

The Daily Inventory

Winter 2005

The Gifts of Recovery

INSIDE.....

The Newcomer Page

Laughter: Best Medicine

Personal Recovery Stories

Poems

NA History

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Upcoming Anniversaries

NEXT SEASON.....

Spring Fling

HOT TOPIC:

Cross Talk



Statement of Purpose:

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

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Committee Notes

One whole year has gone by since the new DI committee got together. It's hard to believe how quickly time flies. With Christmas just around the corner and only a few shopping days left, we would like to extend our sincere best wishes for the holiday season and may all your dreams come true in 2006! Our heartfelt appreciation to all who have contributed to the DI in 2005 and remember to keep those articles coming!

On a personal note, I would like to thank Naomi and Farin for all their dedication and hard work (Naomi, keep bugging everybody). It's been a great year. It's now time for me to pass the torch onto someone else. Good luck in 2006. God bless!

Dominique

"Gifts of Recovery"

You better watch out / You better not cry / Better not pout / I'm telling you why,
 Santa Claus is coming to town / He's making a list / And checking it twice; /
 Gonna find out who's NAUGHTY AND NICE / Santa Claus is coming to
 town / He sees you when you're sleeping / He knows when you're awake/
 He knows if you've been bad or good / So be good for goodness sake! / O!
 You better watch out! / You better not cry / Better not pout / I'm telling you
 why / Santa Claus is coming to town / Santa Claus is coming to town!!!
 (traditional American Christmas carol)

"Cross Talk"

Cross Talk is such an ambiguous issue!! NA meetings do not generally have cross talk guidelines in their meeting formats. So you are free to say whatever you want at a meeting about what someone may have shared about, positive or negative feedback. What you say about what someone else has shared may be a compliment or intended to help them out but you may have actually alienated them in the process. What do you think about cross talk? People have very different ideas about this. Where do you stand? Are you a cross talker or cross talkee. Share your experience, opinions and suggestions about this issue with the DI. For a preview of the next issue go to page 3.

* Next Issue *

Hot Topic : Cross Talk

Anniversaries between March 12 and June 11



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

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



Deadline February 24, 2006.

SUBMISSIONS MUST BE RECOVERY ORIENTED AND USE NA LANGUAGE.



PLEASE FORWARD YOUR SUBMISSIONS

 daily.inventory@eana-mtl.org




OR

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

OR

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

OR

 in person
 

the **DAILY INVENTORY SUB-COMMITTEE** meets
 the 4th Sunday of every month at 1:00 PM, 1440 Stanley, rm. 508



CROSS TALK

When asked to write a brief word about cross talk I had to jump at the opportunity. I think that one of the fundamental issues of drug addiction is the lives of quiet desperation that people lead. Going about the daily routines of fulfilling their obligations to the machine without ever being acknowledged. And for the first few months I attended NA meetings, it seemed to me that there was a foundational flaw to the program in that the rule about cross talk disallowed that what was being said would be acknowledged.

A couple of months ago a newcomer to the ACA meeting I attend (Adult Children of Alcoholics and Dysfunctional Families) asked me about cross talking- if it was alright to acknowledge what somebody else said when she shared. Pretty much without thinking I replied that it was OK to reference what somebody had said - "So and so reminded me of something... I think so and so's idea is important because because..." - but that it was NOT acceptable to respond directly to it - "So and so is right." And it is NOT acceptable to reply in a negative manner - "You're wrong." IT IS OF PRIMARY IMPORTANCE THAT EVERYBODY BE ABLE TO SHARE WITHOUT FEAR OF REPRIMAND. This person struck me as intelligent enough and well-mannered enough to heed my Grandma's advice of "If you don't have something nice to say, then don't say anything at all."

Yet, I still go to every meeting expecting that if I share openly and honestly somebody is going to puke on me. And when I think about it - they always puke on me after the meeting is finished while clean-up is going on and people are lighting up cigarettes. Which is the right thing to do. First - they are acknowledging what I said. Secondly - they are doing it outside the forum of sharing. They are not cross talking.

Likewise, people have offered me advice, thanked me for something I've said, or suggested coffee and discussion after meetings have wound up and clean-up has begun. Which brings me full-circle, back to the issue of acknowledgement. NA offers an incredibly rich diversity of "human" experience in its fellowship. And this, what with being "human" and all, leaves lots of room for discord. Which is why, I believe, the rules about cross talk are in place. They allow everyone an opportunity to express their unique experience of life, and they offer that opportunity with some sense of security. And the opportunity for acknowledgement exists in the meeting after the meeting, in the relationships between sponsor and sponsee, in the activities and conventions organized by NA, and in the friendships established within the rooms that move into our daily life experience and that become the meaningful substance of our lives. And yes, inevitably, the Daily Inventory is a forum to acknowledge what you have learned and to share with those whom you have learned to respect.

FARIN

Next Season's **Hot Topic:**

Cross Talk

Please Forward Your Comments and Opinions to:

The Daily Inventory for the Spring 2006 Issue



NA HISTORY

1. What is a "rabbit" meeting?
 - a) a meeting that is never in the same place twice in a row,
 - b) a meeting where you hop around while other people are sharing,
 - c) a meeting that endorses the playboy bunny symbol as the official NA symbol,
 - d) a meeting that in its preamble claims that Bugs Bunny is the official Higher Power.

2. What is the original 13th step?
 - a) Men stick with the men, women with the women,
 - b) Now you are cured, you are no longer powerless over addiction,
 - c) God help me,
 - d) After having had the spiritual awakening, practicing the principle in all our affairs and carrying the message, we continue to write submissions for the DI every 3 months.

3. What was the first NA newsletter?
 - a) The Voice,
 - b) The Voice of NA,
 - c) The Daily Inventory,
 - d) The NA Way.

4. Which piece of NA literature was written in 1963?
 - a) We Do Recover,
 - b) Recovery and Relapse,
 - c) The 12 Traditions of NA,
 - d) Another Look.

5. Under what circumstances was the NA logo designed?
 - a) Bill B. designed it to hang outside his barber shop,
 - b) Sylvia M. designed it shortly after writing "What Can I Do?" in 1960,
 - c) Les H. designed it as one of the signs to have in meetings held in hospitals and institutions,
 - d) Jimmy K. designed it in one of his last battles with tuberculosis.

Answers can be found on Page 13



Eternity: A Song of Addiction

I can't recall the light of day.
It's been so long since I have gone astray.
Oh how, I miss the sun's bright glow.
I was turned, such a long, such a long time ago.
And now I shun all that is bright.
All I have left is this long dark night.
Oh how I am wearied.
Oh how I ache.
I can never escape.
This darkness around me.
And now it is time for my long, long sleep.
Deep in the earth my shell to keep.
For a thousand moons, or maybe years.
It's the only way to escape this eternal fate.
Oh sleep sweet, sweet, sleep
Oh I can't go on.
No I won't go on.
I can't recall the light of day
And now I shun all that is bright.
Oh how, I miss the sun.
I was turned such a long, such a long time ago.

written by Lokigui
submitted by Jason B.



service page

celebrate your recovery!!
get involved in eana:

open service positions:

H&I Chair and Vice Chair

Activities Chair and Sub Committee

RCM and RCMA

Literature Treasurer (this position really needs to be filled)

The EANA Area meeting is every second Sunday of the month at 10 a.m. sharp at Downtown YMCA room 508.

There are always a slew of open service positions at the group level. Go to the next business meeting, typically the last meeting of the month and show your true recovery colours.

“Working with others is only the beginning of service work.”

Basic text, page 56

“Service gives us opportunities to grow in ways that touch all parts of our lives.” Basic text, page 95

“Separation from the atmosphere of recovery and from the spirit of service to others slows our spiritual growth.” Basic Text, page 97



The Gifts of Recovery: Naughty or Nice

During my active addiction, the gifts I received from my lifestyle were mostly naughty gifts, which is a nice way of putting it. The gifts I remember were mostly misery, loneliness, despair, desperation, isolation, pain, disgust, disease, resentment and a sense of pending doom. I never thought that there could be a light at the end of this tunnel, for me.

The gifts I have received in my recovery, and these I consider truly gifts, have been beyond my dreams and I continue to be amazed at what life has to offer me when I am clean.

I think that life is a blank canvas and it is up to me to color it in with my dreams. Sometimes it takes a while to figure them out as I grow and sometimes they change. But, it is my canvas and only I can color it. I take my time but I no longer waste time. The canvas of my past has been changed through the steps and I continue to change it as I work them every day and soon it will be hidden from your sight but just enough will come through to remind me of where I came from so I never go back.

I get what I put into my life today and the more I give of myself, the more I get. People's needs are not above mine today, they are equal and this makes my life full. I fill it with the gifts of recovery. I am definitely a responsible, caring, loving addict and person today in every aspect of my life. However, like every masterpiece, I am not perfect nor do I ever want to be.

I can say that all gifts are nice today and the only naughty ones I receive now are the ones that make my marriage a whole lot of fun. A little spice is nice, as they say. So Santa, just for today, I wish to stay clean just one more day! Best wishes for a peaceful holiday season.

From an Addict Named Christine H.

Today, I choose Nice over Naughty any day. The most valuable lesson I learned when coming into the rooms is that I was worth much more than I thought, and that sleeping with men (being naughty) was not empowering but quite the opposite, I gave up my power each time I sold myself short. As I worked my steps and listen to my inner self, I discovered that I was hiding behind the role of a sexual object and it was defeating my recovery. A voice cried out inside of me saying: "THIS IS NOT ALL THAT I AM WORTH OR GOOD AT FOR THAT MATTER." Today, I know better and as I get to know myself better, I discover all the great things about myself. Sure, sometimes I hit a character defect, but hey what doesn't kill me will only make me stronger; as long as I walk through the pain with my head held high and proud of who I have become (NICE to myself).

Anonymous



the gifts of recovery

“ There was a night in ‘97 in particular that I was in bad shape. I was about 2 weeks clean and barely hanging on. Something bad had happened that I felt was the final straw. I was at the crossroad of either you use or you don’t. There is a song writer who calls this moment in an addict’s clean time “the 11th hour” and he wrote a song with this title for any addict at their “11th hour”. It just so happened that on this night, as I walked towards the phone booth with my dealer’s number at the tip of my fingers, this song blasted out of my head phones. For some reason, this was the first time I had actually listened to the song, though I’d heard it thousands of times. It was as though I was tapped on the shoulder and spoken to. Here are the lyrics to:

“The 11th Hour”

“Hey Little Sister. Do you know what time it was when you’ve finally seen all your broken dreams come crashing down your door? They demand an answer and they demand it quick. Or the question fades and all those wasted days come crawling back for more. Do you know where the power lies and who pulls the strings? Do you know where the power lies? It starts and ends with you. The face of isolation, now that’s one you recognize. When you can’t get straight, it’s a lonely place and it’s one you do despise. Boredom is for sale now and helplessness you feel. It’s a wounded dove and hawks are above blood splattering reel to reel. But I say, do you know where the power lies and who pulls the strings? Do you know where the power lies? It starts and ends with you. I was almost over and my world was almost gone, and in a sudden rush I could almost touch the things that I’ve done wrong. My jungle is made of concrete and through the silence I can feel. My aim is true. I will walk on through these mountains made of steel. Do you know where the power lies and who pulls the strings? Do you know where the power lies? It starts and ends with you.”

A year after that night I met the person who wrote this song. I told him this story, and how after the song finished I turned my back on the phone, went home and called a friend instead. I thanked him for writing this song, recording it and having it distributed so that it wound up saving me that night. He was choked up when he told me how thrilling it is for him to know it has done this for me and in turn thanked me for sharing the story with him. He said now if his disease ever tells him what a worthless piece of shit he is and how it is all pointless and one hit or one drink won’t matter, he now has yet another very powerful tool to add to his utility belt. When I saw this topic I said to myself, “ If this isn’t an example of a gift of recovery from one addict to another and right back at him and back to her, I don’t know what is!”

continues on page 9



gifts of recovery

continued from page 8

I've relapsed many times since and for every withdrawal I've prepared myself for, I make sure I have my "detox" sweater to sweat and thrash in. It has these lyrics on the back and on the front a picture of the song writer in the middle of a chaotic war. This sweater, and the song has given me a lot of strength and will. I thought perhaps I should offer this gift to you, with the hope it will do the same for you.

I must remember I am an addict. I've got my name down pat.
Anonymous

Recovery is bound to bring some gifts along the way. Some may seem naughty at first. For example, when work slowed down for me at the beginning of last summer, my first reaction was to freak out. Then I realized I would be alright. The workload I had left would be just enough to pay the bills and I needed the time to study, since I was going back to university.

This illustrates the biggest gift I get from recovery. I do not dramatize so much anymore, in the face of living life on life's terms, changes or problems. There are always solutions. It is for me to calm down, face the problem and figure out a solution.

-J.

Metamorphosis

To emerge from our shell, our cocoon, our walls we have built
Takes time, patience and love
We start to grow and stretch, pull our head out and are amazed
To see beauty and light above
As the Hope and acceptance start to sink in, we tell ourselves,
Maybe, just maybe I can win.
We stretch and shove, on the walls we start to beat,
Finally, finally they fall and we stand on our feet,
Facing feelings and fears and filled with doubt,
Our wings start to emerge and our beauty comes out.
Wanting to be held and loved, yet filled with confusion,
Trying to trust, not understanding and comes delusion.
When you feel like you are sinking, remember to shove,
My spirit is with you and so is my love.
Take a deep breath, have faith, stretch out your butterfly wings,
Fill them with beauty and love, let your heart sing!

submitted by Haidee



the gifts of recovery

When I first started coming to meetings, I heard people share about the gifts they had received. I patiently waited, expecting someone to hand me a big parcel wrapped in shiny paper. Each day my anticipation grew, I was sure that at any moment all my desires would be filled. As time went by, my excitement slowly eroded, replaced with disappointment. Why wasn't I getting these gifts? Didn't my Higher Power love me? Shouldn't the world be making up for all the pain I had suffered?

One day listening to a reading at a meeting, I suddenly understood. You had already given me the gift of recovery. I was clean, I had lost the desire to use, and I was starting to find a new way to live. You had given me the tools I needed, now it was up to me to create my own magic with them. For the first time, I realized that I had a choice not just about using or staying clean, but about what I wanted from life.

By following the suggestions of the program, my life began to change. I learned honesty, to see myself as I truly was instead of how I imagined myself to be. I developed open mindedness, and realized how little I really knew. And seeing the miracles that were happening in your lives gave me willingness to try new things, put some effort into the program, and take some risks. At first, I practiced these principles only in the rooms of NA, and became comfortable. Over time, I realized that I needed to practice these principles in "all my affairs".

Armed with the spiritual principles of recovery, guided by my sponsor and supported by the fellowship, I set out to pursue my dreams. I discovered that when I made an honest effort, taking things one day at a time, I had hope of achieving the goals I set for myself. Things didn't always work out as I wanted, or expected, but without fail when I applied the program to all areas of my life, I ended up closer to where I wanted to be. I was now able to start giving myself the gifts that I wanted. Things that I thought were only for other people were coming to me. Every gift was especially beautiful because I had made the effort to get it. I was no longer waiting for the world to give me what I thought I deserved. I was going out and pursuing my dreams to the best of my ability, then leaving the result up to my Higher Power.

Today I have friends that care for me, an occupation that challenges me, a loving relationship with my wife, a comfortable home, and more material things than I need. All of this was only possible because you taught me about getting clean, staying clean and learning to love myself.

Of all the gifts I have received in my life, the most precious was a little white keytag with the words "Just for Today" on it.

Ord



NEWCOMER PAGE

I like to make people feel welcome, so when a newcomer walks in the rooms I just about always go up to them and say HI. Welcome. Because when I do that for them it actually makes me feel better so hence the saying you can only keep what you have by giving it away. So true. It's also a joy to see their faces light up when they finally feel they fit in and are a part of something great and bigger than themselves. I feel good when I witness a newcomer change and embrace the program and meetings and finally leap into it with "both feet". That is the greatest feeling and of course when you see that newcomer welcoming and helping another newcomer it is truly a spiritual happening.

So newcomers and old timers, stick around and be good to each other. Spread the magic and the joy and God help us all become better people and recover ONE DAY AT A TIME.

STANLEY

ADDICTION

Been addicted to drugs for so many years. Don't know what to do. It took over my life, over my heart, my love. But one day I looked up and prayed to God and that is when I saw the light. Something told me look towards the future. I thought if I get off drugs I will be able to do something with my life. But if I was to stay in it I don't know where I would have ended up. So that is why I'm here, to get help and give everyone of you hope to get off and get your life back. Get back what is yours, what belongs to you.

Shatei sha

LIFE

LIFE: WHAT IS IT? IT IS SOMETHING THAT WE HAVE. BUT IN LIFE WE HAVE SO MANY THINGS WRONG LIKE DRUGS. BEING ADDICTED TO DRUGS IS A PROBLEM BUT WHEN YOU'RE ON DRUGS YOU DON'T CARE ABOUT LIFE. ALL YOU CARE ABOUT IS GETTING MONEY FOR THAT CRAP BUT WHEN YOU DO COME OFF DRUGS YOU TEND TO APPRECIATE LIFE MORE. YOU LIVE LIFE LIKE IT IS YOUR LAST DAY ON EARTH. YOU SEE THINGS MORE CLEAR KNOWING THAT YOUR ADDICTION FOR DRUGS IS GONE BECAUSE YOU LOOKED UP FOR HELP. YOU SAW AND PRAYED TO GOD THAT YOU CAN GET OFF AND WHEN YOU DO YOU'RE HAPPY AGAIN. THAT IS LIFE.

SHATEISHA

Humility comes from the root word humus, which means, "close to the ground; lowly." If something is close to the ground and lowly, it can grow. And so can we. When we know we have much to learn, our minds and hearts are open to the possibilities.

Today I know that I have done the best I can with my life. Today I know that I am at choice, and what I choose right now creates new memories. Today I choose to continue to do the very best.

There are two ways of spreading light...to be the candle, or the mirror that reflects it.

When I'm alone in my head, I'm behind enemy lines.

***meditations submitted by Haidee**



Laughter is the Best Medicine

Service is like wetting your pants: Everybody sees it, but you are the one who feels the warmth.

Addiction is a lethal, fatal and progressive disease. And the more you go to NA, the worse it becomes.

Glazed and Confused: A cop pulls over a guy, "Your eyes are awfully red. Have you been drinking?"
"Gee, officer", the man says, "Your eyes are awfully glazed, have you been eating doughnuts?"

BUMPER STICKERS FOR ADDICTS

Lead me not into temptation - I can find it on my own.

One day at a time, but I'll start tomorrow - okay!

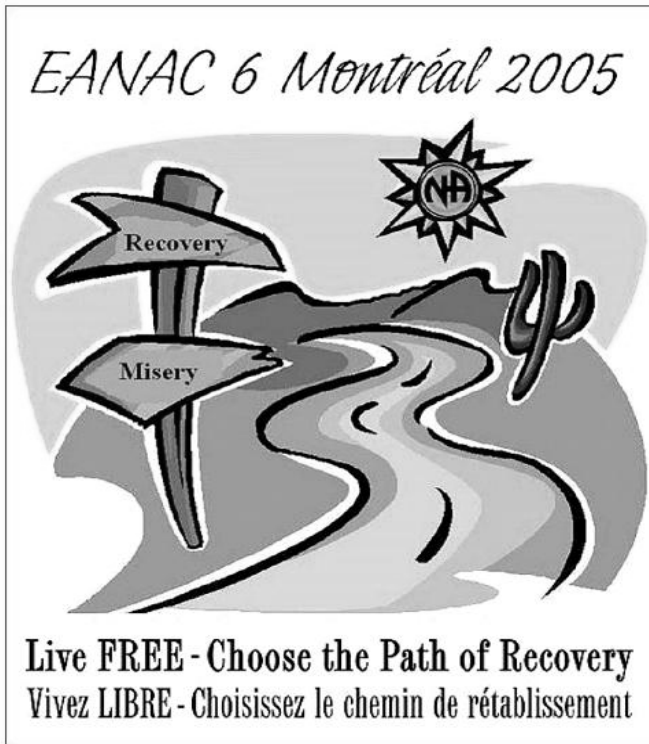
The Senility Prayer

God, Grant Me The Senility
To Forget The People
I Never Liked Anyways
The Good Fortune
To Run Into the Ones I Do
And the Eyesight To Tell The Difference
Amen

Found on www.recoverylane.com



MISCELLANEOUS CORNER



Answers to NA History

1: a; 2: c; 3: b; 4: d; 5: d.

Wants and Needs

So many of us have been brainwashed to think that we can't have what we want in life. That is the belief of the martyr. It is born of deprivation and fear.

Identifying what we want and need, then writing it down, sets in motion a powerful chain of events. It indicates that we are taking responsibility for ourselves, giving God and the Universe permission to supply our wants and needs.

The belief that we deserve to have a change in character, a relationship, a new dimension to an existing relationship, a possession, a certain level of health, living, loving, or success, is a powerful force in bringing that desire to pass.

Often, when we realize that we want something, that feeling is God preparing us to receive it!

Listen. Trust. Empower the good in your life by paying attention to what you want and need.

Write it down. Affirm it mentally. Pray about it. Then, let it go. Give it to God, and see what happens.

The results may be better than you think.

Today, I will pay attention to what I want and need.

I will take time to write it down, and then I will let it go. I will begin to believe I deserve the best.

Submitted by Haidee

The E.A.N.A. Convention Sub-Committee would like to take this opportunity to **THANK** all who attended, supported or helped out at this year's Convention!



Anni versari es



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

December
Dec. 18 Ed 12 y. Take It or Leave It
Dec. 31 Ody 1 y. Day by Day

January
Jan. 14 Christine 13 y. Day by Day
Jan. 21 Scott 1 y. Day by Day
Jan. 22 Sam 9 y. Better Life

February
Feb. 2 Leanne 1 y. New Beginning
Feb. 5 Sarah 2 y. In Fokus



Live Strong, Live Free

6:21 a.m. My mind is starting to put the pieces together. Awakened by a dream so realistic, I shook in my sleep. I am a rare individual who has what they call: "lucid dreams".

Dreams where I know it's not real, that I'm fast asleep wherever I am.

So why is it when I dream of relapse, I thank God in the morning (or middle of the night) that I'm still clean.

Why is it that the worst fear of mine feels like it's really happening? It's times like these I question, but it's times like these that keep me going.

I didn't go to a party.

I didn't hang out in a park.

I didn't see old friends.

I didn't take my life away.

It's these recurring dreams, every scenario unique, that keep me knowing I can lose it anytime. That my judgment will be replaced by habit and will get me high, so I drink a cup of tea, in a big warm sweater and I write to you all, mostly older than my tender 16 years. But knowing you've been to the same place, that together we've all felt the same worries, and as for me, it's 6:36 a.m. and I've learned that my mind knows how to wake me up, should a nightmare arise in my day.

Drea

14

12-Step Prayer

A dear friend of mine from the rooms sent me these 12-step prayers. She is a wonderful, amazing and resourceful person who regularly shares with me fellowship literature that she has found on the worldwide web. Although the author of these prayers is unknown, they may allow us a deeper knowledge of the 12 steps and the presence of a Higher Power in our lives. Enjoy.

Anonymous

First Step Prayer

Dear God, I admit that I am powerless over my addiction, I admit that my life is unmanageable when I try to control it, help me this day to understand the true meaning of powerlessness, remove from me all denial of my addiction.

Second Step Prayer

Heavenly Father, I know in my heart that only you can restore me to sanity, I humbly ask that you remove all twisted thought and addictive behavior from me this day, heal my spirit and restore in me a clear mind.

Third Step Prayer

God, I offer myself to thee, to build with me as thou wilt, relieve me of bondage of self that I may better do thy will, take away my difficulties that victory over them may bear witness to those I would help of thy power, thy love, and thy way of life, may I do thy will always.

Fourth Step Prayer

Dear God, it is I who has made my life a mess, I have done it but I cannot undo it, my mistakes are mine and I will begin a searching and fearless moral inventory. I will write down my wrongs but I will also include that which is good, I pray for the strength to complete this task.

Fifth Step Prayer

Higher Power, my inventory has shown me who I am, yet I ask for your help in admitting my wrong to another person and to you, assure me and be with me, in this step, for without this step, I cannot progress in my recovery, with your help, I can do this and I will do it.

Continues on page 15



12-Step Prayer (continues from page 14)

Sixth Step Prayer

Dear God, I am ready for your help in removing from me the defects of character which I now realize are an obstacle to my recovery, help me to continue being honest with myself and guide me toward mental and spiritual help.

Seventh Step Prayer

My Creator, I am now willing that you have all of me, the good, and bad, and I pray that you now remove from me every single defect of character that stands in the way of my usefulness to you and my fellows, grant me strength, as I go out from here to do your bidding.

Eighth Step Prayer

Higher Power, I ask your help in making my list of all those I have harmed, I will take responsibility for my mistakes and be forgiving to others as you are forgiving to me, grant me the willingness to begin my restitution, this I pray.

Ninth Step Prayer

Higher Power, I pray for the right attitude to make my amends, being ever mindful not to harm others in the process, I ask for your guidance in making indirect amends by staying abstinent, helping others and growing in the spiritual progress.

Tenth Step Prayer

Dear God, I pray I may continue to grow in understanding and effectiveness, to take daily spotcheck inventories of myself, to correct mistakes when I make them; to take responsibility for my actions, to be ever aware of my negative and self-defeating attitudes and behaviours, to keep my willfulness in check, to always remember I need your help, to keep love and tolerance of others as my code, and to continue in daily prayer how I can best serve you.

Eleventh Step Prayer

God, as I understand you, I pray to keep my connection with you, open and clear from me the confusion of daily life, through my prayers and meditations I ask especially for freedom from self-will, rationalization, and wishful thinking, I pray for the guidance of correct thought and positive action, your will, not mine, be done.

Twelveth Step Prayer

Dear God, my spiritual awakening continues to unfold, the help I have received I shall pass on and give to others, both in and out of the fellowship, for this opportunity I am grateful, I pray most humbly to continue walking day by day on the road of spiritual progress, I pray for inner strength and wisdom to practice the principles of this way of life in all I do and say, I need you, my friends, and the program every hour of everyday, this is a better way to live.



MEETING LIST

MONDAY

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

TUESDAY

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

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

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

WEDNESDAY

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

THURSDAY

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

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

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

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

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



FRIDAY

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

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

SATURDAY

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

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

SUNDAY

IN FOKUS 7:00P.M.
120 DULUTH ST. EAST
TOPIC/DISCUSSION/OPEN
(HELD UPSTAIRS IF DOWNSTAIRS IS
BOOKED) (CLOSED AFTER BREAK)

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

SUNDAY

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

WHAT IS NARCOTICS ANONYMOUS?

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

THE THERAPEUTIC VALUE OF ONE ADDICT HELPING ANOTHER IS WITHOUT PARALLEL
- BASIC TEXT, P. 18

WHEN YOU CAN'T GET TO A MEETING, YOU CAN ALWAYS FIND A PHONE.

PHONE NUMBERS

NAME	NUMBER
HELPLINE	514-249-0555

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

