

October, November, December, 2007

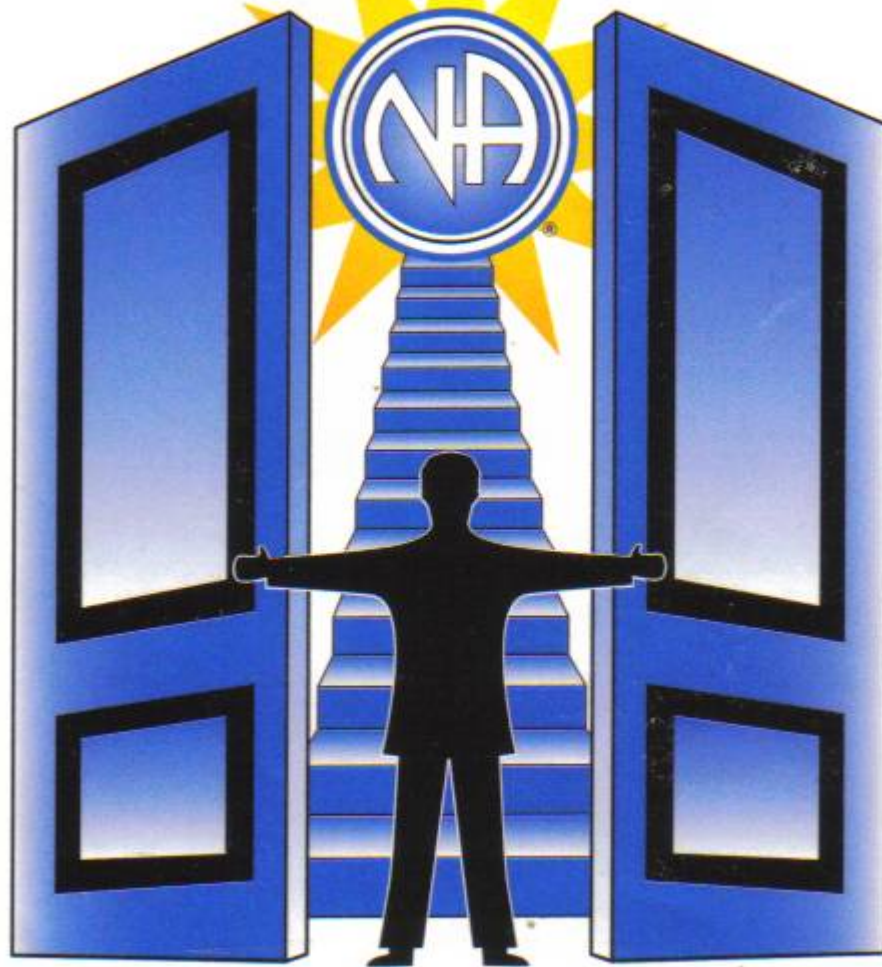


Volume 4, Issue 4

South Central Area of Narcotics Anonymous

Try Recovery Times

IT'S NOT WHERE WE'VE BEEN THAT COUNTS



IT'S WHERE WE'RE GOING

* Picture from California Inland Region Convention Pamphlet of N.A., Palm Springs, CA.

The Steps



I found myself in a bottomless pit, of sorrow and woe and despair.
When a ray of light revealed to me, the steps of a winding stair.
In vain I tried to reach those steps, by myself it could not be done.
I cried for help and a voice replied, "You are standing on Step Number One."
"Who's that?" I asked. "What do you want?" "Can you tell me what to do?"
"Give me your hand," the voice answered, and you'll be on Step Number Two."
I held up my hand. I decided that I alone could not set myself free.
But I trusted that voice and it suddenly said, "You are standing on Step Number Three."
I stopped there to rest, and looked at myself. I don't think I can do anymore.
From somewhere above the voice came again, "You are standing on Step Number Four."
Wherever you are, you don't understand, I don't deserve to be alive.
For I am a liar, a thief and a con. The voice said, "You're on Step Number Five."
I'm not well, I'm not right. There's a lot wrong with me, Is there anything you can fix?
The voice came again and so gently replied, "You are standing on Step Number Six."
All right then, I'll ask ~~ can you take these away?
Can you make me feel closer to Heaven?
"I love you," the voice said, "Your Heaven's in you, and you're standing on Step Number Seven."
There's so many I've harmed, my family I've hurt ~~ all the pain and the grief and the hate.
"It's alright my child," the voice calmly said, "You are now on Step Number Eight."
"You must tell them you're sorry. You must make things right.
And then in their eyes you will shine."
"I'll do it," I whispered. And then the voice calmly said, "You're standing on Step Number Nine."
I must keep a close eye on my motives and self 'cause there's wrongs that I may do again.
"Look at you," the voice said, "at how far you've come!
You are now on Step Number Ten."
I pray and I ask for knowledge and strength. I want to keep my direct line to Heaven.
The voice is so close ~~ it's as if it's right there,
Saying "You're standing on Step Number Eleven."
And so here I stand, almost at the top. Into all of my past I did delve.
Now I want to help others who are still in the pit.
And the voice said, "This is Step Number Twelve."Anonymous

STEP ~ Solution To Every Problem.

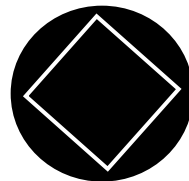
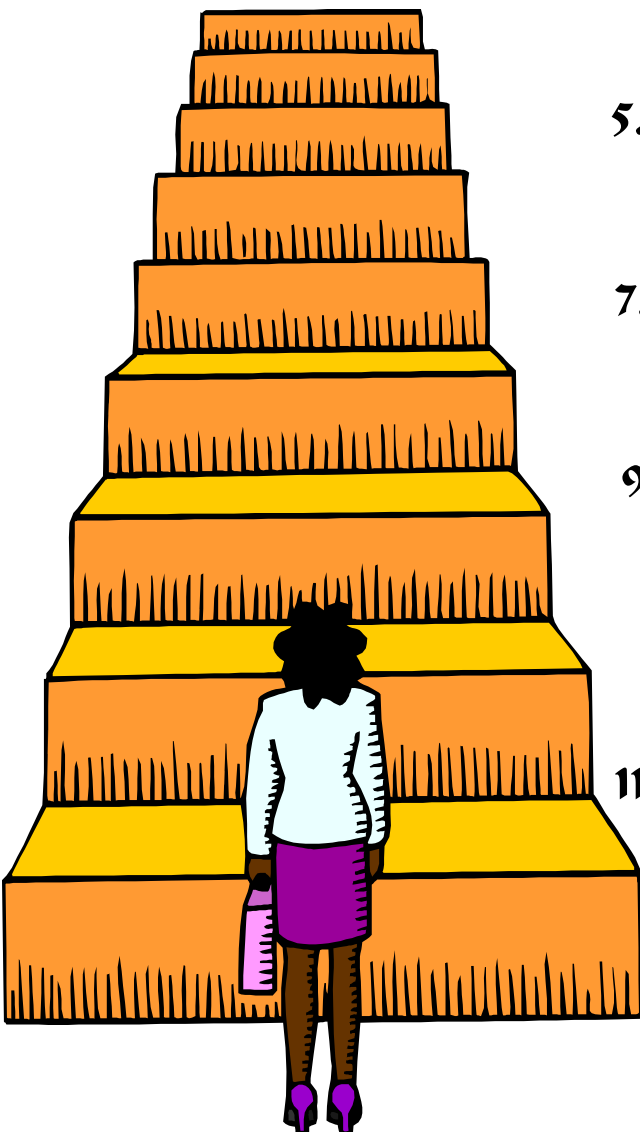


12 Steps In Plain English



12 Steps In Plain English

1. Drugs will kill me
2. There's a power that wants me to live.
3. Do I want to live or die? (if you want to die, stop here).
4. Write about how I got to where I am.
5. Tell another person all about me (let God listen).
6. Want to change.
7. Ask a power greater than me to help me change.
8. Write down who I've hurt.
9. Fix what I can without hurting anyone else.
10. Accept that I'm human and will screw up. Fix it immediately.
11. Ask a power greater than me to do HIS Will and not my own.
12. Keep doing 1 through 11 and pass it on.



Workshop held by the Iowa Regional Literature Sub-committee at SCANA

Workshop Facilitation Hosted by the Iowa Regional Literature Sub-Committee “Empowering the Collective View”

Objective: Identifying Objectives, Methods of Brainstorming, Facilitation and Communication, Motive for action, Overcoming Obstacles, Stimulating Discussions and Role Play. We focused on people coming together to work towards a common goal. We wanted to learn a unique process in developing creative solutions to problems.

The workshop was held in the SCANA Area at the Thoreau House at 3500 Kingman Blvd., Des Moines, IA., on September 29th, from 11:00 a.m. – 4 p.m. This was the first time that this was ever offered.

We learned various things to facilitating a workshop or get together of groups. We learned seating arrangements, and the disadvantages and advantages of various set ups. For example: seating in rows of tables and or chairs can fit more people in a room and everyone faces front, but some of the disadvantages are that participants cannot make eye contact with each other, makes it impossible to break into smaller groups without major reorganization of chairs and tables and it's similar to a classroom and makes it too formal.

We learned about communication skills, non verbal and verbal. Non verbal would be facial expressions, making eye contact and hand gestures. Some times you have to be careful that people don't take the wrong meaning by your facial expressions. Just the same, you have to use your verbal skills wisely. For example: make sure your tone of voice is appropriate and use the volume as needed. You have to be sure your audience understands what acronyms are. (Some people don't know what R.C.M. Alt. means). Try to avoid using too large of vocabulary, no slang, profanity or labeling. It

was discussed on ideas to get people to be engaged in discussions, having open-ended responses to get people to join in. We talked about how to deal with stubborn people that blurt out the answers or just think they know everything. These people can get argumentative and can cause negative reactions from others in the group. Sometimes they have overbearing personalities and ideas were discussed on how to deal with people such as this. There are many ways to be constructive. Be on a constant watch for putting down an idea too early without understanding the positive reasons for it being suggested.

We talked about empowering groups. A way to do that is to give praise for good answers, and give audience respect. Get them involved and create interaction. Be prepared and use open ended questions. Take a group conscience on taking breaks. Clap and create enthusiasm. Look interested, listen and try to understand what is being suggested. Don't interrupt until they are finished and build on their ideas. Some ideas on how to stimulate more discussion is by saying: * Yes, and..., that's a good idea, thought or comment, great, let's try it, tell me more, let's turn the idea into a workable solution, or what resources would we need to make this work? Etc.

A Facilitator's Instructions:

1. Lead the group in choosing a recorder who agrees to keep notes of the discussion.
2. Repeat the groups assignments and how much time they have to do it in.
3. Watch the TIME! Make sure everyone has a chance to speak.
4. Keep the discussion focused on faith.
5. Lead the group in summarizing their discussion.
6. At the end, be clear about what will be reported.
7. It's always smart to dress appropriately also.

Remember to always listen and understand what is being said, acknowledge other people's feelings and try to provide

one main idea or several points. Some workshops provide food, so you have to have some plan for that, and someone responsible to take care of it, before, at preparation and afterward to cleanup. When providing food decide when the food break will be. Just remember after people eat they tend to feel tired and may lose interest. It's always good to watch for visual clues. For example, if you see people getting restless, then take a 5 or 10 minute break. You want people alert and involved.

(The SCANA Literature Committee provided food at this workshop – thanks for all their help).

Workshop Goals:

- ◆ Be creative and welcome ideas.
- ◆ Focus on solutions
- ◆ Be flexible in thinking and treat everyone as equals.

Some helpful hints were just that – helpful!

One idea was very interesting was called the “Campfire” or “Parking Lot” tactic. When “Off Topic” discussions, dilemmas, burning issues were brought up, they are listed and put on a board for discussion later in order to keep the discussion on topic. Later the facilitator can decide whether or not there is time to get to these issues at the end of the workshop. It's also a way to solve a possible problem by not making time for it, just don't make anyone aware that that was your intent in the first place. LOL. Sorry for those of you who missed the workshop, it was a lot of fun and got to meet some new people from other areas, which is always a positive unity thing to do. I felt I learned quit a few things, and some things I know I will use in the future or be aware of now. I am glad I attended, and happy to see the people from SCANA that did show up for it.



N.A. News

Take What You Can And Leave The Rest

- ⇒ It's not old behavior if I'm still doing it.
- ⇒ A treatment center is where you go and pay \$15,000 to find out that N.A. meetings are free.
- ⇒ This is a 'One Day at a Time' program. If you are clean today, you are tied for first place in Narcotics Anonymous.
- ⇒ If using is interfering with your work, you're probably a heavy user. If work is interfering with your using, you're probably an addict.
- ⇒ I often obsessively pursue feeling good, no matter how bad it makes me feel.
- ⇒ When I was new, I didn't think I had any obsessions until I started thinking about it. Then it was all I could think about.
- ⇒ How come if drugs kill millions of brain cells, it never killed the ones that made me want to use?
- ⇒ If God were small enough to be understood, He wouldn't be big enough to be God!
- ⇒ If you want to quit using, you are going to have to quit using.
- ⇒ I would rather go through life clean, believing I am an addict, than go through life loaded, trying to convince myself that I am not.
- ⇒ Resentments are like stray cats: if you don't feed them, they'll go away.
- ⇒ The difference between a problem user and an addict is that:
 - A. When the drug is taken away from the problem user, the problem goes away.
 - B. When the drug is taken away from the addict, the problem begins.
- ⇒ You don't have to be sick to want to get well. But if you don't want to get well, you ARE sick.
- ⇒ I can't do HIS WILL my way.
- ⇒ The good news is you get your emotions back; the bad news is you get your emotions back.
- ⇒ All we ask is that you completely change your attitude as soon as possible.
- ⇒ I have held many things in my hands, and I have lost them all; but whatever I have placed in God's hands, that I still possess.
- ⇒ Without memory, there is no healing. Without forgiveness, there is no future.

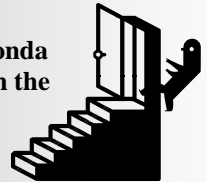


<http://southcentralareaofna.org/events/events.html>

Scana presents:

4th Annual Pot Luck Meeting—East Side Recovery Group. Located at The Salvation Army at 1216 E. 25th Court, Des Moines, Iowa. (go in the back) **This is Sunday, December 9, 2007.** The meeting will be from 7:30—8:30 p.m. **This is a Pot Luck so Please bring a side dish or two large enough to share with several others.**

Scana's Holiday Celebration—December 8th. Dinner at 6:00p.m. and meeting at 7:30p.m. Dance to follow. **Wakonda Christian Church, 3938 Fleur Dr., Des Moines, Iowa.** (On the corner of Watrous ave. and Fleur Dr.)



New Meetings In Our Scana Area:



We Do Recover, Thursdays at 7:00 p.m. at 2100 E. 14th St., (corner of E. 14th and Thompson), Des Moines, Iowa. Smoking Allowed.

Beacon of Life—Women's N.A. meeting. Open, no males over 12 yrs. old. **Sundays at 7:00 p.m. at 1717 Woodland Ave., Des Moines, Iowa.** This is an **Open Meeting to the Public.** Welcome.

Our Primary Purpose, Monday noon has moved to 25th and University at the 1st Christian Church. Take the elevator to the 3rd floor, room #314. You may take food and drink in there with you, but please dispose of your own trash elsewhere when finished or leaving the meeting - thanks.

Ankeny—Tuesday Night at 7:30p.m. 501 1st st.—Come support us.

◆ **N.A. Hotline: 515-244-2277**

*** Reminder: Most Meetings should all be going on during the holiday season. Hope you all have a good one this year and next year also.**



Narcotics Anonymous is the only officially recognized global fellowship in the world. Also, the only fellowship with honorary seats in the United Nations to help countries with an eradication problem.

Twelve Steps of a Relapse

1. I decided I could handle any emotional problems if other people would just quit trying to run my life.
2. I firmly believe that there is no greater power than myself and anyone who says differently is insane.
3. I made a decision to remove my will and my life from God, who didn't understand me anyway.
4. I made a searching and thorough moral inventory of everyone I know, so they couldn't fool me and take advantage of my good nature.
5. I sought these people out and tried to get them to admit to me, by God, the exact nature of their wrongs.
6. I became willing to help these people get rid of their defects of character.
7. I was humble enough to ask these people to remove their shortcomings.
8. I kept a list of all the people who had harmed me, and waited patiently for a chance to get even.
9. I got even with these people whenever possible except when to do so would get me into trouble.
10. I continue to take everyone's inventory and when they are wrong, which is most of the time, I promptly make them admit it.
11. Sought through the concentration of my willpower of get God, who didn't understand me anyhow, to see that my desires were best, and He ought to give me the power to carry them out.
12. Having maintained my emotional problems with these steps, I can thoroughly recommend them to others who don't want to lose their hard earned status, but wish to be left alone to practice neurosis* in everything the do for the rest of their days.

* Neurosis—A mental and emotional disorder that affects only part of the personality, is accompanied by a less distorted perception of reality than in a psychosis, does not result in disturbance of the use of language, and is accompanied by various physical, physiological and mental disturbances (as visceral symptoms, anxieties, or phobias).



Getting Involved

The SCANA Literature Committee and the staff of the Try Recovery Times encourage you to submit articles, poems, or drawings expressing your recovery experience, strength and hope for publication in subsequent issues of the Basic Newsletter. We do, however, request that you fill out the following release form when submitting.

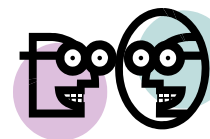
I, _____, give permission to the Try Recovery Times Newsletter to print the accompanying material. I also give permission for the editing of syntax and offensive or "non-specific N.A. language." I am aware that content will not be edited. This release form is valid only for publication in the Try Recovery Times Newsletter.

Signature _____ Date _____ Phone number: _____

Please deliver or mail to: Try Recovery Times—Literature And Archives Sub Committee

P.O. Box 743, Des Moines, IA 50306 ♦ Do you want your first name last initial at the end of you entry?

YES NO



**Dopeless
Hope fiends**

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We're on the Web!
southcentralareaofna.org

For more information call the N.A. Helpline or ask your sponsor or someone in the fellowship.

Helpline: 515-244-2277

or get

online: southcentralareaofna.org

Become a part of N.A. Go to meetings and when you have a little clean time, volunteer your services. Become a part of N.A. beyond meetings. Literature, Public Information, Activities and Hospitals and Institutions are all part of the N.A. fellowship where you can do service work at an Area level. Be proud to be a member of N.A. and give back what was so freely given to you.