

The Daily Inventory

Summer 2005

Fond Memories as a Newcomer

INSIDE.....

*****NEW*****

The Newcomer Page

Astrology for Addicts

Personal Recovery Stories

Upcoming NA Events

Service Opporutnities in EANA

Upcoming Anniversaries

NEXT SEASON.....

HOT TOPIC:

LIVING THE PROGRAM



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

The sub-committee would like to thank everyone who submitted an article for the Daily Inventory. Our spring issue was well received by everyone and we would like to continue providing all of our members with this quarterly newsletter. We welcome your thoughts, opinions, reflections and insights. Our next topic for the fall issue will be "Living the Program". So enjoy the summer, but don't forget to send in your articles before August 26! See you in the fall !

"Fond Memories as a Newcomer"

We all have some faint memories of what it was like walking into the rooms as newcomers. When the sub-committee sat together on a beautiful Sunday afternoon and reviewed your articles, a couple of things became apparent to us. Firstly, we are all newcomers, no matter how much clean time we have, and secondly, most of our memories as newcomers were not fond, but rather hellish. It's by coming back that our memories become fonder! Thanks to all of you for reminding us of this.

"Living the Program"

How do you practice what you preach? Do you walk the talk or do you just talk the talk? Does the message you give in meetings about living a life free from addiction actually mirror the reality of your daily program? We thought this topic would be interesting to see how you live the program and what does living the program mean to you? How do you practice HOW: Honesty, open-mindedness and willingness? Do you have a special place in your heart for one of the cornerstones of your program? Please share your thoughts, opinions, reflections and memories with us.

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★ Next Issue ★

Hot Topic : Living the Program
 Anniversaries between Sept. 12 and Dec. 10
 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 Aug. 26, 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

~ Fond Memories as a Newcomer ~

Entering NA created a new environment of spiritual outreach for me. Though I attended my first meeting feeling low, confused and in hellish defeat I felt uplifted by the basic and inviting text readings, generous hugs and affirmation of my existence and self-worth. The best aspect of recalling my first few meetings stems from attaining the same feeling each time I attend a meeting, but differs according to the area of self-growth and connection I receive and give. I also recall thinking of NA as pulling in people the way a cult might, reading the text and feeling suspicious of readings calling us to focus on the negative aspects of ourselves and I realized how much more negative and self-destructive using drugs inflicted upon me and my life. I also recall worrying about gaining more time with NA and later finding a catch, some sort of binding contract, something to empty my pockets, but found instead only trust and faith and a resounding hope for myself and others at each meeting. I look forward to meeting new people, building new memories and continuing to work on my life and on recovery, strengthening my foundation of love and creativity with the guidance of divine and holy wisdom from my Higher Power.

I am still a newcomer, yet I have many fond memories already. I first walked into the rooms of another fellowship. Apart from being terrified, and almost completely in denial that I had any addiction problems at all, one memory shines. I looked around at all the clear-eyed easy smiling faces, and realized that I had never been in a room full of clean people before. The peace, the serenity there, overwhelmed me. I wanted what they had... And now, some two months later, I feel my feet falling one in front of the other, down that very path. And it has led me very recently, into my first NA meeting. I instantly knew that I had come home. This fellowship speaks to me, and the nature of my multiple addictions. It understands the beast inside of me. It shows me, through newcomers and members with multiple years clean, that there is a way... And together we can find it. A journey, one day at a time- clean and serene- towards a new way of life.

Shari

Nixsy

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

FOND MEMORIES OF A NEWCOMER

I don't know if anyone really has fond memories of being a newcomer in recovery. At least it's not true for me. I was a chronic drug user for almost 30 years and I didn't know how to stop. I was desperate and it was my desperation that brought me into the fellowship. I always had good intentions regarding trying to stop using drugs on my own. I always planned to stop tomorrow. The only thing was that tomorrow never came. The days turned into weeks, months, years and decades. Nothing changed except that my life continued to slowly, yet steadily, spiral out of control. I was caught in the grip of an addiction that showed no mercy in regards to my good intentions.

I attended my first meeting on March 7, 2003. It was a frightfully cold and dark late winter evening. I sat alone in my car staring outside the meeting venue wondering what should I do? Do I take a chance and go to the meeting or do I start the ignition and take off somewhere else? I would have preferred to take the second option. After all, I was accustomed to taking off somewhere else in my mind, whether it was through drugs or other compulsive, but equally destructive behaviour.

I was faced with a dilemma: if I left without even attending the meeting, would I bother to come back? Yet, I knew that just by entering the meeting room, it would mean confronting a reality I didn't want to face. It meant admitting to others, and more importantly, to myself- that I'm an addict with a serious problem. It wasn't something I aspired to become when I was a child. But childhood dreams do fall by the wayside and those dreams are sometimes replaced with night-

mares of our own making.

From then on, it can seem like life follows a certain course and there's nothing you can do to change it. Before you know it, you start making bad decisions, doing things you didn't think you'd do, and so on. You go with the flow thinking all is well despite the self-inflicted insanity, until boom, one day you wonder how you got to where you are. I was adept at manipulating myself into thinking all was well with my life even though I didn't understand why I couldn't stop using drugs for even one day and why I was acting so insanely. In fact, I was convinced that my behaviour and thinking were normal and the world around me was crazy.

Coming into the fellowship meant I would have to eventually start to expose myself, to slowly reveal all my weaknesses and vulnerabilities.

It meant I would have to examine aspects of my life that I would have preferred not to deal with, such as two failed marriages. It meant I would have to confront my fears about not wanting to live life on life's terms. It meant having to accept responsibility for everything that happened to me in my life, good and bad, admitting I was the only person who made the choices I made and accepting the consequences for all my actions. It meant having to develop and learn new strategies for living life without drugs, such as reaching out to other people. Worst of all, it meant doing something I always tried to avoid: living life on life's terms as a mature and responsible adult. Was I prepared to do all of this?

I think I was, because after a lot of hesitation I did go to the meeting. The hardest thing I did was to pick up the newcomer key tag. That was the first step in my process of



HOT TOPICS

FOUND MEMORIES AS A NEWCOMER

trying to turn my life around. Unfortunately, it wasn't the magical potion I assumed it was, the panacea that would miraculously cure me of my obsession forever. Almost six months later, I relapsed. I came back, picked up another newcomer key tag, and just over three months later I was out using again. Fortunately, I can be very persistent and tenacious when I want something badly enough. I wanted recovery badly enough that I came back a third time and picked up another newcomer key tag. I've been clean now for almost ten months, a remarkable achievement for me.

The relapses did teach me a valuable lesson. It taught me to get off my high horse and stop thinking I was better than everybody else. It was a very humbling experience to realize that my addiction is stronger than I am and that I'm powerless over it. I don't control my using, I never did. It always controlled me until I learned the concept of surrender, letting go and reaching out to others. I lived to use and used to live, as the saying goes. It also taught me that recovery requires constant and persistent work and effort. If I start to slack off and think that I don't need to keep working at maintaining my clean time, I've already started to set myself up for a relapse. Recovery requires daily maintenance. Despite all the changes and difficulties I've experienced in my recovery, there's been a very subtle but significant shift in my think-

ing. I don't think about using very much anymore, although the thought does creep up from time to time. Instead, I live for recovery and I try to focus my thoughts and energy on all the benefits that I've received in the short time I've been in the fellowship. I've met many remarkable people and I've heard many awesome shares. It's the people and their stories that have inspired me to persist in my struggles to try to stay clean just for today, one day at a time.

In many ways, no matter how much clean time I accumulate, I feel I'll always be a newcomer. That's because no matter how many meetings I attend I always manage to come away with something from every meeting. In a way it feels as if I only started to learn how to live life when I came to my first meeting. And in a lot of ways, I have a lot more to learn and that's why I keep coming back to meetings. It's almost as if I've been given a second chance at living. Maybe now I can learn how to dream again and steer my life towards more positive aspirations using all the tools that I've learned in recovery so far.

John J.



Fond Memories as a Newcomer

On Thanksgiving Day 2004, at a family gathering, I was shown the door and I took it. There outside on the porch, I never felt so lonely. I switched to harder drugs but they wouldn't work anymore, increasing instead of releasing my constant fear and paranoia. A month and a half later, I hit bottom.

I'm in bed, staring at the wall, suicidal.....I'm too lonely, it's useless.....If only I could talk to someone, but who? It's 3h00 a.m, and who wants to talk to me.....Then I thought.....anyone.... with a drug or alcohol problem.....the 24-hour open-recovery chat.....

I jumped out of bed, it was like being struck by lightening. I don't want to die, I just want the pain to stop! I went online and wrote: "I have suicidal thought, I need HELP! Someone HELP me please!" And finally, for the first time, I admitted: "I HAVE A PROBLEM WITH DRUGS". I didn't know him, who he was.....I had never talked to him before, but Shovelhead (nickname), an addict in recovery, was there and he heard my desperate cry for help. He said the magic words: "I HEAR YOU! YOU'RE NOT ALONE! YOU'RE AT THE RIGHT PLACE!" I had been saved. Then he asked me if I had drugs with me, he knew! He told me I didn't have to use anymore. "Go and flush it", he said, "you can do it!" And I did, I was DONE with drugs!

Then he talked to me about Narcotics Anonymous for my life. He gave me the NA website address, and there I found "Out of the Dark on Park" and I attended my first meeting that night.

I identified myself as an addict with one day clean, got up and took the newcomer key-tag. I learned I have a disease of addiction, that alcohol is a drug.....PERIOD! That in order to recover I must abstain from all drugs. I am forever grateful to Shovelhead for being there and for his help on that early November morning when I hit rock bottom. Because an addict helping another is without parallel. I got clean and I stayed clean!

The moment I admitted I had a problem with drugs, I was shown the way to recovery, the NA way, and I took it. I never felt lonely again.

In NA: Never Alone.....with other addicts who understand like no one else; in the meetings with them, I find support and help with my drug problem and I stay clean. I don't have to use anymore.

JOHANNE A.



Fond Memories as a Newcomer

Sadness, guilt, embarrassment, shame and an acute sense of loneliness. These are the things I expected to see in an NA meeting, because these were the emotions I was experiencing.

The reality was that I saw other addicts who displayed happiness, pride, joy and an unerring belief that life would be better the longer they stayed clean. There was talk of "keep coming back" and "give it a chance". The readings at the beginning of each meeting struck a cord with me, along with the suggestions that the meeting's secretary spoke about. Then I heard the word "God" and I began to doubt. My life experience didn't give me a great deal of time to dwell on a God. God was this mystical belief that ran counter to everything I had done in my life. Lying, stealing, cheating, deviousness, drug taking and heavy drinking were not attributes that anybody's God encouraged, and so I began to waver.

Perhaps a month later, I took the time to talk to another addict after a meeting, and this person explained that a "Higher Power" was both the official language of NA and perhaps much more accurate. I read the basic text, listened to the shares of dozens of other addicts in meetings, until I came to understand that my Higher Power was that "voice" inside myself that told me what was right and what wasn't. I am my own God.

I'd like to say that these are my fond memories as a newcomer, but the truth is that I am today, and probably always will be a "newcomer". Each meeting brings different viewpoints, new perspectives, and evolving feelings. My recovery process is constantly in flux, never static. I'll keep coming back.

Bill M.



Fond Memories as a Newcomer

First of all, I'd like to be really honest here. When I first came in, my mind was so muddled with using and the lifestyle that goes with it that it was very, very difficult for me to relate. I was very suspicious of everyone and everything that NA stands for. Even though people approached me wanting to help, I did not feel safe or that I was "home" as others seem to have felt! The bar was still very much my home....I had originally gone to NA out of guilt. Instead of taking care of my child (she was 3 at the time), I had been on a 3-day drug binge and as I was coming down, the feelings of shame and remorse surfaced hard (I don't know if any of you can relate). It was common practice for me to use like crazy, ignore my responsibilities completely and then once I came down from the drugs want to quickly *fix* everything by saying: "I promise that was the last time! I'll never do it again" Look, I'll go to those meetings! I'll lock myself in the house! I'll quit working at the bar! I'll go back to school!" And so, my first meeting was one of those times and as I regained some strength and staying clean began getting on my nerves, I'd go back to using. It was only years later after seriously hitting a bottom like I'd never experienced before, did I really listen to what my sponsor and others in the rooms were trying to tell me all along.....And the STEPS became my greatest lesson and fondest memories as a newcomer.

Just as a side note: I've had the opportunity to experience a World Convention a while back and a speaker with eons of years clean was saying that we're still newcomers until we've reached 5 years clean, therefore I've just passed that hump (phew!) at 5 1/2 years now (it might sound a little harsh for those who've never heard of such a thing but I certainly believe it!).

Hence, my fondest memory as a newcomer was what I learned from writing and living the first step. So, what did I learn exactly? A lot.....Originally, I learned what it was I was suffering from in the first place. I didn't know it was a disease until I came to NA. I just thought I was crazy. I couldn't for the life of me understand why I needed to always get high. The thought that maybe I had become addicted was too preposterous also. I had wanted to stop for a long time, especially when Emily (my first child) was born but only managed to stop for the pregnancy, and then I thought I could go on without using only to find myself finishing off my mother's beer.....I was home, on welfare with my newborn drinking my mother's unfinished bottles of beers.....And for me the deal was once I got a little booze in my system, ALL I could think about was leaving the house and wanting to party, party, party! I just couldn't say no! Enough is enough, I'm starting a new chapter in my life, I have a baby, and I should finish school, get a good job, find a nice man and settle down. I couldn't even sit down! I couldn't wait for my mom to get home from work (I was living with her at the time) so I could leave Emily with her (never mind that all she wanted to do was unwind and get drunk herself!). I really thought that I belonged in a nut house for thinking and doing the things that I did. I was never, ever happy... I had become paranoid and always on the defensive. I was incapable of trusting anyone including myself. I always wanted to *fix* others, control them, and mould them to my liking. I always wanted something. I always wanted to be somewhere else, I always wanted to be someone else, and I always wanted to be *with* someone else. I always wanted, wanted, wanted....and when I didn't get what I wanted, I blamed, blamed, blamed! I blamed God, my parents, my boyfriends, my friends, my bosses, even my children (I was in denial most of my life). "If only, if only" was my motto.....

Until finally, I was too exhausted to continue with the life I was leading and so scared of where I was heading, I was as the NA literature so eloquently puts it: "emotionally, physically, spiritually bankrupt"! I had genuinely become a "prisoner of my own guilt" (Basic Text). When I read the first step (over and over), I understood finally what was going on inside of me. Actually everything made sense and it's funny because my last relapse



Fond Memories as a Newcomer

coupled with what I was reading and writing in the first step made it all the more clear to me.....I could finally ADMIT my powerlessness. And it wasn't just about drugs; addiction has many, many symptoms. The obsession and compulsion are the obvious ones but the ones that really pulled it all together for me were the denial, guilt, justification, emotional volatility, distrust of others, embarrassment and so on (p. 20 Basic Text). My sponsor strongly suggested that I look all those words up; she wanted me to seriously get to know my disease. I had to study it so I knew what I was up against!

I also learned about *surrender*, and that was a breakthrough in my life.....What a concept, I had always thought that surrender meant to shrivel up and become weak, needy and pathetic. When finally I had to do some serious visualization and picture myself in a boxing ring with my *disease* pounding the living daylights out of me, over and over and me getting up and instigating more and my disease = crazy lady just loving every punch to my face, body and eventually my soul! Finally, in utter desperation, I throw my hands up in defeat and say: "OK, YOU WIN! I GIVE UP!" The strangest thing happened; I didn't feel like a loser. I actually felt like I WON!!!! And with that feeling came ACCEPTANCE of MY true powerlessness in the face of this disease. My sponsor also told me to get honest and to start taking responsibility for my actions; I had to stop blaming everyone and everything.

I had to get rid of all my reservations that I held onto. The one reservation that took me awhile to rid myself of was if ever I lost one of my children I thought for sure that would give me the right to use again. It finally dawned on me that my daughter was growing up and becoming more and more aware of what I was doing. During my last relapse, she threw herself in front of the fridge begging me not to drink anymore, "please, go back to those meetings!" she cried. I pushed her aside and drank even more after that! That image still haunts me to this day.....And that image is what helped me through that reservation. If (God forbid) anything were to happen to her or her brother, I pictured them sitting on a cloud watching me and making damn sure that I didn't go back to using over their deaths, even if my heart were to break into a million and one pieces... Because of this step, I am clean today and working actively on my recovery (I'm on the 8th step now and discovering even more neat stuff about me). Because of this step, I am facing life on life's terms and not getting completely destroyed at every bad turn that comes my way. Because of this step, I am living life to the best of my ability. Because of this step, I get along much better with people, I used to avoid conflicts only to find myself knee deep in them all the time. Today, I can accept other's opinions and life decisions AND still respect mine. I am a much better sponsee, mother, girlfriend, and friend and inevitably (women actually ask me to sponsor them today) a sponsor!

I also remember being very lost and quite confused too as to what to do now that I had relinquished trying to control everything and that's when the second step sure came in handy, but that's a whole other experience which I will spare for now. All in all, I thank God for this step, and I thank my first sponsor for introducing me and guiding me through it. Very simply and yet so deeply it's saved my life!

My name is Sandra and I'm an addict!



SERVICE PAGE

Service Works

Hi Everyone! I am an addict!

When I first came to the rooms of Narcotics Anonymous, I had been alienated for such a long time that I had lost most of my confidence which made me very scared of people. I had lost the ability to communicate properly and I could not express myself in any social context. I also didn't know how to deal with real life situations but the people made me feel like it didn't matter and that I was welcomed no matter what.

I kept coming back and was feeling part of the rooms, and I was able to gain a little bit of self-esteem back and start feeling better about myself. After a while, I took some commitments at the group level. First, I made coffee and I set up the chairs.....this made me feel useful, like I had a purpose. One day, my friend suggested that I stay for a business meeting and I was nominated for a chairperson position. At first, I was very nervous but from doing some readings at the beginning of meetings, I felt more at ease and was able to do this.

Doing service became the most rewarding experience ever. It made me feel like I could help someone beside myself. After taking various positions, my sponsor suggested that I go to an area meeting and see how NA really works at all levels. I then showed interest in doing service at the area level and was given the GSR position. At first, I felt a little worried. It was a bigger responsibility but with the help of other recovering addicts at my side, I know I can accomplish almost anything.

I am very grateful for the suggestion that I took and for the addicts that gave me these suggestions. I am now able to use this experience in my personal life which is a blessing on its own.

I now realize how much service really has helped me in my recovery.....Service Works!

My gratitude speaks when I care and share the NA way.

Signed: A satisfied customer of Narcotics Anonymous.

Thinking about doing service? H & I needs you!!!! H & I carries the message to Hospitals and Institutions for those addicts who cannot make it to regularly scheduled meetings. This sub-committee desperately needs your help. Meetings are held on the first Tuesday of the month at 7:30 P.M., 6th Floor, YMCA Downtown.

Do you know that you can do service from your house? The Helpline is seeking English speaking individuals to answer English calls. After a short training session which is held on the last Friday of the month, at 7 P.M. at 4590 D'Orleans, Suite 212, you will be able to answer calls and help other addicts in dire need! You won't regret it.....cause Service Works!



NEWCOMER PAGE

While at a meeting, you might hear some sayings that you can't quite understand. We're here to help you sort it all out!

SECRETS GROW IN THE DARK:

If it's locked in your head, it just gets bigger and wilder. If you expose it, bring it to the light, it begins to lose its power.

THE MASKS HAVE TO GO:

Unless you work for the circus, or some other identity, the masks have to go. Being a chameleon is not a requirement. In other words, stop hiding behind the mask, and start exposing your true self.

DO THE STEPS OR DIE M.....F..... (fill in the blanks)

The steps give you the opportunity you've been looking for to go in there and grab the bull (or in this case the disease) by the horn. The steps also show you the way to the light.

YOU CAN'T SAVE YOUR ASS AND YOUR FACE AT THE SAME TIME

Time to get honest! Get to the core. The BS has got to go. A little humility goes a long way.

FEELING IS HEALING

The more you talk, the better you feel. The better you feel, the better you heal. Crying is healing, crying is feeling. Feeling and healing is like giving and taking.

DON'T LEAVE UNTIL THE MIRACLE HAPPENS

You've come to realize that the miracle has happened/is happening. Everyday clean is a miracle. To be powerless and surrendering is a miracle.

INSANITY IS DOING THE SAME THING OVER AND EXPECTING DIFFERENT RESULTS

Despite the warning signs that our drug use was out of control, we continued trying to justify it. On the other side of the coin, being restored to sanity means that we longer have to use drugs.

As our recovery progressed, we became increasingly aware of ourselves and the world around us. Our needs and wants, our assets and liabilities were revealed to us. We came to realize that we had no power to change the outside world, we could only change ourselves. The Program of Narcotics Anonymous provides an opportunity for us to ease the pain of living through spiritual principles.

We are very fortunate to have had this program. Before, very few people recognized that addiction was a disease. Recovery was only a dream.

The responsible, productive, drug-free lives of thousands of members illustrate the effectiveness of our program. Recovery is a reality for us today. By working the steps, we are rebuilding our fractured personalities. Narcotics Anonymous is a healthy environment for growth. As a fellowship, we love and cherish one another, supporting our new way of life together.

(Basic Text, Chapter 10).



UPCOMING ÉVÉNEMENTS

Convention News

Introducing, the new convention logo:

As mentioned in the last DI, Sam M. was the winner of this year's convention logo. We are proud to display it for you in this issue of the DI (you've seen it here first people!)

EANAC 6

Nov. 26-27 2005
Days Inn
1005 Guy St.
Montreal, QC

This year's convention song is Heaven by Lost Lonely Boys. Below you will find the words to the song, we thought it would be a great idea to print them.

EANAC 6 Montréal 2005



Live FREE - Choose the Path of Recovery
Vivez LIBRE - Choisissez le chemin de rétablissement

HEAVEN

Save me from the prison
Lord help me get away
Cause only you can save me now
From this misery
Cause I've been lost in my own place
And I'm getting' weary
How far is heaven
And I know I need to change
My ways of livin'
How far is heaven, Lord can you tell me
Cause I've been locked up way too long
In this crazy world, how far is heaven

I just keep on prayin' Lord
Just keep on living', how far is heaven
Lord can you tell me, how far is heaven
I just got to know how far, how far is heaven
Lord can you tell me
(translated from Spanish)
(You that's in a higher place
Send me down a blessing)
Cause I know there's a better place
Than this place I'm livin', how far is heaven
And I just got to have some faith
And just keep on giving, how far is heaven
I just wanna know how far



UPCOMING EVENTS

On behalf of the Activities Sub-Committee, I would like to take this opportunity to thank all those who participated and helped out at the Learning Day. It is only through you, the Addicts, that we again had a successful day. Congratulations go out to Samantha M. on winning the Registration Package to EANAC 6. Thank you for letting me serve.
Mary-Ellen

In honor of the 20th anniversary of the CSL of Montreal, their helpline, the PI sub-committee and the 10th anniversary of YCNA, a special event will be held, including a softball tournament, BBQ on site, historical shares, and many other activities. The date for this event is June 18 at the park located at 7501 Rondeau. If you would like to be part of the softball tournament and be part of the EANA team, contact Yannick-Alain at (514) 951-9220 or email him at alaingauthier26@yahoo.com. Support your area and your region by being part of this fun-filled day.
Recovery is about having fun too!!!!

E.A.N.A.C 2005 MONTREAL GOLF TOURNAMENT VEGAS STYLE

Lafleur's Golf Club: Route 207 St. Isodore Road Kahnawake, Qc (450) 638-0274
FRIDAY, AUGUST 26, 2005

- * Breakfast will be served from 7 am to 8h30 am
- * Tee off at 9 am
- * \$60 per person
 - Golf cart
 - 18 holes
 - Breakfast
 - Prizes

Registration cut-off date is August 19, 2005
Mail cheque or money order with your contact info to:
E.A.N.A.C
P.O. Box 453
NDG Station
Montreal, Quebec H4A 3P8

For further information, please contact Darryl G. at (514) 823-1236
This event is an E.A.N.A Convention Sub-Committee fundraiser.
Support your own recovery by support your AREA!



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.

June
Jun 16 Robert 3 y. Circle Thursday
Jun 19 Leanna 3 y. Take it or Leave It
Jun 25 Bill 1 y. Day by Day

July
Jul 11 Mike 1 y. Step by Step
Jul 13 Daniel 2 y. Out of the Dark on Park
Jul 22 Ord 16 y. Free on Friday

August
Aug 12 John J. 1 y. Free on Friday
Aug 18 Niki 1 y. New Beginning
Aug 20 Lucille 8 y. Day by Day



ASTROLOGY FOR ADDICTS

ARIES: Narcotics Anonymous has only one promise: freedom from active addiction. There are no magic wands. There may be many obstacles in your path right now, but you must use what you have or you will lose what you have.. There is no instant "cure", there is only life on life's terms. I think it's time to write a gratitude list.

TAURUS: Your best thinking got you into Narcotics Anonymous. If you are feeling blocked or stuck right now, it might be because you are running on self-will. It might be a good idea to practice some open-mindedness and willingness right now and take that suggestion from an old timer that makes you cringe.

GEMINI: Remember, recovery comes first! Big things might be happening in your life right now but you need to remember where you come from. I think it's time to get your ass to a meeting.

CANCER: Don't be so hard on yourself Cancer! I think it's time for you to do a moral inventory on yourself (Step 4), so you can realize that you are not your past. You are not your character defects. Also do something good for yourself (i.e. go to a movie, make yourself a nice meal, go to the park, etc.)

LEO: It is time for you to take stock of all that you have learned and how far you have come in Narcotics Anonymous. Write a list of 10 things you like about yourself every day because it is terrifyingly easy for the old thinking to creep up and have it's grip on you, especially since you have been putting yourself down a lot lately.

VIRGO: You are on your way out the door Virgo. It's time for another ninety meetings in ninety days. It's time to go back to the basics. Shut up and listen and let yourself be nourished by those who have been exactly where you are! You are not alone!



ASTROLOGY FOR ADDICTS

LIBRA: Remember recovery is a selfish enterprise. It is better that the person beside you go out than you. You have been keeping things bottled up inside. Please open up about it at a meeting or with a sponsor. Remember secrets grow in the dark.

SCORPIO: Service is definitely in the stars for you right now Scorpio. Go to a meeting early and help set up, make coffee. If you have some clean time, go to the Area and volunteer for the H & I or Literature subcommittee. You need a boost in self-esteem right now. You need to do service.

SAGGITARIUS: Feeling is healing. That is part of the miracle of recovery. Let go and let God. Pray every day this week, especially the Serenity Prayer and the Third Step Prayer.

CAPRICORN: Vigilance is a must these days Capricorn. Please be vigilant with your morning routine of recovery (reading the Just for Today, praying, journaling). Remember your disease is cunning, clever and insidious.

AQUARIUS: Stick with the winners Aquarius! Remember we must change our playmates, playground and playthings in recovery. When is the last time you called your sponsor? Call your sponsor everyday this week. Call a newcomer everyday this week!

PISCES: We can only keep what we have by giving it away. Where can your talents be put to service in Narcotics Anonymous? You have been hiding them for too long. It works if you work it, so work it because you are worth it!

Disclaimer: The author of this article is not a professional astrologist, but rather an addict who knows what's good for other addicts. She will not be held responsible if the outcome is not as predicted. (We do, however, think she has a future in Astrology.....)!



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

| 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.

