30 a.m. to 12:30 a.m.; All Nations Church, Robie & Charles St.s. Halifax, Nova Scotia. Support the Activities Committee; attend this event! Come out and join us in a recovery-filled day. There will be a speaker; workshops, dinner and dance. The cost is \$10, \$12 at the door. Call Georges N. at 514-231-8206 for more information, or check out the nearna web site: <http://www.nearna.com/home.htm>

Ontario: April 12th 2003 **O.R.C.N.A. XVI Kickoff PARTY!!! DANCE!!!** THEME SONG SELECTIONS!!! UNITY!!! PRE-CONVENTION MERCHANDISE!!! FELLOWSHIP!!!, St Joseph's Church, Herkimer and Locke St., Hamilton Ontario, Dance Starts @ 8:00pm, \$5.00 Admission

Ontario: 2 May 2003 - 4 May 2003; **Ontario Regional Convention XVI of NA;** Ramada Plaza Hotel, 150 King St East, Hamilton Ontario L8N 1B2. Mention ORCNA XVI when booking room Hamilton, 905.528.3451; speaker tape submission deadline: 1/31/2003; Ontario Region, Hamilton Area; Ste 140, 256 Locke St South, Hamilton, Ontario Canada L8P 4B6; web: <http://www.orcna.org/committee's.html> ; 3 day convention celebrating recovery, banquet, brunch, dances, speakers, and lots and lots of fellowship.



Anni versari es



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

March	April	May	June
Mar10 Howard K. 6y. StepbyStep	Apr11 Karel D. 1y. Goodwill	May3 Giuseppe2y.NewBeginning	
Mar23 J.D. Q. 9y. In Fokus	Apr13 Micheliney. TakeitorLeaveit	May16 Jack 18y. FreeonFriday	
	Apr25 Lorne N. 2y. FreeonFriday	May18 MarcP.2y.TakeitorLeaveit	
	Apr Dean R. 10y. TakeitorLeaveit		



**T.R.U.S.T. Try Relying Upon Steps & Traditions
Y.E.S. B.U.T. Your Ego's Showing, Better Use The steps**

EANA 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
2066 MARLOWE, N.D.G.
DISCUSSION/OPEN

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

BACK TO BASICS 8:00P.M.
2066 MARLOWE, N.D.G.
TEXT STUDY/DISCUSSION/CLOSED

WEDNESDAY

OUT OF THE DARK 7:30P.M.
5550 PARK ROOM 3D +
STEPWORKBOOK/DISCUSSION/OPEN

THURSDAY

AWAKENINGS 12:00 NOON
2066 MARLOWE, N.D.G.
STEP/DISCUSSION/OPEN

CIRCLE THURSDAY 7:30P.M.
469 JEAN TALON WEST RM 102 +
TOPIC/DISCUSSION/CLOSED
(PLEASE KNOCK IF LOCKED)

NEW BEGINNING 7:30P.M.
1440 STANLEY RM 524 +
SPEAKER/TOPIC/DISCUSSION/OPEN



FRIDAY

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

GOOD WILL 8:30P.M.
4251 ST. URBAIN RM#121
SPEAKER /DISCUSSION/CLOSED

SATURDAY

INSIDE JOB 12:00 NOON
2066 MARLOWE, N.D.G.
TRADITION/DISCUSSION/OPEN

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

SATURDAY NIGHT ALIVE 8:00
P.M. 2066 MARLOWE, N.D.G. +
TOPIC/DISCUSSION/OPEN

SUNDAY

IN FOKUS 7:00P.M.
120 DULUTH ST. EAST
TOPIC/DISCUSSION/OPEN (CLOSED
AFTER BREAK)

TAKE IT OR LEAVE IT 7:45P.M.
550 RICHMOND (REAR ENTRANCE OFF
NOTRE DAME)+
SPEAKER/OPEN/ DISCUSSION

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
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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

ALL MEETINGS ARE
⊕ NON-SMOKING ⊕
+ LOCATIONS ARE WHEELCHAIR ACCESSIBLE

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.

