

The Daily Inventory

Spring 2005

MY GRATITUDE SPEAKS

INSIDE.....

NEW

The Newcomer Page

Poems

Personal Recovery Stories

Upcoming NA Events

Service Opporutnities in EANA

Upcoming Anniversaries

NEXT SEASON.....

HOT TOPIC:

FOND MEMORIES

AS A NEWCOMER



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 humor and fun into the otherwise very serious business of recovery (cartoons, jokes, puzzles, etc.)

Committee Notes

Hooray! The Daily Inventory is back on its feet and running. We have formed a new sub-committee and are working fantastically together. We have also decided through a group conscience to make some additions to the Daily Inventory: the Service Page and the Newcomer Page. We are excited to read and print your thoughts, opinions, reflections and insights, so don't be shy! Gratitude is an appropriate topic for the spring edition of the Daily Inventory because we are all grateful that winter is on its way out. We hope that you enjoy reading it as much as we enjoyed working on it. See you in the summer with our next hot topic: "Fond Memories as a Newcomer"

Table of Contents

Sub-Committee Thoughtgs	2
My Gratitude Speaks	3
Searching for Peace	6
Memo from God	7
Aloha from California	8
On the Subject of Medication	10
Twelve Benefits of Doing Service	12
Service Page	13
Newcomer Page	14
Upcoming Events	15
Anniversaries	15
Meeting List	16

"My Gratitude Speaks"

How many of you addicts out there groan when your sponsor suggests to write a gratitude list? This time the Daily Inventory is suggesting that you write a gratitude list on a regular basis. How does your gratitude speak? How do you express your gratitude and how do you share that with others: "My gratitude speaks when I care and when I share with others the NA way".

Fond Memories as a Newcomer

The Sub-Committee decided to write a few of their own fond memories, just to give you a little taste of what our next issue might look like:

1. I remember being afraid, so afraid, and I went outside to sit on some stairs and cried. Out of nowhere, a Kind soul sat beside me to console me. At that moment, I knew I belonged here!
2. I remember seeing addicts taking their cakes and I was listening to them share and how they got there. Today, I enjoy watching newcomers taking their keytags.
3. I remember writing my fist step last December during the Christmas season at a cafe while I was staying at my friend's house for the Christmas holidays.

These are some of the sub-committee's fond memories. Share yours!

★ Next Issue ★

Hot Topic Fond Memories as a Newcomer
 Anniversaries between Jun 13 and Sep 12
 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 May 27, 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

~ My Gratitude Speaks ~

“My Gratitude Speaks When I care and Share with Others”

When I first came in the rooms, I became grateful very quickly. I was so happy to no longer have to fight to survive. I had never felt a sense of belonging and I found it in the rooms. It was so intense and I knew that there was a higher power present. I felt Him all the time. Gratitude came easily at this point in my recovery.

Then time passes and you begin to realize that the members of the fellowship are not perfect nor are you, but your higher power is still present, you feel Him most of the time. The magic of NA is still there if you allow it to enter. Hence the spiritual principles (Honest, Open-Minded and Willing) become indispensable to continue your recovery.

I became willing to serve selflessly in order to remain in gratitude, this is the only way for me. I realized that I needed to also carry this way of life into my whole life, not just when attending meetings. When I care and share with others and remember it is not about me first but us as a whole, I remain grateful. When I allow my higher power’s love to flow through me and not to me is when I stay in Gratitude.

Today, I am an addict and I am very Grateful

Christine H.

Sitting in Sunshine While Small Birds Sang

I am grateful for my life: to be alive, to breath, to think, to feel and give. I am grateful that each day I learn something new and that now I am able to recognize that new thing.

I am grateful for the ancient spiritual philosophy of the Far East which taught me that the way to rid oneself of suffering is to discard desire. I am grateful for my serenity.

I am grateful for food and shelter; when many of my fellow human beings have neither. I am grateful that I accept that life is and I am.

I am grateful to stand in a circle of peace and light each week at my home group. I am grateful for those who share their experience with me. I am grateful for the small birds that sing.

Duncan

* * * * *

My Gratitude Speaks

Gratitude is so important. It releases us from our self-centredness, opening our spirit to the light, sharing our spirit is gratitude.

Paul

Next Season's **Hot Topic:**
Fond Memories as a Newcomer
Please Forward Your Comments and Opinions to
The Daily Inventory for the Summer 2005 Issue

Y.E.S. B.U.T. Your Ego's Showing, Better Use the Steps
Y.E.T. You're Eligible Too



My Gratitude Speaks

Before I found Narcotics Anonymous, I had a vague understanding of gratitude as something mentally weak people did while kneeling at church and praising some God for extending his jeweled hand to the supposedly filthy worthless mass of humanity. In my head, the word "gratitude" looked like a weapon which rulers of government or religion used to keep common people (especially women) accepting different forms of rape, keeping them so placid and controlled that they wouldn't know they were even being hurt in the first place because they were smiling with all that gratitude.

When I finally did find NA, I heard a lot of people talk about gratitude. They were also talking about good ol' God. I thought, here we go again, half misogynist incest-reviving porn fantasy, half "Invasion of Body Snatchers" along with some "Whatever Happened to Baby Jane" on the side for dipping. But I stuck around because I knew NA was the place for me even though some things got on my nerves or scared me. I was also desperate.

In my first six months of recovery, I had to break down the word "grateful" just to stop running from it because it was a part of NA and I couldn't run from NA and survive. Broken down literally, it means, "great full" or "full of greatness".... either that or a metal shredding implement that is stuffed with another material. But I choose to believe that the spelling of "grateful" is rooted in the word "great". Not a greatness full of magical power, or social respect or mental genius - just full of greatness. Whatever greatness is, it is something, well, great! Over two relapses and about two years, my attitude of gratitude had changed from something negative to something even more specific than being "full of greatness".

I remember the time I hitchiked up and down the eastern US at about nine months clean. In February, despite living in a world that is ludicrously beautiful and being on the open road to boot, I just couldn't appreciate all of that beauty. So I stuck to saying these four words: "it could be worse". These words seem like an insult to life and were the only way I could feel even a tiny bit satisfied and filled, but they worked.

Whenever I'd get pissed off about my travel mate's annoying or dangerous habits (like letting our drivers know about our

pepper spray and what it was disguised as), my miscalculation that the February weather would be "warm" in North Carolina or Tennessee, or those two nights we had to sleep in the cold in the woods by the side of the highway hoping locals or transient sociopaths didn't discover, rape and kill us, I'd say "it could be worse". When I'd start feeling the physical skankiness of living in the constantly raining everglades of southern Florida for a week at a peace gathering (I'd like to mention that this included bathing in a swampy, alligator infested pond and being very careful that I didn't "fall" or "touch" into an unpleasant situation at the conveniently located "lavatories" whose benevolent but wide-yawning jaws had been kindly dug by volunteers before we arrived - and I loved every minute of it!), I'd stick out my chin, and grin, and say "it could be worse".

Over time, I was able to stop doing my one-woman, award-worthy rendition of "Les Miserables" every time I thought milk spilled. That led me to be able to appreciate, and that led me to be grateful. Life wasn't perfect and the magic words didn't always work, but overall, saying "it could be worse" was a good way for me to quit bitching about every little thing. I began to be grateful for all the great things in my life that I was experiencing. This made me much healthier and happier and less of an asshole.

That was a "yellow point" in my recovery - some people say you calm down around nine months, and although I didn't realize it then, it would make sense that I grew into a "greatfulness" then.

Three years later, I forget to say "it could be worse" most of the time, but maybe writing this will help me remember. I am very grateful to be ABLE to be grateful. So I'm sharing this, and although I don't exactly feel it, it is a saying in NA that our gratitude speaks when we care and when we share the NA way. See this article? That's my gratitude, and it's speaking - in germanic alphabet inkjet printer form. Thank you for letting me share.

TAMMY



SEARCHING FOR PEACE

Consider the surface of a lake, above which the sun is shining. If the surface of the lake is peaceful, and tranquil, the sun will be reflected in this lake; and the more peaceful the lake, the more perfectly will it be reflected. If, on the contrary, the surface of the lake is agitated, undulating, then the image of the sun cannot be reflected in it.

It is a little bit like this with regards to our soul in relationship to our higher power. The more our soul is peaceful and tranquil, the more our higher power is reflected in it, the more its image expresses itself in us, the more its grace acts through us. On the other hand, if our soul is agitated and troubled, our higher power is able to act only with much greater difficulty. All the good that we can do is a reflection of the essential good, which is our higher power.

This search for interior peace could seem quite egotistical to some people. How then can we propose this as one of the principle goals of our efforts, when there is so much internal suffering and misery?

To this we must first reply that the peace of which we speak is that of the 12-step program; it has nothing to do with any type of impassivity, extinction of sensitivity, cold indifference or being wrapped up in oneself as we once were. On the contrary, it is necessary gratuity of love, of a true sensitivity to the suffering of others and of an authentic compassion. Only this peace of heart truly liberates us from ourselves, increases our sensitivity to others, and renders us available to our fellow members.

In the domain of our personal lives, we must be convinced if we want to go to the limits of our recovery that a higher power is sufficiently good and powerful to use whatever evil there may be as well as any suffering however absurd and unnecessary it may appear to be. We cannot have any mathematical or philosophical certitude of this; it can only be an act of faith.

Recovery is possible even if it does seem to take forever, take it as it comes, one day at a time.

My name is Lisa and I am an Addict



HOT TOPICS

~ My Gratitude Speaks ~

By November 17, 2004, 3:00 A.M., I was desperate to a point where I wanted to die and the pain to stop. By the grace of God, I found recovery in NA. It was my first day clean and the same night I attended my first NA meeting. I haven't used since. And I keep coming back.

I was told I had things to do and I did them and my life started to change. I have a God working for me in my life and now I become conscious of it. I have a notebook in which I note all my God's stories, and let me tell you about this on.....

On Tuesday, March 8, 2005, I was 109 days clean. I call my sponsor every day and while talking to my sponsor over the phone that day, I "felt" something that would make my heart sing, and that would be to go back to school and complete my psychology degree. I am 50 years old and it has been 10 years since I gave up on my studies. So I asked God to show me the way and give me acceptance (moving forward without protest) to do the footwork and He did. Three days later, on Friday at exactly 16:35:31, I had all the official documents I needed to apply as a student for the Fall 2005 and I was bringing my application to Concordia University. With the program, with God's help, with my sponsor and the members, I know I can do it. Now it's in God's hands.

I'm waiting for the answer and I'm very excited.

I found a home in NA. I found a new way of life. And now I found what makes my heart sing and I'm taking the steps to do what I love for the rest of my life.

Like my sponsor says, "suffering is optional" and it's going to be easy as long as I ask God to show me the way and I follow that way and I don't worry or get attached to the results.

The NA program really works if I work it. It blows my mind already after only a little more than three months clean, how God works in my life! I'm so grateful, I wanted to share my enthusiasm for this program with you, and to let you know before I go that I've got the best sponsor! More will be revealed. I can't do it alone. Thank you all for being here.

Johanne A.

Next Season's **Hot Topic:**
Fond Memories as a Newcomer
Please Forward Your Comments and Opinions to
The Daily Inventory for the Summer 2005 Issue



Memo from God

To: You
From: The Boss
Date: Today
Subject: Yourself
Reference: Life

I am God. Today, I will be handling all of your problems. Please remember that I do not need your help.

If life happens to deliver a situation to you that you cannot handle, do not attempt to resolve it. Kindly put it in the SFGTD (something-for-God-to-do) box. It will be addressed in My time, not yours. Once the matter is placed into the box, do not hold onto it.

If you find yourself stuck in traffic; don't despair. There are people in this world for whom driving is an unheard of privilege.

Should you have a bad day at work; think of the man who has been out of work for years. Should you despair over a relationship gone bad; think of the person who has never known what it's like to love and be loved in return.

Should you grieve the passing of another weekend; think of the woman in dire straits, working twelve hours a day, seven days a week to feed her children.

Should your car break down, leaving you miles away from assistance; think of the paraplegic who would love the opportunity to take that walk.

Should you notice a new gray hair in the mirror; think of the cancer patient in chemo who wishes she had hair to examine.

Should you find yourself at a loss and pondering what is life all about, asking what is the purpose? Be thankful. There are those who didn't live long enough to get the opportunity.

Should you find yourself the victim of other people's bitterness, ignorance, smallness or insecurities; remember, things could be worse. You could be them.

Submitted by: Sam T.M.



Aloha from California

The Program Works - Everywhere!

When I was a little girl, I used to dream of seeing California: the ocean, the beach, the palm trees.....I used to dream of running away from where I was, of running towards something, anything different. And California, that imagined mecca of pop culture fantasy, was always my coveted escape.

When I was a teenager, I stopped dreaming of California. I stopped dreaming at all. Rather than choosing to geographically remove myself from the hell in which I was participating, I embarked upon chemical journeys. They never ended anywhere fun. I lost all ability to imagine anything good for myself, to even fantasize about beaches as I had when I was small. Nothing seemed real, not even the possibility of escape.

When I was 19, I found the rooms. I did so grudgingly, I griped and wailed through my first two years. But I stayed clean, I kept coming back, and things started to turn around. I went back to school and started doing well. I made a home for myself that, most of the time, I didn't want to flee. I started forging relationships with other recovering addicts, with other people who were trying to live each new day better than they had their last. And I began to change. One morning when I had just under 4 years clean, I remembered California. And the difference was, instead of living there in my head, I said, "I can do that." I went to school and when they said, "you can't do that" I said, "I believe I can. And I'm bloody well going to try." So I applied what I learned in the program. I used patience and willingness, open-mindedness, courage, and tenacity. I made a plan, I asserted my worth, and with the support of my friends in NA, I am now in California finishing my degree, living my dream.

I didn't know what to expect when I got here, but five years in these rooms has taught me that recovering addicts are the one thing I know I can rely on. So I went to a meeting. It was on the beach, it was 30 degrees, it was mid-January, and it was perfect. Until people started sharing. I judged everything. I've never been to jail. I don't know what a "sober" living is. I don't have tattoos that look like my arm is covered in encrusted vomit. I'm the only person in this circle that doesn't have an immunosuppressing or liver-destroying virus. I've never even heard of a tweaker.

This place isn't for me.

I left that first meeting utterly horrified, but I know myself and I knew I was lost if I didn't connect. I went to another meeting. It was worse. Long Beach meetings are rowdy. There are a lot of kids running around, there is very little order, people clap for everything, they talk through the meeting, and worst of all, they heckle people when they share ("So I was feeling really angry today..." "What do you mean today???"). I had a really hard time connecting, but I've learned over the past few years that if everyone else is doing one thing, and I'm the only one who thinks it's weird, then maybe in that context I'm the one who's weird. So I did something I've never done in my life before. I went into over-drive connect-or-die mode, and went out seeking my recovery with abandon.



Aloha from California

I got up at 5:30 one Saturday morning to navigate an hour and a half bus ride into Orange County to find Rick, a recovering addict who is a friend of EANA. I found the Bay Cities Area website and emailed them saying: "My name is Martha and I'm an addict. I'm new here and I need help." At every meeting that asked if there were visitors from outside the area, I said: "I'm Martha, I'm an addict, and I'm from Canada." And one day I realized I'd made it. As a result of all of that, I got to do a meeting on Newport Beach (the OC!); I went to the Greater Hollywood Area's Unity Day, at which I got to hear a speaker who has been clean longer than I've been alive; and now, whenever I walk into a room in Long Beach, somebody yells out, "hey, Canada!" (I guess they're working their way up to "Martha," but hey, I've been called a lot worse!).

This being away is a curious thing. I did not realize how much I would miss my home group, New Beginning, and the addicts that I see there every week; I did not realize how much I would miss my sponsor, who I don't call enough; and I did not realize how much I would miss my sponsees, who don't call me enough. So what's been happening is that I'm doing more meetings than I've done in my life, not necessarily to replace my home group (couldn't happen!), but because I feel rootless without one; I'm calling my sponsor on a weekly basis again so she can help temper my insanity; and I'm getting regular emails from my sponsees, who make me feel worthwhile.

The fear that I face being here is unbelievable, but with the program, not insurmountable. The defects of character that have revealed themselves to me now that I am alone again are horrifying, but with the help of my sponsor, they're not a reason to use. The old behaviours and acting out that are popping up to negate the overwhelming homesickness with which I am faced are pure insanity, but with the steps I know I have the power to choose another way.

When I was using, I was horrified by the prospect of change, uncertainty, or anything unfamiliar. Now that I have some clean time, and hopefully a bit of recovery, those are the very things that I have come to embrace. It's still a struggle to aim for the right things all the time, to even know what the right things are, but when I was out there I was trapped; today there is nothing more beautiful than possibility.

As a result of this program, instead of being engulfed by the debauchery that is Spring Break in California, I am now sitting on a Greyhound Bus tearing up the freeway to Los Angeles towards San Francisco – past orchards and vineyards, mountains and valleys, hills and vales – to visit another recovering addict who I watched come into the rooms of EANA almost 3 years ago now, who is still clean, still recovering, and down here living out his dreams.

If that's not freedom, I don't know what is.

Thank you for letting me share.

Martha



On the Subject of Medication

At a meeting recently, I brought up the subject of medication during my share. I was referring to medication in terms of anti-depressants, but the discussion quickly turned to pain medication. The basic text talks about medication and pain relief (pages 98-99), and cautions us about abuse. As an addict, I feel guilty about taking pain medication, but mostly I'm afraid. I'm afraid that the use of pain medication at this point in my recovery could lead to relapse. But the program says that pain medication is necessary sometimes and that we need to ask ourselves honestly if we are in enough pain to warrant it.

So how do we answer that question honestly when we know that we have diseased thinking and we have a disease inside of us that is just waiting for an opportunity to destroy us?

I am a practical-minded person and I feel that I have found a litmus test that works for me when it comes to pain:

If I do not feel my pain when I am lying perfectly still and only feel it when I move, then I call that discomfort as opposed to calling it pain, and would not feel the need to medicate for that.

If my pain is so great that I hurt even when I am lying perfectly still, I need relief. That kind of pain will drive me out of my mind. As far as I am concerned that is the kind of pain that requires medication.

I have experienced both of these types of pain during my recovery due to circumstances beyond my control.

There have been pounding headaches, pulled muscles, medical procedures and quite a few injuries. I use these very same questions to determine my need for pain intervention.

I have often been in the hospital and been face to face with a fully informed nurse who has been told by my fully informed doctor to administer pain medication, and I ask myself these simple questions.

There have been times that I have been able to opt out of narcotic medication and found my discomfort relief through other means. After asking myself these questions, I start asking questions to the medical staff, in order to find alternatives. It has taken perseverance (and even stubbornness) on my part.

(continues page 11)



On the Subject of Medication

(continued from page 10)

The treatment during one of my hospitalizations was a non-narcotic medication that caused hallucinations, sleeplessness and my veins to contract, among other things. My IV had become excruciatingly painful after being in for almost a week. I complained to the nurse only to be told that it couldn't be moved because my veins were contracted and they risked not being able to get another line in, and besides, she said, why did I want to put myself through having another IV put in???

The next time I complained, I was at the point that my arm hurt so much, it felt like it was being ripped from my torso. She offered a narcotic painkiller. I almost gave up at that point because I was terrified of taking that kind of medication. I was in so much pain that I was crying. I kept asking for relief and the medical staff insisted that there were no alternatives, that they could only provide relief through medication.

Even in my hallucinating-sleep-starved state I knew that it was completely ridiculous to give me narcotics for something that could be fixed by simply moving the IV.

I had to talk the medical staff into it. I found a way to waylay their concerns while I got what I needed.

Finally, they agreed, and I got relief in more ways than one. Thank God.

Thanks for letting me share.

Submitted Anonymously

WORDS OF WISDOM:

REMEMBER YOUR DREAMS!

ARGUMENTS WOULDN'T LAST LONG, IF THE FAULT WAS ONLY ON ONE SIDE.

WE ARE NOT HUMAN BEINGS HAVING A SPIRITUAL EXPERIENCE, WE ARE SPIRITUAL BEINGS HAVING A HUMAN EXPERIENCE.

LOVE WHOLE HEARTEDLY, BE SURPRISED, GIVE THANKS AND PRAISE - THEN YOU WILL DISCOVER THE FULLNESS OF YOUR LIFE.

SUBMITTED BY DOMINIQUE



Twelve Benefits of Doing Service

1. Service keeps you clean!
2. Service puts you in the middle of the program. Service helps you feel a "part" of something bigger than yourself.
3. Service gets you out of yourself; helping out helps you out.
4. Service makes you feel more at home at your home group.
5. Service furthers our primary purpose by carrying the message to the addict. We are responsible for keeping our meetings open, holding events, printing the DI, etc.
6. Service is the training ground for learning more about the traditions. "It usually isn't until we get involved with service that someone points out to us that personal recovery depends on NA unity and that unity depends on how well we follow our traditions.
7. Service is good practice for becoming a responsible, productive member of society and proving to yourself that you are capable of it.
8. You can do service with one day clean. You can be the coffee maker or greeter and these are the two most important service positions.
9. Service "tricks" you into recovery. It gets you to a meeting.
10. Service is addictive, but it's a good dependence.
11. Service helps you tolerate and work with those you might not see eye to eye with: "Anonymity is the foundation of all our traditions, ever reminding us to place principles before personalities".
12. **MOST IMPORTANTLY:** Service is fun! It works if you work it, so work it because you are worth it and live it and love it!!!



S E R V I C E P A G E

Monthly Service Positions at the Group Level

COFFEEMAKER: You can do this job with one day clean. You are responsible for making the delicious coffee at the meeting. It is imperative that you arrive a half hour early so that the coffee will be ready when the meeting starts. One more pointer: add a half cup more than the trusted servant suggests so the coffee tastes like coffee and not like coffee flavoured water.

GREETER: This service position is definitely a privilege. You get to give a warm welcome hug to anyone who walks in the door unless they specify otherwise. If so, you can still wish them a good meeting. If you want expert training on this position, go to Day by Day on Saturday night. They have an expert greeter there. Trust me!

CHAIR PERSON: This service position requires 30 days clean to 3 months, depending on the group (some group may require more). You are the facilitator of the meeting, but all you do is read straight from the meeting format. You do not have to make anything up. The fun part is choosing the people who will do the readings, choosing the speaker and most importantly choosing who will give away the newcomer keytag.

CLEAN UP: This is typically designated for the group. (Some people call the group the secretary). If you are one of these people, help out next time and see how good you feel after for getting involved in your recovery!!!

EANA Needs You!!!!

Fellow countrymen, I mean addicts; lend me your ears.....

Did you know that the Helpline receives on average of 1500 calls per month, and of that 1500, 8% to 10% of them are from English speaking addicts? Did you also know that there are currently no English speaking volunteers for the Helpline? Looking to do service? Well, it seems your golden opportunity has arrived.....

Training for the Helpline takes place the last Friday of the month, at 7 pm, at 4590 D'Orleans, Suite 212.

Want more golden opportunities? Here's another one.....

H&I carries the message to Hospitals and Institutions for those addicts who cannot make it to regularly scheduled meetings.

This sub-committee is in dire need of service.

The meetings take place on the first Tuesday of the month at 7:30 P.M., 6th Floor, YMCA Downtown.

CLASSIFIED ADS

DESPERATELY SEEKING SPONSOR

Musical mixed-race girl in her early twenties, 4 years clean as of publication. Seeks slightly bossy sponsor in touch with the darkness and being willing to put up with a crazy girl. Must be female and have worked more steps. Having more clean time is a big plus but not required. If you are looking for a sponsee or think you might be interested in sponsoring me, please go to the Wednesday night meeting Out of the Dark on Parc where I am most often seen. Thank you.

TAMMY

GET INVOLVED!!!

H.U.G. Heartwarming Universal Gift
H.O.W. Honesty, Openmindedness, Willingness



NEWCOMER PAGE

ACRONYMS FOR THE NEWCOMER

ASC: Area Service Committee
 D.I.: Daily Inventory
 GSR: Group Service Representative
 GSRA: Group Service Representative Alternate
 H&I: Hospitals and Institutions
 P.I.: Public Information

Things you might hear at a Meeting

Keep coming back *(this means you will never be alone)*

Keep coming back no matter what *(that means even if you have relapsed)*

Keep coming back, it works if you work it *(this means work the program, talk, call, do the steps)*

You can only keep what you have by giving it away *(even when you have 2 days clean, you might help someone with 1 day clean by sharing your experiences.)*

Do the steps *(this means that a 12-step program is in place. It is suggested that these 12 steps be followed with the help of a sponsor)*

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We are born to make manifest the glory of God that is within us. It's not just in some of us, it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

The above speech by Nelson Mandela was originally written by Marianne Williamson

Submitted by Josie

Keytag Milestones

Newcomer Keytag: Gives you an opportunity to start a new way of life. It lets us know that you are a newcomer and are seeking some support or help. It's the only keytag that you have to get by yourself.

30-Day Keytag: This means you have been clean for 30 days or more. You can start seeing and feeling the changes in you.

60-Day Keytag: What an accomplishment to be clean for 60 days!!!! This is when you basically start to understand the NA language and what it all stands for.

90-Day Keytag: By then, the clouds seem to dissepate and this seems to be the time when more group support is needed.

6-Month Keytag: Now, you've had to wait quite a while to receive some kind of acknowledgement for clean time. Good for you, for holding on.

9-Month Keytag: You're anxiously waiting for your one year. You're on new turf and it feels a little scary. Hang in there, it's ok.

1-Year Keytag: Now that you've had all your one-year anxiety attacks, you can relax and feel proud of your accomplishments (if someone tells you that your first year is the easiest, trust them, and stick around to find out for yourself what they mean).

18-Month Keytag: This is a critical turning point. You've gone through all the physical changes and this is when you find that group support, sponsorship, service and doing the steps become more and more necessary.

Multiple Years (2 years or more): So now you understand that the first year was a piece of cake. Now, you can share your experiences with someone else. Congratulate yourself for sticking around the rooms and doing it the NA way!



UPCOMING EVENTS

Convention News

<p>EANAC 6</p> <p>Nov. 26-27 2005 Days Inn 1005 Guy St. Montreal, QC</p>	<p>The Benefits of Fundraisers and Conventions:</p> <p>The benefits of attending or supporting fundraisers and conventions are to carry the message to the newcomer, to promote recovery, unity and a sense of belonging.</p> <p>These are celebrations of our message of recovery - "that an addict, any addict can stop using drugs, lose their desire to use, and find a new way to live".</p> <p>We are self-supporting, without contribution from NA members we have no funding, "the buck stops here". Also united we stand, divided we fall.</p> <p>The fundraisers are to raise funds towards the cost of the upcoming convention. It is much easier to come up with the funds all year, than the day of. These events raise funds for our AREA first, then Region and World to keep with our primary purpose to carry the message of recovery to all addicts who still suffer everywhere. It is our responsibility to give away what was so freely given to us by our predecessors, so that no addict seeking recovery need ever die from this disease.</p> <p>These events also show the newcomer that you can have a great time clean and that you are never alone.</p> <p>Christine H.</p>
<p>And the winner is.....</p> <p>The winner for the EANA 6 Convention Logo is:</p> <p>Sam M.</p> <p>The chosen slogan is:</p> <p>"Live Free, Choose the Path of Recovery"</p> <p>The logo will be revealed in the next DI, stay tuned.....</p>	



Anniversaries



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.

<p>April</p> <p>Apr 15 Steve H. 12y. Free on Friday Apr 16 Sharona 3y. Day by Day April 22 Lorne 4y. Free on Friday</p>	<p>May</p> <p>May 4 Naomi 18 m. Out of the Dark May 4 Josie 18m. Out of the Dark May 14 Renee 18m. Inside Job May 15 Jeffrey B. 8y. Take it or Leave It May 18 Jamie 1y. Out of the Dark</p>	<p>June</p> <p>Jun 8 Dominique 2y. Out of the Dark Jun 8 Alexandre 8y. Out of the Dark</p>
--	---	--



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
222.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/MEN'S MTG

SATURDAY

INSIDE JOB 12:00 NOON
4020 HINGSTON
TRADITION/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

Table with 2 columns: NAME, NUMBER. Row 1: 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.

