



**5TH TRADITION • 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

CABIN FEVER PREVENTION CONVENTION

FEBRUARY 7, 8 & 9, 2025
LODGE OF THE FOUR SEASONS
LAKE OF THE OZARKS

FAMILY MOVIE NIGHT

WE DO RECOVER GROUP
FRIDAY FEBRUARY 14TH
AFTER THE 8PM MEETING
MOVIE: A STAR IS BORN
829 S. MAIN JOPLIN, MO

SWEETHEARTS DANCE

SURVIVORS HOME GROUP
FOOD FUN FELLOWSHIP
NO COST RAFFLES 50/50
SATURDAY FEBRUARY 15TH
6:00PM SALVATION ARMY
SPEAKER AT 8PM
320 E. 8TH ST. JOPLIN, 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

JANUARY

CLEAN TIME BIRTHDAYS

CHEYEVIOLET 1 YEAR

TONY N 1 YEAR

MIKE S 1 YEAR

DAWN D 2 YEARS

JOSEPH D 2 YEARS

JACKIE H 1 YEARS

CORY H 2 YEARS

AMY 2 YEARS

ZACH M 4 YEARS

SHERRI L 5 YEARS

IVY C 8 YEARS

JEFF B 9 YEARS

BRIE B 9 YEARS

KEITH C 10 YEARS

SHERI E 18 YEARS

STEVEN B 18 YEARS

BILL N 20 YEARS

DON C 25 YEARS

JOHN M 34 YEARS

January Topic: **COURAGE** in recovery...

Courage has never been an absence of fear, but action in spite of it. Most of my life I have limited myself because of fear. What will people think about me, or what if it's painful or what if I don't like the way things turn out. It's a huge part of why I used drugs. It's was also a huge motivator as to why I felt the need to fit in because what if they don't like the real me? In the end I lost who the real me actually was because I was so used to being whoever it was I needed to be to keep me safe from physical or emotional harm as a result of insecurities fueled by my fear of abandonment and rejection. In recovery I face many new fears, what if my character defects become so illuminated that the new me is just as unbearable as the old me. Through the rooms of narcotics anonymous I am given compassion, and empathy and time to grow, all the while being reminded to allow others the same grace. A conscious contact with my higher power reminds me to be grateful for that and to not be so hard on others and myself. I am most certainly not the person I was and thank God for that. Slowly but surely I am becoming okay with me in spite of those feelings. Today I choose courage because I know where the lack of courage leads and the grass is so much greener on this side of it.

- **Jack L**

Narcotics Anonymous taught me that Courage is to get up and participate in the process of not just getting clean but living a clean life , there is a process within the Process and takes a lot of Courage to stay clean throughout it all

Sherard A

Courage is the core of my recovery right now, for me it took courage to surrender, courage to face the feelings of life happening, courage to face the destruction I caused during active addiction, and courage to keep my mind open so I can learn to live differently and keep going even if I don't want to. Hope brought me to the rooms, Courage is keeping me in them right now.

- **Kristen C**

There is a wonderful freedom in acceptance. When we accept ourselves, with all of our imperfections, we can then begin to accept others just as they are. This is especially rewarding when we are able to apply this attitude to our family and friends and those who are not our favorite people. All are like a bouquet of flowers in a vase. One may be blue, one yellow, one a rose, one a daisy. Each flower is different. But each adds beauty and enhances the vase that holds it. It isn't important that we know why one flower is blue or why one is yellow. We don't have to understand how a rose becomes a rose to appreciate it. We just accept it for what it is. Acceptance of others does not mean agreement or approval. How boring if we only accepted those who reflected our own ideas and opinions. How dull to look at a bouquet of exactly the same flowers. Today, I will accept the differences between us as a part of our beauty together.

Bryan L

Thank you to EVERYONE who took the time to share their experience, strength and hope on the January topic of COURAGE!

THE HEART OF NA BEATS WHEN TWO ADDICTS SHARE THEIR RECOVERY.

Basic Text - Page 11 What is the Narcotics Anonymous Program?

My gratitude speaks on... COURAGE!

Courage, has many factors, like stop using, going to meetings, asking other addicts about sponsorship, sharing in a meeting on the topic, staying clean, saying yes to speaking at a function or on speaker nite our story, staying clean when my attitude says I am angry at the world or living on the edge of using and going to meetings in the hope of not using and working steps with a sponsor,
God knows I don't want to tell all my stuff but I get to,
recovery is courage to better self.

Sincerely a grateful recovering addict,

Don C.

After a relapse 8 years from 05 to 2014 shame and guilt had me backed in a corner and crow pie taste like crap was the hardest thing to come back and swallow my pride because my pride was gonna kill me because you cannot save your face and your ass at the same time. And it takes real courage to work and live a step four and a step nine.

Jeff B

It took me a lot of courage to walk into the rooms let alone share with a lot of people I didn't know. Thank God for giving people the courage to share their stories, to make u feel like u are not the only one! Love u! Enjoy your day today.

Michael F

Courage to take the next step. Courage to face the unknown.

Courage to stand up for yourself.

Courage to not fall into the trap of what's socially acceptable or popular.

Courage to do the right thing because it's the right thing.

Courage to not give a damn what other people think!

Courage to be you and chase your own dreams!

Courage to fly free from the chains of addiction!!!

Jaydee S

This disease

This disease is a quiet killer

It gets deep in the tissue of it's victims

The victim often does it willingly

It wears and breaks down the body til it's too late

The main victim of this disease is your family and friends

The ones who watch you deteriorate into dust

Thankfully there is a saviour

It's most often the people who have been in your shoes

The people who have survived the worst

This killer is not unknown. It's name is addiction

Devin W.

SPIRITUAL PRINCIPLES NA TOOLBOX



THREE OF THESE THAT ARE INDISPENSABLE ARE
HONESTY • OPEN-MINDEDNESS • WILLINGNESS
 “WITH THESE WE ARE WELL ON OUR WAY.”

BASIC TEXT PAGE 18 (HOW IT WORKS)

WORD SCRAMBLE

EMSTGIEN _____

TIANECEP _____

LISESLINNWG _____

PTSWKROE _____