

WRASCNA NEWSLETTER

APRIL

2025

"We are starting a new way of life and need to be rid of the burdens and traps that controlled us and prevented our growth" Basic Text pg. 27

Why do we work a fourth step when it's just confronting the uncomfortable reality of our past? It's behind us; why does it matter?!? Working a fourth step helps an addict identify the root causes of their addiction. *"You mean it's not just the drugs that were my problem? Well fuck!"*

It helps reveal and understand the character flaws that contributed to their spiraling way of life. It enables addicts to recognize their strengths and empowers them to help build and support their recovery.

Sharing a fourth step with a sponsor allows the addict to purge their fears, worries, shame, and confusion that consumed them for years. It is a way to open a door to the new beginning they work tirelessly towards.

"We are becoming honest with ourselves when we admit that addiction has defeated us and that we need help. It took a long time to admit that we were beaten. We found that we do not recover physically, mentally or spiritually overnight. Step Four will help us toward our recovery," Basic Text pg. 28

"Each group should be autonomous except in matters affecting other groups or NA as a whole."

"Narcotics Anonymous is a Fellowship of men and women, addicts meeting in groups and using a given set of spiritual principles to find freedom from addiction and a new way to live. The services that we mentioned are the result of members who care enough to reach out and offer help and experience so that our road might be easier." Basic Text pg. 66

Celebrating Clean Time

Chris M. 3/2 – 33 yrs.

Bill N. 3/5 – 15 yrs.

Tamara L. 3/11- 6 yrs.

Kaleigh Z. 3/13- 1 yr.

Tautiana A. 3/14- 1 yr.

Brian B. 3/14 – 10 yrs.

Brenda G. 3/15 – 3 yrs.

Rebecca P. 3/15- 10 yrs.

Maureen B 3/19 – 11 yrs.

Jeremy H. 3/23 – 4 yrs.

Keith J. 3/25 – 1 yr.

Hailey H. 3/26- 4 yrs.

Felicia P. 3/27- 6 yrs.

Gee 3/31 – 21 yrs.

Lisa M. 4/02 – 1 yr.

Danny L 4/07 – 18 yrs.

Demetrios L. 4/15- 1 yr.

Ashley W. 4/22 – 3 yrs.

Jon B. 4/24 – 4 yrs.

Cerissa Q. 4/24 – 13 yrs.

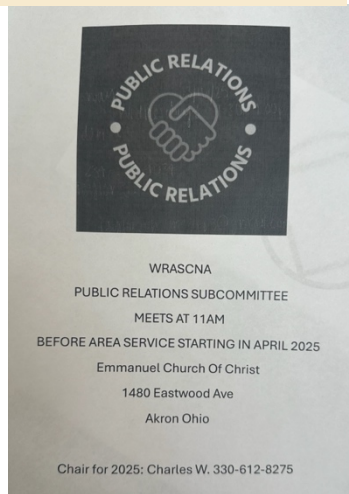
Dennies B. 4/24 – 2 yrs.

Carrie P. 4/24 – 17 yrs.

Sarah R. 4/27 – 11 yrs.

Nick D. 4/30 – 3 yrs.

Why do we share clean time or allow addicts to announce their time outside of key tags? Because this is a **WE** program. **We** work together for a new way of life. **We** celebrate each other with every day clean. Where I can't, **WE** Can.



Activites! Activities! There's So Much Room for Activities!

When getting clean, newcomers think they will never have a social life again. They can't hang out with old acquaintances because those people have fun using in various ways. Some of us feel so alone, bored, and afraid to put ourselves out there because making friends is weird. And having fun?! How do we find what we think is fun...?

Going to NA events allows addicts to attend a no-pressure gathering, which is the perfect way to enter the "new scene" of NA fellowshiping. Attending a speaker jam, meeting anniversaries, the campout, or a fun-raiser lets addicts explore new things, sit back, and relax. They are granted the space to have fun again. One addict said, "It reminded me of when I was a kid. It let me let my guard down and connect with others. To permit myself to have fun. I really look forward to some of the big yearly event's NA has."

At events, you may see people you don't know or that you kind of recognize from a meeting you enjoy attending. You get to experience a shared space together where there are no meeting requirements, just relaxing and having fun. Then, a few days later, you may see one of these people at that meeting and feel more comfortable having a conversation. You even have a conversation starter because you both attend the same event!! "Did you see Eddie/Paco get pied in the face?! Crazy right!"

NA events, you get to know people and start forming friendships. You get to see real-life recovery working in different addict's lives. There is proof in the pudding. Recovery is worth the work because life can be enjoyable, and fun is again possible.

ADDICTS ON WORKING THEIR 4TH STEP

Each time I have written a fourth step, I have encountered different fears. The first time I wrote a 4th step, I was concerned by the fear of being overwhelmed by what I wrote. I really wasn't sure that I could withstand the things that I needed to write about without using. That first sponsor was someone I knew from the streets, and the fact that we knew each other out there and had been acquaintances was really helpful. I knew she was wild like I was. Just her being who she was, was enough. The second time that I did a 4th step, I used an old 4th step guide that included a slew of sexual behaviors that I struggled with. My sponsor at the time was from the streets of Philly, and she had experienced most of the things that I had, she seemed to have this second sense when I was struggling on a section and would call me to talk about whatever I was writing about! Her experience helped me get through some really tough things. Today, I give credit to a Higher Power for helping me. Another fear that I had was that I would be gossiped about, and eventually, a previous sponsor reentered my life, and I read it to her. I knew my former sponsor didn't talk to anyone else about her sponsees. She was outspoken about that particular boundary. After multiple years of being "clean," I acted out on my defects of character in recovery and had such self-loathing that I was afraid to do my 5th step. My sponsor sat listening with such love that I felt unconditionally loved for the first time. I can only say that my Higher Power has put some wonderful people in my life who have truly helped save my life. I cannot tell you how much freedom I have been given from this program or the love I have received here. Thank you, Higher Power, for this wonderful opportunity.

Sponsors and Working Steps

"You need to be able to trust and feel comfortable. Those are the most important aspects of going into step work. A sponsor that helps you feel like this is key. It's better if you've worked the first 3 with this individual so that you both have groundwork. A relationship is built over time. It takes work, and it pays off."

"If I can't be honest with myself, I can't be honest with the person I share with. I need that first."

"I needed to find someone I could open up to without feeling judged."

Don't Sit on Your 4th Step!

"Secrets grow in the dark, and you'll get high over your history."

"Just write and keep writing! It's already stuff you've done. No one can use it against you."

"Even just a question or section a day. Something is better than nothing. Starting, stopping, and staying in that space is the worst."

"Because you will get chlamydia and die!"

But I'm afraid...

"I was afraid to do certain drugs also...but I overcame my fears and did those... so why not step work or other things for my recovery?"

"I worried about my sponsor judging me and sharing my secrets with others in the rooms. That didn't happen at all."

"That it would feel like standing in front of a classroom naked."

"It would be hard to talk about out loud to another person."

Afterwards

"I felt amazing. Closer to my high power, my sponsor, even myself."

"I cried, we got food, I felt great moving on to the sixth step... then I got uncomfortable again..."

"I respected myself more because I said I'd do it, and I did."

"I asked my sponsor if I could burn the notebook; I wrote everything down in it; that was fun and therapeutic."

What does it mean to be searching and fearless?

To find what I'm really looking for, I can't just walk around the perimeter of the castle. I need to get inside. Then, once I enter, I can't stand at the gate and glance around. I need to fight every guard to gain access to the heart of the castle. Once I avoid their capture, I must find every room, open every door, and unlock every safe, even with the chance I could be caught in the act. When I think my search is complete, I need to walk down those pitch-black hallways that seem to go on forever and keep looking. I may have to walk through cobwebs or get bitten by rats, but I must continue my quest. When I get to the darkest, coldest, most isolated part of the dungeon and see the bones of those who were left to die and be forgotten, I have to dig through the dust in their pockets and find their names so I can go back to their loved ones finally giving them closure.

How Can I Be of Service?

Have you ever heard a member talking about being of service? Are you unsure how to get involved and give back what has been freely given to you? When you walk into a meeting, do you notice how the literature is set out, the readings placed on various tables, the chairs and tables are gathered together, and there's free coffee available?!? A member showed up early to set all that up.

Homegroups are great places to start serving. You make a weekly commitment to show up and be a part of something bigger than yourself. One or two members willingly agree to carry the keys to the meeting facility, but that doesn't mean ALL the homegroup responsibility should fall on them. It is a WE program, and everyone can make sure the meeting is ready for those in need.

Feeling ready to take on more!!! That's great! High-five recovery rockstar unicorn that you are!! Chair a meeting, give a newcomer a ride, participate on a committee (there are so many!), Go to AREA, and get involved.

How much of yourself, your time and your energy did you put into using? Why wouldn't you put the same into your recovery? You made choices that got you here. Now's the chance to save your own life. You have the opportunity to be a part of something bigger than yourself. Take a seat, read a reading, and throw away your damn cup when you're done with it. We are all here for various reasons but share a common desire to get and stay clean.



Want something in the Newsletter? Send it to
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In Loving service
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