



## Newsletter

November 2008



### Area Information:

#### **Mailing Address**

South Suburban Fireside Area  
PO Box 565  
South Saint Paul, MN 55075-0507

#### **Website Address**

<http://www.ssfa.naminnnesota.org>

#### **ASC Meeting**

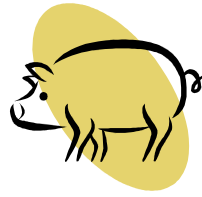
When: 1<sup>st</sup> Thurs. of the month, 7:00pm  
Where: First Presbyterian Church  
535 20<sup>th</sup> Avenue North  
South Saint Paul, MN

#### **Sub-Committee Meeting**

When: 2<sup>nd</sup> Thurs. of the month, 7:00pm  
Where: Faith United Methodist Church  
1530 Oakdale Avenue  
West Saint Paul, MN

#### **Meeting of the Month**

When: Sunday, November 16<sup>th</sup>, 7pm  
Where: Good Sheppard Church  
7600 Cahill Ave.  
Inver Grove Heights



### PIG 2009

More than seven positions have been filled in the last couple months but don't worry, there are still many service positions open on the PIG Committee. Get with Kyle, the PIG chair, or your GSR to see what positions you can help with. They meet the 1<sup>st</sup> Thurs. of the month, 6pm, right before the area meeting at the 1<sup>st</sup> Presbyterian Church in So. St. Paul. If you have already been on the committee and believe you did a good job in your position, please write up a description of your position and give to your GSR to set up bylaws. The PIG t-shirt design and logo has been chosen. Better luck next year.

#### **Hospitals and Institutions**

H&I Committee meets the 2<sup>nd</sup> Thurs. of the month, 7pm at the Sub-Committee Meeting.

#### Commitments & Contacts

- ⇒ 2<sup>nd</sup> Tuesday of the month: Avalon Treatment (Eagan) 6-7pm  
☎ Vern B. 651-263-1614
- ⇒ 3<sup>rd</sup> Wednesday of the month: Cochran Treatment 7-8pm  
☎ LeAnn J. 651-208-8187
- ⇒ 3<sup>rd</sup> Thursday of the month: Lino Lakes Prison 7-8pm  
☎ Dan W. 651-278-8833
- ⇒ 4<sup>th</sup> Thursday of the month: Dakota County Detox. 7-8pm  
☎ Chris C. 612-481-5535
- ⇒ Every 3 months (Feb, May, Aug, Nov) The Haven Treatment. (Please call contact for exact day and time)  
☎ Garret L. 763-360-8151

The H&I Committee has put on mock presentations of what they do when

visiting facilities to show other addicts who may be interested in learning more about it what it is like. Carrying the message to the addict who suffers inside and outside of the rooms is N.A's primary purpose. They may be having a new meeting in Dakota Co. Jail. No given time yet. They need NEW addicts to go into jails & prisons (2 years off paper). There is also a female treatment center in West St. Paul that they would like to set up a commitment for but, they need FEMALES to help carry the message there. If you have any free time that you would like to attribute to getting the message out to these addicts, please feel free to contact any of these panel leaders including Brent F.-651-276-6050. They would be more than happy to bring you along. You will need at least 6 months of clean time to speak (some require more) and other stipulations may apply for certain commitments.

*The holidays are near and I can bet some of these folks would very much enjoy hearing other fellow addicts share their experience, strength and hope. To know that there are other people that are out there that have been through the same or similar things and to listen to how they got through it. Wouldn't you?*



*Just a thought.*

Step 11:

“ We sought through prayer and meditation to improve our conscious

contact with God as we understood Him, praying only for knowledge of his will and the power to carry that out.”

‘The conscience contact described in this step is the direct result of living the steps.’ -Basic Text pg.43

I believe this is very true. I would have not been able to improve my conscience contact with my Higher Power if I skipped around in the steps or started with step eleven. It just wouldn't have worked out.

It is important for me to meditate. To calm my mind and just be. With everything that goes on in my life, all the busyness in work and at home, to just be still, listen and breath makes everything not seem so busy anymore. To have a calm inner piece within myself. I guess to me that's what having a conscience contact with my Higher Power is.

I don't pray for things or for something to go my way. What I do is become grateful for things I already have and appreciate the caring people in my life.

Tradition 11:

“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.”

I believe that the idea is to attract people who want a new way of life or a change. N.A does not promise anyone anything. They are not trying to sell a product or promise certain benefits. To me that's why we need to maintain personal anonymity if anyone from the new station, radio or a film maker were to ask what changed our lives. If I were to tell

them everything I got out of being a member of N.A that would put a label on all members of N.A. It would give the impression that what I got out of this program is guaranteed what everyone will get out of it. And as it states in the literature, 'N.A has no promises to make to anyone.'

*If there is anything you would like to share in these monthly newsletters, please e-mail me [tbinc07@yahoo.com](mailto:tbinc07@yahoo.com) and I will be sure to add your experience, strength and hope. Thanks for everyone's contribution.*

*-Jocelyn  
Another Recovering Addict*

