



**5th Tradition, A New Way, Breaking the Cycle, But Do It, Clean & Serene,  
Just For Today, Living Clean, No Matter What, Spiritual Principles, Straightline,  
Stray Katz, Survivors, Traditional Recovery, Under Grace, We Do Recover**

## UPCOMING EVENTS

### H&I LEARNING DAY

SUNDAY MARCH 2ND 1:00PM  
HOUSE INC.

24706 HWY 171 WEBB CITY, MO

### NO MATTER WHAT GROUP 3RD ANNIVERSARY!

SATURDAY MARCH 8TH  
12:00PM-5:00PM

2127 N. MAIN ST. MIAMI, OK  
SPEAKERS RAFFLE 50/50 CORNHOLE  
GOOD FOOD & FELLOWSHIP  
\$3 SINGLE/\$5 COUPLE  
NO ADDICT TURNED AWAY

### WE DO RECOVER

36TH ANNUAL BIRTHDAY BASH  
MARCH 29TH 2025  
829 S. MAIN JOPLIN, MO  
MORE WILL BE REVEALED

### CAMPOUT BY THE CREEK SPIRITUAL PRINCIPLES

MAY 31ST, 2025  
RIVERSIDE CAMPGROUND

### RECOVERYFEST

JUNE 6, 7 & 8, 2025  
ELK CITY STATE PARK  
INDEPENDANCE, KANSAS

### 35TH SWMOANA POSITIVE GROWTH

PIG ROAST JUNE 6TH-8TH, 2025  
ORLEANS TRAIL CAMPGROUND  
STOCKTON LAKE

## ♥ FEBRUARY ♥ *CLEAN TIME BIRTHDAYS*

**MINDY F 18 MONTHS**  
**MICHAEL F 18 MONTHS**  
**BECKY M 2 YEARS**  
**JASON B 2 YEARS**  
**TONYA A 3 YEARS**  
**BREYANNA L 3 YEARS**  
**MICKIE H 5 YEARS**  
**GINETTE G 6 YEARS**  
**PREVANCE B 14 YEARS**  
**DONNIE L 19 YEARS**  
**SANDEE 23 YEARS**  
**DOUG B 25 YEARS**  
**SUZANNE S 31 YEARS**  
**SANDY B 32 YEARS**

Please sent group news,  
poetry, artwork, cartoons  
and clean time birthdays to:

[ozarkarea@gmail.com](mailto:ozarkarea@gmail.com)

## **The February Spiritual Principle is Willingness...**

# **MY GRATITUDE SPEAKS**

I've been in recovery for about thirty years! Different fellowship that use the twelve steps have the fundamental principles that lead to the primary power that leads to helping us stay clean: God! When we've used other fellowships and even churches that tell us God is our higher power and the only source of power to help us get clean and stay clean we learn some truths, but either we are not taught how to maintain our recovery or we are not willing to do what it takes to work our recovery program! When I came to NA I was already open to the steps and traditions because of my fellowship with AA and I was open to a higher power because I was raised in church to love God. In many of these fellowships, the members are passionate because God used that fellowship to save their lives. I am willing to do whatever it takes to stay clean: work on my recovery one day at a time; live in unity; and most importantly give my life and will over to the care of God! Willingness to me is the desire to do whatever it takes to maintain Unity in NA, success in my recovery and stay connected with my higher power! That being said, I must constantly meditate and be sure I am holding to my recovery in a way that is not self-centered, but with NA unity in mind! I must be willing to do whatever it takes to stay in recovery and keep NA unity!

TOMMY P JOPLIN, MO

### **WILLINGNESS is one of the big three...**

HONESTY, OPENMINDEDNESS AND WILLINGNESS

with these we are well on our way! Just for today, I have to be willing to get up in the morning and kick off the covers and be willing to face whatever my higher power has in store me that day. I like to start by reminding myself everthing I'm grateful for...

1) I'm alive. 2) I'm clean... and EVERYTHING after that is a gift! For this addict, I have to be willing to show up and show out and not pick up... no matter what.

RUFUS P JOPLIN, MO

Am I willing to do what ever it takes to stay clean and not use? Of course I am! But even more so I am willing to work a program of recovery that allows me to live the life I was always meant to have? I have a sponsor who has a sponsor, I work steps because they work steps, I work the steps to learn myself, to fix myself, to understand myself. I study the traditions to learn about NA as a whole, to serve NA, to live NA, to be of service to others, I learn from the addicts that have gone before me and showed us a path that allows us to live clean, peaceful, amazing lives.

Each of us are miracles and NA is the foundation of it all.

Something my Grandsponsor said... "I can't stay clean on yesterday's shower"

...to me that means that every day, every single day I have to be willing to put in the work for my recovery. Willingness saved my life

Willingness had given me a new life

DARRYL M COLUMBIA, MO

**Recovery begins with surrender. From that point, each of us is reminded that a day clean is a day won.**

# “WILLINGNESS IN RECOVERY”

Willingness is part of the foundation of being clean. Without it, long term recovery is compromised. The word is also composed of levels. We might ask ourselves, how willing? The disease in disguise as my higher will tell me, what I'm doing is good enough, because I've put together a significant amount of clean time with doing some minimal shit. Am I willing to go after the recovery like I go after my dope? Or on the other side of that coin, am I a minimalist? Do I want to work a half ass program with a half ass sponsor? All the cool kids are doing it. When our foundation is composed with a bunch of cosigning minimalists, long term recovery is non-existent. And we wonder why there's mass relapses? I have personally witnessed minimalists put together decades. Abstinence from drugs and little recovery. We see it in their behavior: cheating on significant others, predatory behavior and a laundry list of immoral behavior. The scary thing is, is that they sponsor addicts lacking the situational awareness, that these people are the disease, spreading minimalist ideals and dog shit recovery. I call it baking powder recovery. It's like cutting dope, but worse. The original shit isn't even dope. It's bunk. Then you add baking soda down the sponsorship tree down line, cutting it even more, as those guys are sponsoring others. And what do you have? A sponsorship tree populated with a bunch of half ass minimalists, lacking the courage to change, spreading the disease throughout the community setting a bad example. We have to ask ourselves, how soon do we want to get to the exact nature of our wrongs? How about NOW!!! Even if you're not new, pass a phone list at every meeting. Get all the numbers. Cross reference the list to who is sharing and find out who knows their shit. Call AND talk to at least 3 addicts a day that know their shit. By doing this, we are building a strong foundation in Narcotics Anonymous. Take commitments at multiple meetings. Read the literature. Listen to speaker CDs. Work the steps with a no nonsense, non-cosigning sponsor whose actions are consistent with the recovery coming out of their mouth. Just for Today, I will have the willingness to go after recovery like I went after the dope. - TOM S. BRANSON

## **AN ADDICT FELL IN A HOLE AND COULDN'T GET OUT...**

A businessman came by and the addict called out for help. The businessman threw him some money and told him to buy himself a ladder. But the addict could not buy a ladder in this hole he was in. A doctor walked by. The addict said, "Help! I can't get out!" The doctor gave him some drugs and said, "Take this. It will relieve the pain." The addict said thanks, but when the pills ran out, he was still in the hole. A well-known psychiatrist rode by and heard the addict's cries for help. He stopped and asked, "How did you get there? Were you born there? Did your parents put you there? Tell me about yourself, it will alleviate your sense of loneliness." So the addict talked with him for an hour, then the psychiatrist had to leave, but he said he'd be back next week. The addict thanked him, but he was still in the hole. A priest came by. The addict called for help. The priest gave him a Bible and said, "I'll say a prayer for you." He got down on his knees and prayed for the addict, then he left. The addict was very grateful, he read the Bible, but he was still stuck in the hole. A recovering addict happened to be passing by. The addict cried out, "Hey, help me. I'm stuck in this hole!" Right away the recovering addict jumped down in the hole with him. The addict said, "What are you doing? Now we're both stuck here!!" But the recovering addict said, "Calm down. It's okay. I've been here before. I know how to get out."

# 12 steps of NA

T G S V W B X D V H L F S N O I T I D A R T A S  
 B Y B M S D O G O T D E T T I M D A Z G W Z L S  
 R X W Y S P I R I T U A L A W A K E N I N G Z E  
 P J S E L P I C N I R P S Y K R O W P E T S R L  
 X I P L S C C H A R A C T E R D E F E C T S U R  
 I O T A K E P E R S O N A L I N V E N T O R Y E  
 H Y T S E N O H Q D H D S S Z P T R R Z D D Q W  
 L O R N G R E Y P T R T V K T X S T C I D D A O  
 J S O E Y A E E C N A T P E C C A O J G J Y Q P  
 U P P I D L J S S E G G G V N L S X T S Z Z W E  
 H O F L K N E C T G G K G T X C J W F O P A Y R  
 Y N M L W E E L Y O W A I A F L C K M F Q F X E  
 A S D S R J Y R B D R M S E H B Q U I A F X Q W  
 D O P K D S A H R A P E U S W U U O Y K F J L E  
 O R X R L W D F D U E V U K E B M E Q X P R L W  
 T A S D J P F E B B S G G S Y M T I K E E Q G D  
 R P H P O W E R L E S S A T T B E Y L C T H V E  
 O P K C D D O C Y S Q X I N R O X H O I Z T U T  
 F O Y N I W G I F S W N E W A M S V T K T U I T  
 T Z X U G Q E M Z Z U G J L C M E A Z Y D Y M I  
 S J X S D N E M A K C W R D X R N H N E R Q I M  
 U N W C H Y U D H N D T V P Y E W U X I B R R D  
 J O J T I E S P E T S E V L E W T G I B T M A A  
 R A E V E I L E B O T E M A C X P X L B C Y V C

admitted we were powerless  
 spiritual awakening  
 admitted to god  
 twelve steps  
 principles  
 surrender  
 humility  
 honesty  
 hope

take personal inventory  
 character defects  
 came to believe  
 unmanageable  
 acceptance  
 powerless  
 addicts  
 amends  
 god

restore us to sanity  
 carry the message  
 just for today  
 Traditions  
 step work  
 recovery  
 sponsor  
 unity