



THE RECOVERY POST



BRONX AREA NEWSLETTER

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Volume IV Issue 2

Clean & Alone But Never Alone

THIRD QUARTER 2023

Dear Readers:

Hello and welcome to this edition of The Recovery Post. My name is Ricky S. and I live in Louisville KY. I am very happy to be afforded the privilege of doing service work with the Bronx Area Service Committee (BXASNA) as the newly appointed Bronx Area Newsletter Vice-Chairperson. I want to express my gratitude to BXASNA for allowing me this opportunity to share my experience, hope and strength with Narcotics Anonymous (NA) members around the world. I am also grateful for the virtual platform which allows me to do service in the State of New York. I have not had the chance to visit New York, but since covid opened the virtual doors of recovery I have met many wonderful recovering addicts from the Bronx Area. I attribute this incredible experience to BXASNA for using the virtual platform to reach recovering addicts across the globe.

I have learned that recovery can bring about feelings that we may not even understand. When I was in active addiction, I did not have any feelings. Once I stopped using drugs, I got my feelings back and I am still learning how to name those feelings. I learned in the rooms of NA that feelings are not facts.

“As we grow, we learn to overcome the tendency to run and hide from ourselves and our feelings. Being honest about our feelings helps others to identify with us. We find that when we communicate honestly, we reach others. Honesty takes practice, and none of us claims to be perfect. When we feel trapped or pressured, it takes great spiritual and emotional strength to be honest. Sharing with others keeps us from feeling isolated and alone.”

NA Basic Text pg. 85

Prior to surrendering to the program of NA feelings of anger and resentment caused me to feel like I was alone in the world. For many years I felt like it was me against the world, however once I was able to identify with another recovering addict that honestly shared their story, I finally realized I was not alone . I accept this lifelong process of learning how to have relationships with myself and others. I understand through living the program of recovery that I can be alone in recovery without feeling like I am alone in this world. Please enjoy this edition of The Recovery Post reading the stories of other recovering addicts honestly share their experience with being clean and alone in NA. Thank you again BXASNA for allowing me to serve your Area and the NA fellowship. Please remember “we are never alone” in NA.

Ricky S.
Bronx Area Newsletter
Vice Chairperson

BRONX AREA SERVICE COMMITTEE (BASC) ADMINISTRATIVE BODY & SUBCOMMITTEES

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BASC Vice Chairperson	bronxareavicechairperson@gmail.com	DAMON
Corresponding Secretary		[OPEN]
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Website Chairperson	bronxareawebsite@gmail.com	DENISE
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BRONX AREA CONVENTION COMMITTEE BxACNA XII

Convention Chairperson		SANDIE
Convention Vice Chairperson		DONNELL
Treasurer		RUTHIE
Co-Treasurer		SHARON
Secretary.....		ADA

Bronx Area Convention website: <https://bronxareana.com/bxacna>
 Bronx Area Convention Registration website: <https://bxacna12.square.site>

COMMENTARY

Hello!! Thank You GOD For YOUR MERCY For it was Your MERCY that Keeps me alive. You intervened and didn't allow my life to be taken doing my active addiction. You also gave me YOUR GRACE. Some unmerited BLESSINGS. ONE BEING GUIDED To Narcotics Anonymous. I was asked to compose a short article about my experience with Being alone, being lonely and loneliness. So with apprehension and Fear I accepted what is a challenge for me. I wanted to be of service again. And, Everything is an Opportunity to Learn and Grow or it can become a obstacle that will keep me Stuck and I get to Choose. Yeah, I Get to Choose, and I Choose not to Run. My name is Franklin H, I choose to be Called Franklin "Be Love" Because HIGHER POWER PUT IT In my Spirit to "Be Love". "Be Love" in Thoughts, to "Be Love" in Words, and to "Be Love" in Action (Deeds.) And I need constant Reminding. As I spoke to my HIGHER POWER, And Higher POWER SPOKE BACK, And Revealed to me that I have NEVER Experienced Being Alone with just me, myself and I. Not in the prison cell where and when I Felt So alone, So all by myself. My Higher Power was there with me as I was pretending to be Wolf and Truth be Told I was Really a Sheep. Why did I start using? I wanted to do what you were doing, a follower. When I shoot some of that Good Dope, just me, myself, and I, I thought 10:00am in the morning BC, 1969 and I Came to 8:00pm that night spike still stuck in my arm Over Dosed GOD WAS THERE. I wasn't Alone. Even though no other person was Present. When I was shot twice, caught in a ambush by myself I Thought. alone. In the recovery room, the doctor told me, had the police that responded to the call waited for the ambulance I would have Died, bled out. He drove me to the Emergency Room. So I Really have no experience with Being Alone. My HIGHER POWER Has Been And, IS ALWAYS WITH Me. Let's get to this Feeling of being alone. A fact that I feel, my Feelings aren't a Fact. Why do I feel alone? My Ego. I've edged GOD OUT and want to replace GOD with one of you. And I can't, because, I built a Wall to keep you Out. Afraid to let you in and pushed GOD out of my conscience. I have Chosen to Feel alone, I Have made that Choice to FEEL ALONE. I CHOOSE Not to Grow and Learn because of FEAR. And I'm still Afraid, and, I'm not Ready to tear down the wall. What I am Ready to Do is construct a Door in the Wall to Allow Someone to Come in and I can come Out from behind the Wall. I need to Remember Everything is an Opportunity to Learn and Grow or It can become a Obstacle that will Keep me Stuck. And Yeah, I Get to Choose. If I want Something Different I Must Choose to DO Something Different Franklin "Be Love."

And, not just talk about it Be About it. Practice the AAA, Awareness, Acceptance and Action
Namaste

Franklin Be Love
Bronx Area

COMMENTARY

"Clean and Alone, But Never Alone."

NA is a program of paradoxes, in my opinion. Some of the literature and slogans we use seem to contradict themselves. Easy does it but do it. Let go and let God. One is too many; a thousand is never enough. We say to newcomers: feelings are not facts. How, then, can I possibly be alone in a diverse, global, and multi-ethnic fellowship with millions of addicts on the planet each day?

In March 2020, COVID-19 dramatically shifted how many of us lived the program. Attending our meetings virtually has admittedly unearthed technical shortcomings, but what about the emotional alienation which comes from the lack of physical affection, intimacy and touch we no longer experience? An old-timer said, "I love ZOOM, but I can't get a hug from a laptop."

Last fall, I chaired a two-hour meeting every Monday in South Africa for six months. All of their virtual meetings required every member to keep their camera off to save costs. Logging in week after week and not seeing faces was awkward, unsettling, and weird. Also, this group, by default, used social media for their business meetings, which I'd never experienced before. It was an unpleasant challenge which often tested my patience, tolerance and understanding.

Trusted servants would chat every day on WhatsApp to share differences of opinion, internal controversies, etc. I was unsuccessful in my attempts to cultivate meaningful relationships with group members, which led to feelings of confusion, disappointment, frustration, resentment, and sadness. We started with seven co-hosts. All of them would eventually stop (not keep) coming back. Sadly, I was the only trusted servant present during the meeting - twice.

*It was the first time in my over 27 years of service when I felt alone for an extended period of time. My Sponsor, and other members, kindly encouraged me to do the right thing, show up, and try as best I can to serve God, the group and my spirit. **"If we truly want to be free, we will take a good look at input from fellow addicts."** – Basic Text, Sixth Edition, Step Seven, page 36.*

NA means, for some, never alone and never again. I decided to rest my service efforts after the commitment ended. Sometimes I need to be assertive. Sometimes I need a moment of silence. Sometimes I need to surrender quietly. Sometimes I need to wait for God's will to be revealed. I was graced with the gift of staying clean despite feeling alone in the process. We do recover.

In Loving Service,

*Mark T.
Harlem, NYC*

SHARE YOUR CLEAN DATE IN THE RECOVERY POST

If your clean date is between July and the end of the year, please send an email with your First Name, Last Initial, Area, and Clean Date to:

bronxnnewsletter@gmail.com

Congratulations to all those who celebrated so far this year! Thanks for holding the doors open!



<p>March 23, 1998 Pam P. Newark, N.J.</p>	<p>January 20, 1993 Diane F. Rochester N.Y.</p>	<p>February 6, 2015 Damon S. Bronx N.Y.</p>
<p>April 11, 1990 Bernadette J. Bronx, N.Y.</p>	<p>May 25, 1993 William R. South City, Chicago</p>	<p>June 3, 2021 Robert F. Bronx Area, N.Y.</p>
<p>June 17, 2009 Sandra G. Bronx, N.Y.</p>	<p>May 1, 1991 Karla Louisville, Kentucky</p>	<p>July 27, 2014 Louis Louisville, Kentucky</p>
<p>June 1, 1997 Grady Louisville, Kentucky</p>	<p>May 7, 2022 Cleven Louisville, Kentucky</p>	<p>June 21, 2022 Luke A. Louisville, Kentucky</p>
<p>July 17, 1997 Lisa M. Louisville, Kentucky</p>		

If we missed you, no worries. The online version is updated regularly. Please send your clean date to bronxnnewsletter@gmail.com and it will be added there. Thanks for letting us celebrate your clean time!

BY THE BOOK



The following is an excerpt from

Living Clean the Journey Continues – WHAT WE WANT pg. 156

We often hear that if we made a list for ourselves in early recovery of what we wanted, we would be selling ourselves short. It's not just in the beginning that this is true—over and over, our dreams for ourselves are glimpses of God's will, not a road map. Many of us have found this in our romances, as well. We take on the project of finding a partner in much the same way we might shop for a new car: We make a list of the features we want or don't want, and begin evaluating available models based on our list. We may be surprised, on finding the one who seems to meet our criteria, when things still don't work out as we had planned. Our sponsor might suggest turning that list back on ourselves, asking what it would take for us to become the person we imagine as a partner. Others might suggest stepping away from such a list altogether, thinking instead about what would constitute a relationship we would like to be in. Some of us are masters of projection: By the time we go on a first date with someone, we have already imagined the whole relationship, from steamy beginning to bitter divorce. Allowing ourselves to be present means that we can have a relationship with a person, rather than a fantasy. Learning to live in the moment frees us to enjoy ourselves. Applying skills like communication and active listening, practicing principles like unity, compassion, and sharing, we can learn to use the tools we need to be in a solid relationship long before we are actually there. These behaviors don't just make us more likely to get what we want; they also make us happier and more fulfilled where we are.

There is so much in the way of our ability to have the kind of relationships we want: fear, selfishness, reservations, the belief that it will just end badly. The more we take inventory, the more clearly we see the obstacles inside ourselves that stand between us and what we want. We may mistake our impulsiveness for intuition and imagine that we have fallen in love as soon as we get excited. Or we might resist feeling at all. Not wanting to risk our hearts means that they never really get full. As we learn to open up, we also learn to survive being hurt. Strangely, as it gets easier to withstand that kind of hurt, it seems to happen less often. We choose better, come into relationships a little more cautiously, and learn to recognize and address signs of difficulty much sooner. Healthy relationships begin to replace the chaos that had consumed our lives. Sometimes we miss the chaos. Living without the drama and clutter of active addiction is strange. We may be compelled to create drama in recovery just so it feels familiar.

* * * * *



May 30

Loneliness vs. being alone

“Sharing with others keeps us from feeling isolated and alone.”

Basic Text, p. 85



There is a difference between being alone and being lonely. Being lonely is a state of the heart, an emptiness that makes us feel sad and sometimes hopeless. Loneliness is not always alleviated when we enter into relationships or surround ourselves with others. Some of us are lonely even in a room full of people.

Many of us came to Narcotics Anonymous out of the desperate loneliness of our addiction. After coming to meetings, we begin to make new friends, and often our feelings of loneliness ease. But many of us must contend with loneliness throughout our recovery.

What is the cure for loneliness? The best cure is to begin a relationship with a Higher Power that can help fill the emptiness of our heart. We find that when we have a belief in a Higher Power, we never have to feel lonely. We can be alone more comfortably when we have a conscious contact with a God of our understanding.

We often find deep fulfillment in our interactions with others as we progress in our recovery. Yet we also find that, the closer we draw to our Higher Power, the less we need to surround ourselves with others. We begin to find a spirit within us that is our constant companion as we continue to explore and deepen our connection with a Power greater than ourselves. We realize we are spiritually connected with something bigger than we are.



Just for today: I will take comfort in my conscious contact with a Higher Power. I am never alone.

* * * * *



Thank you for reading The Recovery Post. We appreciate your support.

Please consider sharing your experience, strength, and hope in our newsletter.



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***Every issue of the Recovery Post is available on the Bronx Area website.
By visiting the site, you can also subscribe to The Recovery Post***

<https://bxasna.org/>

We are looking for content – poems; short stories of experience, strength, and hope; drawings; survey questions; and ideas.

Contact the Recovery Post by email: ***bronxnnewsletter@gmail.com***.

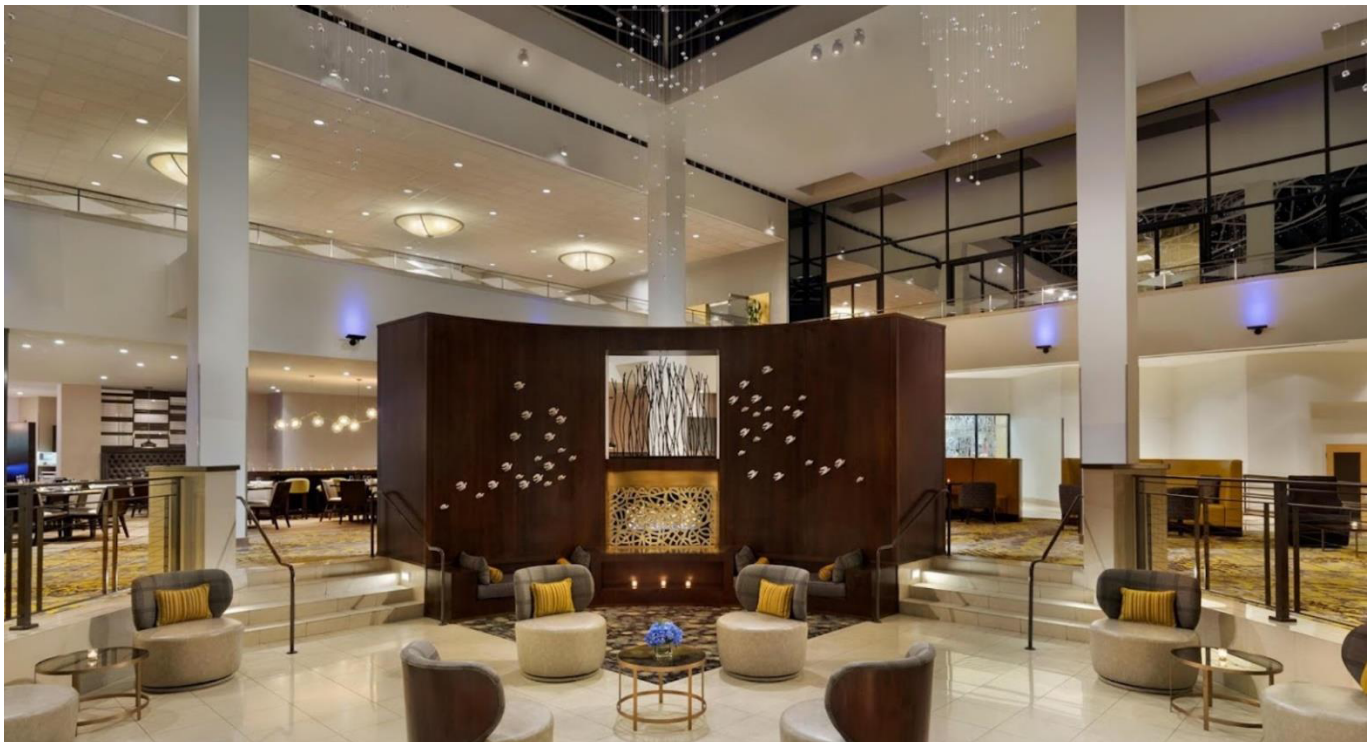
BASC Newsletter Chairperson: ***Dina H.***

BASC Newsletter Vice Chairperson: Ricky S.

BxACNA XII Convention

***BxACNA XII will be held on March 15-17, 2024
at the Hilton Stamford Hotel
1 First Stamford Place
Stamford, Connecticut.
203-967-2222***

<https://www.hilton.com/en/hotels/bdrsthf-hilton-stamford-hotel-and-executive-meeting-center/>



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