



# 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 2

WHY ARE WE HERE?

June 2024

Our guest Dear Reader contributor for the Why Are We Here? issue is our Bronx Area Chairperson, Damon S.

### Why Am I Here?

Dear Readers:

A question was posed to me at the Bronx Area convention in March, and I drew a blank with nine years clean. I told Dina, our Newsletter Chairperson, "I'm here because Bronx Area said I had to be here." Since then, I think I forgot why I am here.

When Dina asked me to write this, I asked myself the same question. I'm glad she asked because I never want to forget.

When I first walked through the door of Narcotics Anonymous in December 1997, I think I just wanted to get my job, my car, and material things back that I lost due to active addiction. When I got those things back, I ran out the door. I had to come back again due to the progression of my active addiction. I thought I was doing well. Then one day I walked out of a meeting. Living one block from the meeting, basic text in hand, I picked up, copped and used before I got home, with the intention to use more.

When I returned to Narcotics Anonymous on February 6, 2015, I got here finally knowing what it means to use against my will.

With the knowledge of this program, I wanted all the pain to stop but I couldn't get through the door on my own again.

Why am I here? I am here because I don't wanna use anymore. I don't want to be an active addict. I don't wanna die. I don't wanna be in jail, and I don't wanna be in a hospital setting with people sticking needles in me and assessing me and telling me what I am or what I am not.

I am here to keep my pain at bay and to be happy, joyous, and free. I want to live a life worth living. I've seen other members enjoying life without the use of drugs. Why am I here? I am here so that I can hold my head up high instead of holding my head down on the block and so that I can keep the material things I have. More than the material things, I enjoy my wife, my children, and my home.

## COMMENTARY

### Why Am I Here? By Damon S. continued

I want to be a productive member of society. I am here to learn, to teach, and to get involved. I am here to move through our fellowship with the intent of being a better person and to better myself and the fellowship.

There are some suggestions I follow, and it took me some time to learn how to follow them. I didn't follow them as soon as I walked through the door. It took me a while to incorporate them into my life. Here is my list.

1. Don't use no matter what.
2. Stay away from people, places, and things.
3. Get my head right and get a higher power.
4. Make 90 meetings in 90 days or, make a meeting a day and the 90 will take care of itself.
5. Join the 20/20 club -- arrive 20 minutes early and stay 20 minutes late.
6. Get involved at meetings. Do service and participate in your own recovery.
7. Get the phone numbers of other recovering addicts and use them. This is a program of relationships.
8. Get to know other recovering addicts. I don't know everything. I act like a sponge.
9. Get a homegroup and make certain meetings frequently so people can get to know you.
10. Read N.A. literature on a regular basis.
11. Get a sponsor and use your sponsor.
12. Practice what you preach and carry the message to other addicts.

I am here to recover from this relentless disease called addiction. Thank you for letting me be of service and thank you for letting me share.

# BY THE BOOK



The following excerpt is from  
**The Basic Text, 6<sup>th</sup> Edition**  
**Why Are We Here?**

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We sought help and found none. Often doctors didn't understand our dilemma. They tried to help by giving us medication. Our husbands, wives and loved ones gave us what they had and drained themselves in the hope that we would stop using or would get better. We tried substituting one drug for another, but this only prolonged our pain. We tried limiting our usage to social amounts without success. There is no such thing as a social addict. Some of us sought an answer through churches, religions, or cultism. Some sought a cure by geographic change. We blamed our surroundings and living situations for our problems. This attempt to cure our problems by moving gave us a chance to take advantage of new people. Some of us sought approval through sex or change of friends. This approval-seeking behavior carried us further into our addiction. Some of us tried marriage, divorce or desertion. Regardless of what we tried; we could not escape from our disease.

We reached a point in our lives where we felt like a lost cause. We had little worth to family, friends or on the job. Many of us were unemployed and unemployable. Any form of success was frightening and unfamiliar. We didn't know what to do. As the feeling of self-loathing grew, we needed to use more and more to mask our feelings. We were sick and tired of pain and trouble. We were frightened and ran from the fear. No matter how far we ran, we always carried fear with us. We were hopeless, useless and lost. Failure had become our way of life and self-esteem was non-existent. Perhaps the most painful feeling of all was the desperation. Isolation and denial of our addiction kept us moving along this downhill path. Any hope of getting better disappeared. Helplessness, emptiness, and fear became our way of life. We were complete failures. Personality change was what we really needed. Change from self-destructive patterns of life became necessary. When we lied, cheated, or stole, we degraded ourselves in our own eyes. We had had enough of self-destruction. We experienced our powerlessness. When nothing relieved our paranoia and fear, we hit bottom and became ready to ask for help.

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What a change from the way that we used to be! We know the NA Program works. The program convinced us that we needed to change ourselves, instead of trying to change the people and situations around us. We discovered new opportunities. We found a sense of self-worth. We learned self-respect. This is a program for learning. By working the steps, we come to accept a Higher Power's will. Acceptance leads to recovery. We lose our fear of the unknown. We are set free.

## COMMENTARY



### SURVEY QUESTION

*One of our readings in N.A. is: Why Are We Here?  
In this issue, our survey question is: Why Are You Here?*

The 2024 Bronx Area Convention was the perfect place to ask our survey question: Why Are You Here? Some answered why they were at the Bronx Area Convention and others answered why they are in the Fellowship of Narcotics Anonymous. This question stirred up a lot of emotions. Some people shed tears of gratitude as they answered. It was a reminder for several people of why they came to our fellowship in the first place. Our survey page is a great opportunity to include many different opinions on the same topic and let our readers know what some of us are thinking. The theme of this issue was suggested by my good friend, KELLY G. The Recovery Post thanks everyone who participated.

**TERESA** – Because I don't wanna use anymore, I stay. I have nowhere else to go. When I'm in the rooms, I'm safe. My story is everything to me. I don't want to eat out of garbage cans, suck on something to suck on something else, or sleep on rooftops anymore. I don't wanna be used and abused anymore and I want to love myself.

**MARCUS R.** – I'm here because I'm participating in my own recovery. My new associations are people who are living in recovery. I'm staying in the boat.

**FRED L.** – For a new way of life.

**LINDA R.** – I am here to share my recovery experience with like-minded people. I'm here to fellowship, to get new information, and I am here because this is still the best game in town!

**MASON L.** – I'm here cause I'm not all there!

**ALITH M.** – Because it's so good. Life is so good now that I'm clean. It's better than the alternative.

**ALAN K.** – To help somebody.

**SHELVIE** – I'm here because I'm happy, joyous, and free; and I'm happy about the whole thing but I gotta always remember the pain. I don't dwell on it, but I always remember the pain addiction caused me.

**RENEA S.** – To stay clean one day at a time. To get my life in order. My life is better since I've been coming around. I am so grateful for Narcotics Anonymous.

**MARY CHRISTINA** – Because recovery has given me more than I could ever imagine. Before I got here, I was dying. When I came into the rooms, I didn't know what was going on. As I kept coming, I started learning about myself and what I needed to do to change my life. I've been able to realize the dreams I had and how to do the things I never thought I could do. I went back to school and got a bachelor's degree, I traveled, got an apartment and I have a car.

## COMMENTARY

### SURVEY QUESTION - Continued *QUESTION: Why Are You Here?*

**JASON** – I realized I needed help.

**GENE J.** – I'm here because I still need help with making decisions and dealing with my feelings and emotions.

**LEMAR, SANDRA G., and GAIL** – To save my life!

**AQILA M.** – Good question. I'm here because it is important to me that no addict ever die because they don't have a place to come. So, I'm here to keep the doors open.

**ADA R.** – So far, I've been here 25 years and there's still no better place to be. I'm living clean in the moment. Before N.A. I was never present.

**THOMAS** – I'm here for the newcomer and to continue to stay clean one day at a time. I'm here to support Bronx Area. At this convention, I'm seeing a bunch of people I haven't seen in a long time. It's like, "Whoa! What's up? Good to see you!" That's the love we've got for Narcotics Anonymous. Ain't nothing like N.A. I thought they were going to pay me. But you know what – I'm here.

**JOJO M.** – I'm here to refresh my spirit. I've been feeling a little depleted lately. But after a convention I always feel like church'd up. I'm here for some fellowship, workshops and to get my spirit centered again.

**RENÉA T.** – I'm here to stay clean and to spend time with people who will help me stay clean. I'm spending time with my sponsor and grand sponsor. I'm just excited to be here.

**BOBBY M.** – I found a new way of life. I stay because I want to keep it.

**RALPH L.** – Cause I don't want to die. If I use I will die. This is where I have hope.

**MALIK M.** – God is always on time. I'm here so I can hear a message on how to stay clean. Today, I can listen.

**GEORGIA M.** – I'm free and I feel better. I have to stay.

**EMMA A.** – Cause I don't want to suffer anymore. This is the place for me to stay. I took a short trip and left for a while, only to come back because I know that I'm an addict and I need to be here to save myself.

**JACKIE B.** – To get more recovery.

**WAYNE A.** – Cause I do not want to go back to the life that I was living. I'm thankful. Hearing other people's story of having 20 years clean and they go back out makes me afraid to go back out. That's why I keep coming.

**PAULINE E.** – Because I didn't have the ability to live a normal life and I'm here because drugs were a major part of that problem and thanks to God, Narcotics Anonymous, and the fellowship I'm clean 9 years and 8 months today.

**CARL** – I'm here because I have a major problem with drugs and I'm learning how to stay clean one day at a time. I can't do that by myself. I need the help of you guys and the program of Narcotics Anonymous.

**HASSAN J.** – Cause I wanted to stop using drugs and I needed help. I knew I couldn't do this alone. I had to go on blind faith with this program. Just for today, I trust in the process.

**JERRY** – Cause I'm sick. I'm not there yet. I gotta keep coming so that I can find out who I am and give back what was so freely given to me. I gotta stay here because I learned how to live every day. Every day is a little bit better.

**BENJAMIN B.** – I used drugs and I have a major problem!

## COMMENTARY

**DARLENE S.** – Cause I was sick and tired of being sick and tired of myself. So now, eleven years later and no interruptions and living on life's terms, I'm doing good and I'm here to stay. I'm proud of myself.

**THERESA W.** – I'm here so that I can stay clean one day at a time and build healthy relationships with other recovering addicts, to keep the flame going, and also to participate in my own recovery.

**QUEEN EVA** – Cause I don't want to suffer anymore. I truly suffered from the disease of addiction. It ravaged my life and the lives of my loved ones. I stay here because this is the place that helped me to get better with me. The longer I stay here the more I know that I need to stay here.

**DENISE L.** – I don't want to go back to being miserable and suffering – hurting myself and my loved ones. I'm here because this is the best thing on the block.

**PAULINE C.** – Cause when I got to Narcotics Anonymous, the hope that it gave me allowed me to get 31 years clean and that gives me every reason to stay.

**LINDA G.** – Because N.A. has given me a life beyond my wildest dreams. I grew up here. I love Narcotics Anonymous.

**LUCY C.** – I'm here because before coming to Narcotics Anonymous, I could not live life without the use of drugs. I came here to learn how to live again. As a result, I've been able to stay here for 33 years and 11 months.

**STEPHANIE B.** – I'm here because I surrendered to the disease of addiction. I found a place called Narcotics Anonymous that saved my life. I'm learning to live life on life's terms one day at a time.

**CARMELITA G.** – I came to get my sanity back.

**LAMARR** – The God's honest truth is, I'm scared to go back out there. That's why I stay.

**FREEDOM** – I'm here because I want to find a new way of living. A way that's different from what I was used to and how I was taught. I'm here to get some information and find a new way of life so I can stay free from drugs, including alcohol.

**JACKIE W.** – I'm here because I couldn't stop using drugs and desperation led me here through the surrender process. I had surrendered to the high cost of low living. I surrendered to my diseased thinking that continually told me to get just one more; put your daughter in harm's way; go to the spot at 3:00 in the morning only to have to go back at 4:00 in the morning. The obsession and compulsion took me way out there. I'm here because I need to be here. I smoked crack, sniffed cocaine and glue on 42<sup>nd</sup> Street. I'm a product of the streets and the game rooms. So, after I got here, I made the decision to stay. I was willing to do something different to change my life.

**SHARON T.** – Because I used drugs for 38 years and I want a new way to live.

**RENE V.** – To stay clean one day at a time and a new way of life.

**MAYBELL J.** – I'm here to see my fellow peers, socialize, fellowship, and love on my people.

**MICHAEL A.** – Cause before coming here, I had a major problem with living. Once I got here and found out who I am, I realized there is a possibility that I could do great things. I am embarking on that journey constantly. Each day brings a newfound joy in my life, and I strive to do better and better each day.

**THERESA B.** – To save my life and for a new way of life.

**BBM** – To save my life and giving back to the newcomer.

## COMMENTARY

### SURVEY QUESTION - Continued *QUESTION: Why Are You Here?*

**EASY G.** – Because my life was at stake. I'm also here to help the newcomer. I want to bring support and enthusiasm. This program and the 12 steps really do work.

**ANONYMOUS** – I'm here because my life became unmanageable, and I had nowhere else to go.

**MARK F.** – The “Why Are We Here” is my favorite reading. I'm here because I tried everything. I came around before and left to try and live life as other people do and it didn't work. It was devastating and I was defeated so I'm back in N.A.

**KATHY B.** – I'm here because you can't buy this love and indescribable feeling. It is amazing. There's just something about this spirit. This is beyond the wildest dream. The connections, the hugs, the smiles, and the laughter. That's why I'm here.

**JACKIE (with the good hair) M.** – I'm here because I love my life. My clean time is so important. I'm recovering and becoming a different and brand-new person. And I love the people here.

**TONY C.** – I'm here because I couldn't get my life in order. Now, finally here I am. I made it. I've been free from the horrors of active addiction for 13 years. How cool is that?

**TIJUANA M.** – I'm here because I have no place else to go and I want to stay clean. I need to be here. This is where I'm supposed to be. I struggled and struggled and struggled. I have four days clean today. So, I keep coming back and keep coming back throughout my struggles. I'm here and I'm not going anywhere.

**NORMA S.** – I'm here for a few reasons. Of course, for support to fight the disease of addiction. I keep coming back because I want to stay stopped and I also want my spirit and my body to recover from the trauma and damage. My spirit rises when I'm here. I'm happy, joyous, and free. I'm here to share this life saving, life changing message.

**EARLENE F.** – I'm here because I nearly destroyed my life by using drugs and then I realized I was suffering from a disease called addiction. It almost killed me. I'm here to change my attitudes and behaviors so that I can improve the quality of my life.

**PAT B.** – I'm here because Narcotics Anonymous has given me a life worth living.

**ANONYMOUS** – I've been a member for 37 years and 5 months and I have stayed clean without interruption.

**PUMA** – I had a major problem with drugs and didn't know how to live life on life's terms.

**HAMIYDA B.** – For me it's about why I stay with 32 years clean. I found a new way to live, and I have a set of principles and a whole bag full of tools that give me what I need to get through the day; living a new way of life. And the main thing is, I have a relationship with the God of my own understanding.

**HERB G.** – My recovery must come first. I don't use. No matter what. I can move through life with the recovery program, sponsorship, and fellowship. Narcotics Anonymous saved my life and that's why I'm here.

**ABDUL** – I'm here to make my life better. It's not the drugs, it's me. Once I start working on me, all will be well. I'm coming up on 30 years.

**CRYSTAL H.** – To stay clean another day. To hear a message of hope and to carry the message to someone who needs to hear it. N.A. reminds me of where I came from, and I stay clean in this process.

**KERRY C.** – I went through a lot while I was using. I want to stay free from the pain.

**FRED R.** – Because I'm sick and I need help.

**TRUTH** – I have nowhere else to go. This is the last house on the block and the best house on the block. I have 32 years, 5 months and some days. The disease whooped my ass.

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**THE BRONX AREA of  
NARCOTICS ANONYMOUS**

**H&I**

**LEARNING DAY**

COME AND LEARN WHY WE SERVE AND HOW WE SERVE

**SATURDAY, JUNE 22, 2024**

**1388 STRATFORD AVE.**

**Bronx, NY 10472**

**12:00PM–4:00PM**

GUEST SPEAKERS SHARING THEIR EXPERIENCE ON SERVICE  
REFRESHMENTS WILL BE SERVED. ALL ARE WELCOME



FOR MORE INFORMATION:  
JASON R. - 347-784-1370  
BERNADETTE J. - 917-783-2018



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Tell yourself:

Just for today my thoughts will be on my recovery, living and enjoying life without the use of drugs.

Just for today I will have faith in someone in NA who believes in me and wants to help me in my recovery.

Just for today I will have a program. I will try to follow it to the best of my ability.

Just for today, through NA, I will try to get a better perspective on my life.

Just for today I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life.

So long as I follow that way, I have nothing to fear.



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## Bronx Area

### Events & Activities Committee Presents

# FROM BOYS TO MEN – PART II

A Father’s Day Weekend Speaker Jam & Fundraiser

FRIDAY – SUNDAY June 14 – 16, 2024

FRIDAY 3:00 p.m. – 10:00 p.m. EST

SATURDAY 11:00 a.m. – 10:00 p.m. EST

SUNDAY - 11:00 a.m. – 10:00 p.m. EST

**ID 869 4199 2841 / PW 367763**

**CashApp \$BXENA20242025**

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



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*You can also subscribe to The Recovery Post by visiting our website:*

<https://bxasna.org/>

Contact the Recovery Post by email: [bxareanewsletterchair@bxasna.org](mailto:bxareanewsletterchair@bxasna.org)

BxASC Newsletter Chairperson: *Dina H.*

BxASC Newsletter Vice Chairperson: [OPEN]

## ***SHARE YOUR EXPERIENCE, STRENGTH, AND HOPE***

### ***Attend the Newsletter Sub-Committee Meeting***

ID 871-9477-2683

Password 297-675

**Every 3<sup>rd</sup> Thursday of the month at 7:00 p.m.**

***The June meeting will be suspended. Our next meeting will be July 18, 2024***

The Bronx Area Newsletter – The Recovery Post is looking for content. We are asking for members in our diverse fellowship to submit art, poetry, puzzles, step work, tradition work and commentaries to each issue. Thank you for participating!

**PLEASE NOTE:** This is an anonymous program. We will never share your information with anyone. Your submissions can always be made anonymously upon request.