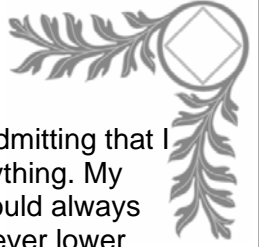




*I took step one, began to moan,
I can't do this one on my own
I took step two began to pray,
Restore me god please now today
I took step three, gave up my will,
Maybe god could love me still
I took the fourth, I look inside,
Nothing more would I hide
And on the fifth I said aloud, I've
done some wrong and I'm not proud
I took step six and got prepared
To lose the defects; I was scared
Now I'm at seven, take them away
My god for this I do pray
And on eight, the list was long
Amends to make for all the wrongs
I took step nine, put down my pride
Amends made, I will not hide
Step ten I take, each day I pray
I make amends along the way
And on eleven I pray to know
Each day his will, which way to go
I take step twelve, I'm like a bird
To others now, I spread the word
I can't take credit for this one but enjoy,
Love To All James C.*

Step 1: We admitted that we were powerless over Our addiction, that our lives had become unmanageable.



All throughout my active addition I never had a problem admitting that I was a drug addict, in fact it was my excuse for Almost everything. My problem was admitting that my life was unmanageable. I would always think to myself, "Well at least I'm not doing *that*," or "I wont ever lower myself to doing *that*!"

I had convinced myself that I was a drug addict with morals! Can you imagine! Well after years in my active addiction I *had* lowered myself to that, and I did do all the things I told myself I would *never* do. I was a broken person. Then I came to the fellowship of NA, not on my own but on a court card. I actually started listening to the readings at the beginning of every meeting and I started hearing the steps and the traditions, and what was being suggested in the rooms that help a person stay clean. I wanted that so bad! I was willing to try anything! It wasn't until I came to NA that I realized how bad my life really was, the fact that I have spent countless days and nights locked up in the county jail, or the same amount of days and night homeless and sleeping on the streets or that I would steal food or whatever I could get my hands on just to survive or to get my next fix, all that wasn't enough to convince me that my life was unmanageable... I thought that was *normal*...

Then I got a sponsor and started working the steps. I thought that the 1st step was going to be easy because after all I already *knew* I was a drug addict.... Then I realized that there was much more to the 1st step than I thought and I had to start to really take a look at my life.



That part... not so easy but with the help of my sponsor the people I surround myself with today,

It is manageable.

Thank you for letting me share.

HP



PHONE LINES NEED YOUR HELP

If you like helping others & have free time, NA needs help answering the phone lines. Call George O. (949) 201-9484

NA Purist or NA Nazi



When I got clean on April 20,1990, I came as a broken woman who had lost her way in life. This included my nationality. I found early on that growing up in NY where you were celebrated to moving to a city 3.000 miles away from what felt comfortable I was immediately ostracized. By that I mean I was told by a bully down the street that because I was a Jew and the Jews killed Jesus, (which I know today is not true) I was not allowed on her street. I felt shamed and less than as a 12 year old. This continued until I got clean.

One of the first meetings I attended in Narcotics Anonymous was a meeting in a coffee shop in Long Beach and one addict referred to another addict as a NA Nazi. Therein started a dialogue regarding proper identification of an addict who remains true to the NA lifestyle of continuous change and growth. When we as addicts refer to another addict as a Nazi, not only are we in violation of traditions we are violating that individuals rights to remain true to the essence of Narcotics Anonymous.



The definition of a Nazi is: one who is likened to German Nazi, a harshly domineering, dictatorial, or intolerant person. Narcotics Anonymous is far from being said definition. If you came to NA to change everything in your life than that which is unfamiliar to you will become what is solely intended to change your life. Narcotics Anonymous is about change of self, which is everything. Purist is one who desires that an item remain true to its essence and free from adulterating or diluting influences. There are lots of us who have lost relatives in concentration camps, therefore, there is not one loving and kind thing associated with the word Nazi. Remember when you refer to any addict who remains true to Narcotics Anonymous as an NA Nazi, you are diluting a message of hope.



From one Jewish addict to another addict, please realize that words can be very hateful and we know that Narcotics Anonymous is not about hate, it is about surrendering to a complete change of everything.

I am and will always be a NA purist. I for one will always stand up for Narcotics Anonymous, my Higher Power, (of my understanding) the Steps, Traditions and Concepts. If you don't stand up for something, you WILL fall for anything.

Today thru the fellowship and love of other addicts, I am proud to say I am an addict who speaks of truth, integrity and compassion for all who desire their lives to change for the better of love.

In loving service, Namaste, Marla N.



**NA Help Line (949) 661-6183
www.southcoastareana.com**

