



THE RECOVERY POST



BRONX AREA NEWSLETTER

The views and opinions expressed herein are those of individual contributors and do not necessarily reflect the views of Narcotics Anonymous

Volume V Issue 1

WANTED: Trusted Servants

March 2024

Dear Readers:

Our guest Dear Reader contributor for the **WANTED: Trusted Servants** issue is the Bronx Area Events & Activities Treasurer, Susanne G.

The Reason We Do Service for the Bronx Area

In February 2010 with 6 days clean I stayed for my very first business meeting. I didn't know what was going on in the recovery meeting nevertheless a business meeting, but the woman who invited said, "Come hang out with us for another hour instead of with the committee in your head"!!!! Did she hear them too?? So, I stayed! With ten days clean I got my first coffee commitment and then another one and then a group asked me if I wanted to be a greeter. And when I made 90 days WHOO HOO! I got a secretary commitment at my home group. After some time at a business meeting, someone invited me to the "Bronx Area" meeting. He gave me the address and told me to bring a notebook and a pen. Hmmm, I wondered why but I did what he said and met him on the date and time. It sort of looked like a meeting though I did not see a coffee pot or cookies! I saw people around the room getting notebooks out. Some were lining up and filling out forms. Tables were being set up with stuff. I took a seat next to my friend. The meeting started. I heard the Serenity Prayer and 12 Traditions and then something called the "Service Prayer" and "A Vision for NA Service". The Chairperson referred to the people sitting at the tables as GSRs. Then he called up the Treasurer who talked about bank accounts and expenses and an RCM who told us about things going in other New York City Area. I heard about policies and procedures and where we get literature and key tags for the meetings and then someone shared about a concept and many other things I knew nothing about. I also heard people disagreeing and arguing and yet I was still intrigued. I went back the next month and the month after that and when I had 11 months clean my home group waived the clean time requirement and I became the GSR. Each month I went to the Area meeting and bought the literature and supplies we needed. I took notes and at my home group's business meeting I gave my report. After years of being a GSR I began doing service on the Area level. I have been the Area Secretary who is responsible for sending out the minutes to the GSRs so they could give their reports each month to their groups. I was the Area Vice Chair and then after a couple of years I became the Area's Chairperson. I am currently the E & A Treasurer, a very new experience which I am looking forward to. Because the Bronx Area struggles with open commitments, many amazing Trusted Servants and I volunteer in different ways. We do whatever needs to be done in order for the Bronx Area to thrive!! It's not always easy it can become exhausting and overwhelming but when I think about where I was 14 years ago and how much my life has changed due to this program and all the love and support I receive, it makes all of that worth it!!

BY THE BOOK



The following excerpt is from

Living Clean – The Journey Continues

“COMMITMENT”

The tools we use to practice our recovery serve us in all our affairs. Imagination is a tool, and when we give ourselves permission to dream we are using that tool to explore our own hearts. It can be frightening to look at what we really believe, what we want, and who we are. By practicing prayer and meditation, we learn to listen to our own inner voice and to know when something is true for us. The people we trust help us to sort out the truth within us from the driving voice of compulsion. We make decisions born of desire—just like staying clean. “We tell newcomers to suit up, show up, and give NA everything they’ve got. Why shouldn’t I do this in other areas of my life?” a member asked. Learning to dream is important, but it’s not a way of life. Willingness without action is fantasy.

It’s one thing to have faith in a power greater than ourselves, and quite another to have faith in ourselves. Some of us take a long time to come to believe that we can contribute to the world in a way that serves a greater good, or that serves our values and sense of purpose. Doing the right thing when no one is looking is an act of service to what we believe in. Some of us call this integrity; the Sixth Step calls it character. Whatever we call it, this practice is the discipline that forms the basis of our growing maturity.

COMMENTARY



SURVEY QUESTION

***QUESTION: Why don't you have a commitment in Narcotics Anonymous?
All responses are Anonymous.***

I just decided to stop after 34 years. I still make meetings and talk about how I feel and that keeps me a blessed recovering addict.

My work schedule is so flexible. Some nights I work, some days I work. So, I can't get a commitment with my schedule being like that. That's the only reason.

I just never got involved.

Honestly, I just don't have the time between my daughter and my job. But I do make meetings regularly. Going to meetings is a commitment too.

I don't have the time. That's it.

Because I'm focusing on my recovery.

I had an H & I commitment for 2 years. After that, I needed to step back and allow someone else to learn how to do the commitment.

I'm dealing with health issues.

I'm just being lazy. But I'm going to get one.

Accountability is difficult for me.

My daughter had cancer and now it's in remission. I'm doing a 90 in 90 now so, it's going to happen.

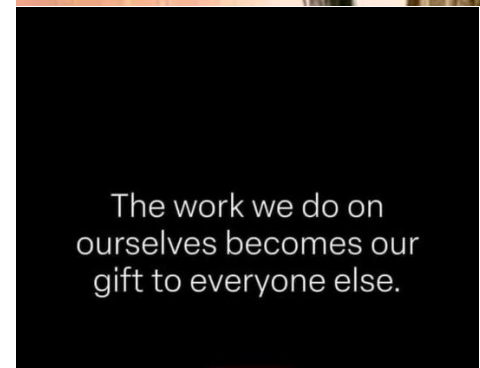
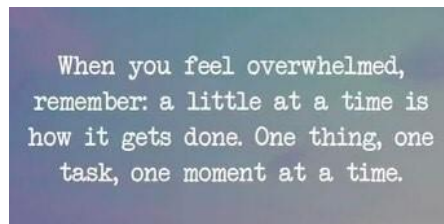
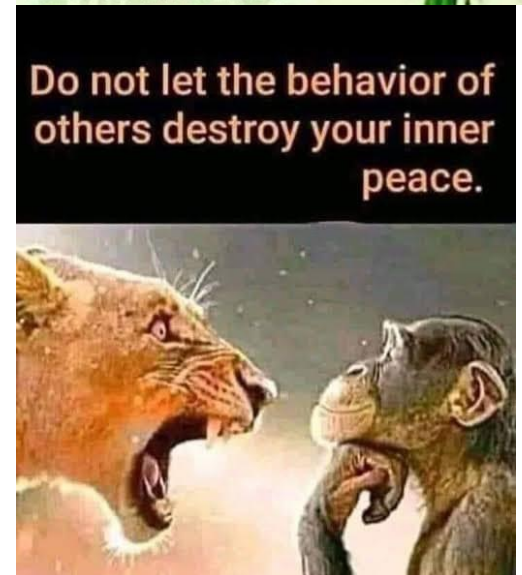
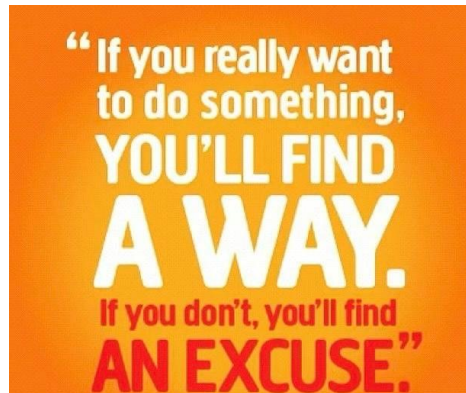
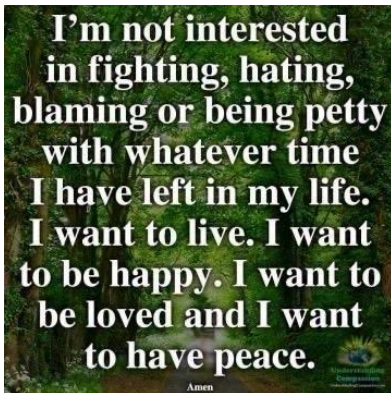
I just recently gave up a commitment. I've had some things going on for a minute. Plus, I travel a lot to share our message. That's my way of giving back.

I went back to church. I've been a member of my church for 18 years and I do a lot of service there. I did service with Narcotics Anonymous for 1 year and I didn't like it.

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COMMENTARY

Did you ever get a meme message that made your day? Inspirational words of kindness can make a big difference. Share your memes with us. You never know who might need some encouragement.



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Poetry Corner

My Last Goodbye to Drugs

You were the only one there when no one was.

You were the only thing to take away the pain.

You numbed me.

You made me not have to feel the hurt I felt each day.

But then you deadened me to the point where I thought you were the only thing that could help me cope.

You took my mind, my life, my family, and my friends.

You took more than my hurt.

You took all of me and wanted more.

There I sat, still alone and with nothing because of all the things I missed and all the wasted time I couldn't get back.

I want you gone. I'm taking my life back.

You will no longer control me.

This is my LAST goodbye.

God is in control now.



Sisters in Recovery

Presents
The
**SISTERS IN UNITY
Speaker Jam**

SATURDAY, March 30, 2024
12:00 p.m. – 5:00 p.m. EST

12:00 p.m. – 1:00 p.m. **Sisters in Recovery**
1:00 p.m. – 2:00 p.m. **Vision of Hope Women's Group**
2:00 p.m. – 3:00 p.m. **Women Do Recover 2**
3:00 p.m. – 4:00 p.m. **Women's Book Study 12, 12 and 12**
4:00 p.m. – 5:00 p.m. **Ladies Doing it Together**

For more information
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Bronx Area E&A
presents

**"We Never
Leave the Basics"**
A BLUE & WHITE AFFAIR

SATURDAY, APRIL 20, 2024
SPEAKERS | NOON - 6PM
DANCE | 7PM - 11PM

2331 UNIVERSITY AVENUE
TOLENTINE CHURCH (GYM)
BRONX, NY 10468

TICKETS: \$10 IN ADVANCE
MORE AT THE DOOR
FOOD | RAFFLES | BEVERAGE FOR SALE
MERCHANDISE AVAILABLE

CASH/APP: \$BXENA20242025

FOR MORE INFORMATION CONTACT
WENDY G., E&A CHAIR 646.606.4490 | GERRI S., E&A VICE CHAIR 718.791.1688

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February 2

Goodwill

“Goodwill is best exemplified in service; proper service is ‘Doing the right thing for the right reason.’”

Basic Text, p. ix



The spiritual core of our disease is self-centeredness. In dealing with others, the only motive our addiction taught us was selfishness—we wanted what we wanted when we wanted it. Obsession with self was rooted in the very ground of our lives. In recovery, how do we root self-obsession out?

We reverse the effects of our disease by applying a few very simple spiritual principles. To counteract the self-centeredness of our addiction, we learn to apply the principle of goodwill. Rather than seeking to serve only ourselves, we begin serving others. Rather than thinking only about what we can get out of a situation, we learn to think first of the welfare of others. When faced with a moral choice, we learn to stop, recall spiritual principles, and act appropriately.

As we begin “doing the right thing for the right reason”; we can detect a change in ourselves. Where once we were ruled by self-will, now we are guided by our goodwill for others. The chronic self-centeredness of addiction is losing its hold on us. We are learning to “practice these principles in all our affairs”; we are living in our recovery, not in our disease.

Just for today: Wherever I am, whatever I do, I will seek to serve others, not just myself. When faced with a dilemma, I will try to do the right thing for the right reason.



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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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<https://bxasna.org/>

Contact the Recovery Post by email: bxareanewsletterchair@bxasna.org

BASC Newsletter Chairperson: Dina H.
BASC Newsletter Vice Chairperson: [OPEN]

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7th Tradition

The 7th Tradition states that “every N.A. group ought to be fully self-supporting, declining outside contributions”. You can support a Narcotics Anonymous group by sending a donation directly to Bronx Area by using the following link.
<https://bronx-area-service-committee.square.site>.

Please make a notation of which group you are supporting.
Thank you for your support.