

SWMO Area of Narcotics Anonymous Can You Name the Book?!?

- 1.) Humility reminds us of NA's role in society.
- 2.) We put spiritual living first and learn to use patience, tolerance and humility in our daily affairs.
- 3.) I had to learn the gifts of humility and vulnerability.
- 4.) If we have been thorough, we have also developed some humility.
- 5.) A hard lesson in humility reminds us that we never 'graduate'.
- 6.) The principle of humility springs from our acknowledgement that there is a Power greater than ourselves.
- 7.) Through self-disclosure we feel connected with humanity, perhaps for the first time in our lives.
- 8.) I heard about honesty, tolerance, acceptance, joy, freedom, courage, willingness, love and humility.
- 9.) It's a tremendous struggle for most of us to stop relying on our own thinking and begin to ask for help. But when we do, we have begun to practice the principle of humility found in the Second Step.
- 10.) In realizing that we don't have all the answers, we learn humility.



The SWMO Area of Narcotics Anonymous Newsletter: "Circle of Recovery", needs your input to help carry the message of recovery to the still suffering addict, in and out of the rooms.

Please contact a member of the Newsletter subcommittee or use the information included below to send any submissions and feel free to join us at the Area Service Committee meetings on the last Sunday of each month, usually held at the Library Center on South Campbell, in Springfield, starting at 1 PM.

SWMO Area of Narcotics Anonymous Circle of Recovery Newsletter

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Please Be Aware:

Any and all content of material that is submitted will be subject to editing for the sole purpose of adhering to the 12 Traditions of Narcotics Anonymous.

Thank you for allowing us to be of service.

- editor

Upcoming events:

SMRCNA XXVII

August 26th – 28th, 2016

Capital Plaza Hotel
415 West McCarty Street,
Jefferson City, MO 65101
Hotel Contact #: (573) 635-1234



Circle of Recovery



SWMOANA NEWSLETTER

March 2016

Four Boyfriends

by anonymous

This turned out to be so different from what I thought it was going to be. It is a wonderful message and if you think it has something to do with 'Real' boyfriends you will be surprised at the end ... enjoy.

Once upon a time there was a girl who had four boyfriends.

She loved the fourth boyfriend the most and adorned him with rich robes and treated him to the finest of delicacies. She gave him nothing but the best.

She also loved the third boyfriend very much and was always showing him off to neighboring kingdoms. However, she feared that one day he would leave her for another.

She also loved her second boyfriend. He was her confidant and was always kind, considerate and patient with her. Whenever this girl faced a problem, she could confide in him and he would help her get through the difficult times.

The girl's first boyfriend was a very loyal partner and made great contributions in maintaining her wealth and kingdom. However, she did not love the first boyfriend. Although he loved her deeply, she hardly took notice of him!

One day the girl fell ill and she knew that her time was short. She thought of her luxurious life and wondered, "I now have four boyfriends with me but when I die I will be all alone."

Thus, she asked the fourth boyfriend, "I loved you the most, endowed you with the finest clothing and showered great care over you. Now that I'm dying, will you follow me and keep me company?"

"No way!", replied the fourth boyfriend; and he walked away without another word.
His answer cut like a sharp knife, right to her heart.

The sad girl then asked the third boyfriend, "I loved you all my life. Now that I'm dying, will you follow and keep me company?"

"No!", replied the third boyfriend. "Life is too good! When you die, I'm going to marry someone else!"

Her heart sank and turned cold.

She then asked the second boyfriend, "I have always turned to you for help and you've always been there for me. When I die, will you follow and keep me company?"

"I'm sorry, I can't help you out this time!", replied the second boyfriend. "At the very most, I can only walk with you to your grave."

His answer struck her like a bolt of lightning and the girl was devastated.

Then a voice called out: "I'll go with you. I'll follow you no matter where you go."

The girl looked up, and there was her first boyfriend. He was very skinny, as he had suffered from malnutrition and neglect.

Greatly grieved, the girl said, "I should have taken much better care of you when I had the chance!"

In truth, you have four boyfriends in your lives:

Your fourth boyfriend is your body. No matter how much time and effort you lavish in making it look good, it will leave you when you die.

Your third boyfriend is your status, wealth and possessions. When you die, it will all go to others.

Your second boyfriend is your family and friends. No matter how much they have been there for you, the furthest they can stay by you is up to the grave.

And your first boyfriend is your spirit. Often neglected in pursuit of wealth, power and pleasures of the world. However, your spirit is the only thing that will follow you where ever you go. Cultivate, strengthen and cherish it now, for it is the only part of you that will follow you to the throne of God and continue with you throughout eternity.

Thought for the day:

'Remember, when the world pushes you to your knees, you're in the perfect position to pray.'

Pass this on to someone you care about – I just did.

Being happy doesn't mean everything's perfect. It means you've decided to see beyond the imperfections.

A History of Narcotics Anonymous

... continued from the February 2016 issue of the Circle of Recovery newsletter
(As taken from "Our History – In The Beginning")

"Narcotics Anonymous Our Purpose"

"This is an informal group of drug addicts, banded together to help one another to renew their strength in remaining free of drug addiction. Our precepts are patterned after those of Alcoholic Anonymous to whom all credit is given and precedence is acknowledged. We claim no originality, but since we believe that the causes of alcoholism and addiction are basically the same, we wish to apply to our lives the truths and principles which have benefited so many otherwise helpless individuals. We believe that so doing we may regain and maintain our health and sanity. Which shall be the purpose of this group to endeavor to foster a means of rehabilitation to the addict, and to carry a message of hope for the future to those who have become enslaved by the use of habit forming drugs."

Oh yes, on September 14, 1953 they got a, I'm not sure if they got a letter or a phone call. But they heard from the General Service Office of Alcoholics Anonymous. They heard from AA and AA said you can use our Steps, you can use our Traditions but not use our name. And so they changed the name of the group to Narcotics Anonymous.

October 5, 1953 is the first documented recovery meeting of this fellowship of Narcotics Anonymous. And I read for you the flyer that announced this thing, which is a new idea, nobody ever tried to do this quite this way before. It was held at the Dad's Club, in San Fernando valley. Today that building still stands, it is at the corner of Cantara and Clybourn, I've been there. It's a Spanish church today. There were 17 people that signed in. I have the sign in sheet from that original meeting. Those meetings took place every week from then on, at least into the next year and the meetings continued but at a different location in the years that follow.

Ironically though, while we started as a service committee in a sense, by the end of 1953, everybody who had been elected in this committee had resigned. Including Jimmy Kinnon. He made fun of it at the 20th anniversary dinner when he talked about that. They all had different feelings, but the meeting continued.

In March 1954 Bill Wilson, co-founder of AA, wrote a letter to the lady that was instrumental in the HFD group. I'd like to read to you a little bit from that letter because it's kind of interesting on how that other fellowship was dealing with us. They wanted us to be something, too.

"Dear Betty, thanks a million make it two million, for our heart warming letter of March 11th updating me on your progress with addicts. I think this all perfectly wonderful. At this stage I'm sure that it is the quality that counts rather than the quantity. But you have been doing a quality job and have inspired other to do likewise is very evident. What can you tell me of the progress of the other groups at Lexington and herein the east going under the names Addicts Anonymous and Narcotics Anonymous. At times I pick up very second hand stories to the effect we are making progress, but not so much as they might if they really came to grips with the 12 steps and had proper hospitalization. I'm also interested in to know how many people you feel you have really straightened up and how those have divided themselves between narcotics, who were once alcoholics and narcotics pure and simple. All of your concerned in this work surly have my warmest appreciation. And I hope you'll let everyone have the occasion of knowing it. Meanwhile, the main transmission duct of the addict will be from our AA members who have also suffered addiction. And they should surly be allowed attendance at open AA meetings just as anyone else is. One more question. Do any of your recoveries that are straight addiction cases find difficulty in identifying themselves with other AA members. I guess I told you I've noticed in may alcoholics they marked aversion to dope addicts and vice versa. (This is 1954) I wish I could write you the long letter that yours deserves my desk is piled high. Meantime may God love you dearly all of you.

Devotedly Bill Wilson

Something else happened 1954. Our first literature of Narcotics Anonymous. If you visit the World Service Office you can see a copy of it in a glass case. Its called the Yellow Booklet. There was a History Convention last year in Alabama and as token to those that registered and came to the convention, they reprinted the yellow booklet and they put a red cover on it so nobody would try to pass it off. There are some interesting things in this original 1954 literature. First off it has 20 questions. "Do you lose time from work due to using? Is using making your home life unhappy? Do you fix because you are shy with other people? They really cut to the bone here. Some of the other chapter titles are "What can I do about it?" "What is the Narcotics Anonymous program?" The 12 Steps are in here and it talks about being powerless over addiction, and the word We is in every one of the other 12 Steps. The "Just for today Prayer" is here, from 1954. And what is particularly interesting and helps us know that HFD and the original Narcotics Anonymous were two separate and distinct organizations, is that when HFD Just For Today prayer that went on for about 3 pages and 20 stanza's. The Just for Today prayer that's in this 1954 literature is the same one that's on your group reading cards today.

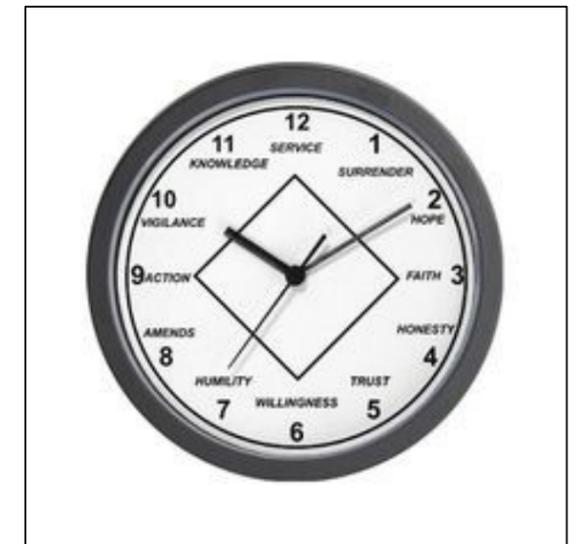
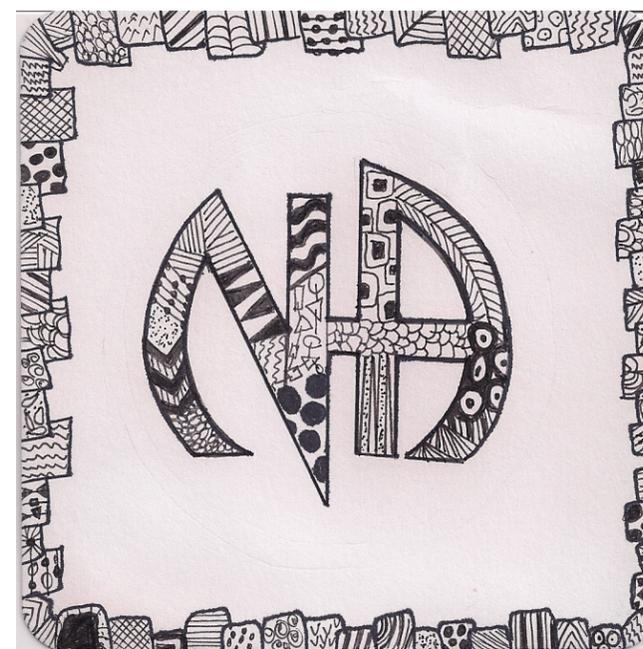
There is also something that I take particular interest in being from San Diego. On the inside back cover of this original yellow book, there is two addresses. One of them is a post office box in Studio City California, that is Jimmy Kinnon's post office box. Let me read the other one to you.

"Narcotics Anonymous,
P.O. box 13023, South Eastern Station,
San Diego, California."

That's right. Narcotics Anonymous has existed in San Diego four times that we know of. The fellowship that we see here today sitting in this room is a product of an effort that took place in the late 60's and the early 1970's. But in 1954 there is at least one member that came down here and opened up a post office box and called it Narcotics Anonymous. Later on, for those who were at our San Diego Convention three years ago, there is a fellow who came and spoke named Vito. He shared about in 1962 he came to San Diego to spend some time with his sponsor on a commune that was located out in Alpine. I think that commune just recently moved to San Antonio, Texas. It was in the news. But N.A. has been here and sort of come about and then sort of disappeared into the other fellowship for a while and then come about again. If we didn't exist, someone would have to invent us. The best anyone can tell San Diego is at least the second oldest community of the current fellowship of Narcotics Anonymous.

We also know that Jimmy was in contact with the folks back in Lexington Kentucky, not only did he apparently get copies of the Key, but in 1955 some of the old timers that are still around remember that there was a collection taken up. Jimmy Kinnon went back to Lexington Kentucky to participate in some kind of seminar. We don't really know any more than that except that it did apparently happen.

*... to be continued
in the April issue of Circle of Recovery newsletter*



SWMO Area of NA Meetings Pop Quiz

submitted and written by 'Red'

- 1.) Which group has the most meetings in a week?
- 2.) What group meets Friday at 8pm at Ashbury Church?
- 3.) Name a group that is 'closed', for addicts only.
- 4.) I am a newcomer to the SWMO Area and need a meeting on Thursday night, where can I go?
- 5.) Where & When does "Bearing No Name" meet?
- 6.) Name 7 of the 10 groups that meet on Tuesday.
- 7.) What towns are in the SWMO Area?
- 8.) I am a newcomer and I work nights, what meetings are available to me?
- 9.) What groups are in need of support in this Area?
- 10.) Name the 'best home group ever'?!
(hint: if it's not yours, get a new one!)

(Editors note: 'Red' will offer up the answers to these questions in the April issue of the Circle of Recovery for anyone who doesn't have them already by that time.)