

September 2020

# Living Miracles <sup>Step</sup> 9

(KINDLY TAKE NOTE: Most anniversaries will be celebrated online for now. T = Telephone Conference, OL = On-Line Meeting, # usually preceded by zoom.us/j/... Short number or phrase at end is Password. Consult Your Group Secretary for correct, up-to-date data.)

Apologies to anyone celebrating their anniversary in September. Kindly email October anniversaries by 09-30.



## Service Works!

All in-person Area Subcommittees are Postponed until further notice. Please contact your Group Chairs, Secretaries or GSRs for guidance.

Central ASC Online:  
First Wednesdays, at 7pm at  
<https://us02web.zoom.us/j/84295112293>  
Next ASC will be on Weds, August 5

Central Area Service Committee:  
ASC Chair is Terri H.: 240-498-5242.

H&I : Chuck H. Chair, 301-775-0786

Public Information: Susie K., Chair,  
443-938-1858

Special Events : Christina G, Chair, 301-461-6174.

CPRNA Regional Board of Directors  
Central Area Board Member is Constance B., 301-789-8463.

## Making things Right & People Whole via the Direct Amends Process

*"We made direct amends to such people, wherever possible, except when to do so would injure them or others." Step 9, Text, "Narcotics Anonymous"*

When thinking of Step 9 I recall a conversation I had with my sponsor in early recovery. I was separated from my wife and daughter and was thinking of getting into a relationship. My sponsor told me that if I wanted to have a healthy relationship that I need to have worked Step 9. I thought he was nuts, a holy roller at first, didn't he know I needed companionship now. He told me Steps 8 & 9 deal with personal relations and until I clean away the wreckage of the past I still would be operating from old behavior and bringing baggage into my current relationships. My past relations never had a chance as my instincts were always in collision with someone else's. So I leaned on my sponsor doing this step as I wanted the guidance necessary to complete Step-9. He again suggested good timing, courage and allow God to set the stage for most of my amends.

So after doing my inventory, and being introduced to me with my character defects and the persistence of facing them and asking God to remove them, I had some idea of who I was and what people had to deal with regarding my thoughts, beliefs, actions, and insanity. I really wanted a new way of life and I wanted to have right relations with others. More than that I wanted to finish cleaning up the wreckage of my past, I wanted to be the best person I could be. I didn't want to look over my shoulder physically or mentally and still dread the harm I caused others. With my prayers to God for willingness and my thorough look at self I was willing to face mostly everyone on my list of amends.

Courage and timing is the key. When I left the East Coast and went back home to California where I caused all of my wreckage I was super willing to clean up the wreckage. My family hadn't seen me for some years, so they were very skeptical of my new found life of being clean. In the beginning they tested me. It was a process of living the program, speaking a different language, displaying different behavior, being responsible that they started to believe that, hey he isn't the same son or brother that they once knew. I had amended my behavior and when the time was right had discussions about how I wronged them and how I am not the same guy.

I attempted other amends, my ex-girlfriends and ex-wives were on my list. I was willing to make an amends but couldn't locate them. All I can tell you is that God set the stage for two of these amends. Both of them took place in the same week, one after the other. Let me share these experiences:

# THE JOURNEY CONTINUES

Over 100 worldwide speakers sharing their  
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SEPT 4TH 12 NOON (PST) - SEPT 7TH 12 NOON (PST)  
72 NON - STOP HOURS OF RECOVERY!



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**WASHINGTON NORTHERN IDAHO REGION**

THEJOURNEYCONTINUES2020.ORG

## Step 8: Continued from Page 1

I had just started a job and on day two we were having a big meeting with all the employees in this auditorium. The first person there was me, and the second my ex-wife. We were both shocked to see each other. She said Tony we were just talking about you last night, I am getting married but needed to find out if we were divorced. I answered we are and tried to make an amends for the past. She wasn't willing to hear any of it. A two minute conversation was all that was about. She got what she needed and that was the end. Several days later I was taking my son to spend the night at his friend's house. When I went to the door with him there stood an ex-girlfriend. I was like a tornado in this woman's life. She looked at me like she saw a ghost. Later when I came back to pick up my son she made time to speak with me. Her husband wasn't home and she invited me in. She told me about what my being in her life did to her, the damage I caused her mentally, and all the therapy she needed to put her life back together. I acknowledge the harm I caused, not bringing up any of her shit, and let her know that I am not the same person. I told her of NA and that I wanted to find her to make an amends. I let her know how I have faced that person and I am not the same person today. She appreciated the opportunity to speak with me and get off her chest all that she carried for so long.

There have been many amends made over the years. My Dad was one amend I couldn't make until I was around 20 years clean. There are others I am willing to make but to make them would cause far greater harm. So I have to live with those and stay willing if God ever sets the stage and makes it clear that even I understand that it is time.

So my sponsor was correct about waiting until I did the 9<sup>th</sup> step. I have been clean 31 years as of this writing, have been with my wife for 29 of those years and remarried 26-years. I am a reasonably happy man as a result of this program and living the principles of NA. May the grace of God be with you..

**Anonymous T**

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## RECOVERING: Our Ability to Support One Another & Carry the Message

Last night I had a serious talk with my Sponsor and two other members of my Home Group. They may not know it, but they handed me an amazing gift. They gave me the message of sincere concern, non-judgmental counsel, and, most importantly, that "the door is always open" and "we want you here" welcome. I had begun to feel a little disconnected from my Home Group, and even the entire Fellowship. I know this is a personal matter and we all have ups and downs. I am also aware NA had begun to feel artificial to me; that "On-line meetings" do not, and cannot, have the same positive, beneficial effects for me as in-person group meetings. I have been in recovery for many years, and I have had periods of greater and lesser enthusiasm for the Fellowship. I was afraid that this time might be different, that the "artificiality" might drive me totally away.

Context: We all know that these are weird times. It's been 5 full months since we first began to hear about this new, and frightening novel Coronavirus 19. The respiratory consequences of invasion by this highly contagious virus had already killed many hundreds of people in China and caused a near total stay-at-home order for millions there. We now know that folks were dying of the complications caused by this virus in many places, not just China. As the number of US cases began to grow rapidly, our entire culture had to shift a little. Online meetings, already in regular use by agencies, businesses and national organizations, became a necessity for many people overnight. Jobs, groups, and organizations that depended on extended person-to-person contact had to find ways to make do. This became more urgent when it came to light that a COVID 19 virus infection is staggeringly more dangerous for elderly persons, and those with compromised immune systems.

Where is the connection to NA and recovery? I'm fixin' to tell ya. Since our inception in 1953, Narcotics Anonymous has relied upon the time-tested, successful use of face-to-face group meetings. It was at these meetings that many thousands, prob'ly even hundreds of thousands, of addicts walked through the door and were greeted by a level of warmth and welcome that they may have never known. Or at least not felt for a very long time. A lot of this came with touching. Our experienced members might ask first, but, generally, anyone could see that we are a huge, international Fellowship of "huggers."

I was concerned that this "artificiality" was different, because of the realities of that we all face. I let myself feel the sadness about not seeing my grandkids, the loneliness of not meeting up with friends or shake hands on a deal, all of it — Then I let it go. I have been around long enough to know what Time it is.

**Another Anonymous**



## C&P Regional Public Information Phoneline Orientation



**When: September 6, 2020**

**Time: 3:00pm (US and Canada)**

### Join Zoom Meeting

<https://us02web.zoom.us/j/81676339792?pwd=Mkh0cm1xcWZiczAyT09hWktPRVladz09>

**Meeting ID: 816 7633 9792**

**Passcode: 123456**

One tap mobile

+13017158592,,81676339792#,,,,,0#,,123456# US (Germantown)

+13126266799,,81676339792#,,,,,0#,,123456# US (Chicago)

Dial by your location

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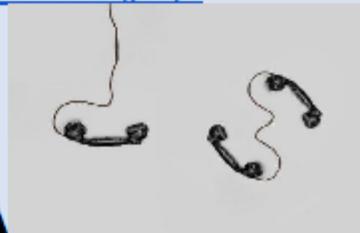
+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 816 7633 9792

Passcode: 123456

Find your local number: <https://us02web.zoom.us/j/kcxqyYOpS>



## HELP ADDICTS FIND NA

**Due to the Coronavirus pandemic, many of our meetings have opted to have online or phone meetings.**

**[CLICK HERE FOR THE LATEST UPDATES.](#)**