



Solid Recovery: Stories and articles to enhance our well-being.

The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away.

Clean Time Celebrations



One Year
Heather O.



18 months
James F.
Chelsea M.



Multiple Year's
Lara R. 9 years
Donnell I. 32 years



Please Send in your information and let's **Celebrate all Milestones**. Congratulations to All. swanacleantimes@gmail.com

Southwest area's addict's stories of recovery

Newcomer Responsible Recovery

Some of us, well accustomed to leaving our personal responsibilities to others, may attempt the same behavior in recovery. We quickly find out it doesn't work. For instance, we are considering making a change in our lives, so we call our sponsor and ask what we should do. **Under the guise of seeking direction, we are asking our sponsor to assume responsibility for making decisions about our life.** Or maybe we've been short with someone at a meeting, so we ask that person's best friend to make our apologies for us. Perhaps we've imposed on a friend several times in the last month to cover our service commitment. Could it be that we've asked a friend to analyze our behavior and identify our shortcomings, rather than taking our own personal inventory? **Recovery is something that must be worked for.** It isn't going to be handed to us on a silver platter, nor can we expect our friends or our sponsor to be responsible for the work we must do ourselves. *We recover by making our own decisions doing our own service and working our own steps. By doing it for ourselves, we receive the rewards.*

On serving selflessly

"Thank you for allowing me to be of service" punctuates many of the reports given by trusted servants at all levels throughout the NA Fellowship. Many of us find this phrase kind of strange when we first come to NA. We think, why are these people thanking us, the people for whom they take on heavy burdens of responsibility, shouldn't it be the other way around? **But after we've had the opportunity to be of service—in any capacity—and realize what it does for us in terms of personal growth, we no longer find it odd to thank the people we serve for trusting us to do something for them.**

It is indeed a privilege to be of service. Not everyone can handle it at first. Some of us serve on committees and are unable to put our personal views aside in favor of what's best for NA as a whole. Some of us get angry that others are not more helpful or more grateful and quit in the middle of a commitment. However, if we keep working on our recovery, most of us do develop an ability to serve selflessly. When we do, there are many opportunities, ranging from the group to world, artistic to technical, fast-paced to low-key.

The Loner— Staying Clean in Isolation Ip #1

“Being a loner at times can be frustrating, but **I have to make an effort in every area of my new life.**

Being a part of NA is special to me. I know I have friends whom I haven't met yet, but to know they are there gives me hope to go on.”



An addict shares his experience with Step Nine ...
“We made direct amends wherever possible, except when to do so would injure them or others.

”Step nine.....wow!!!! up until this point my contact in step work was with god, my sponsor and me. Now the time has come to interact with others outside the recovery process. Courage, courage, courage was required. Simplicity was the key for me in the application of this step. *“Wherever possible” was puzzling to me when I first read the steps in early recovery.* My higher power's role in the “wherever possible” was realized after going over it with my sponsor. *God provides the timing and I provide the action.* The feeling that comes when it's time to make the amends is God's clock. The courage to go forward was provided by me practicing patience with the timing, humility by not trying to overdo the amends but still being as honest as possible and forgiveness when feeling that my amends were accepted. I could go on and on with principles needed in this step. Having to approach others made this step possibly the most difficult one for me to feel resolution with. How I was received was truly only knowledgeable by God and that other person. **I'm ok with not knowing the answer to that question...I've done my part.....**

an addict seeking recovery

I hope you all enjoyed this issue of the Clean Times Newsletter.

Brian S.

Editor.

