



Recovery From The Mountains To The Coast

Linn – Benton – Lincoln Area Narcotics Anonymous Newsletter

Summer 2010

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Step Eleven

"We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Just Another Addict's Experience

I'm going to approach this a little different. Rather than sharing my experience from the past, I'm going to share my experience with how I'm starting to work this step in the present. What I'm finding is that I have more questions than answers, and they're different questions than I've had before. Last night in a meeting we read the 10th step out of It Works How and Why, and the final line says something about how we're seeking meaning and we move onto the 11th step to find it. Though I am working on meditation, I'm feeling this gravitation to the second half of the step. I've been wondering how to really seek the knowledge of my God's will for me and the power to carry that out – and can that be the central meaning in my life? Can I let go of trying to figure out what my life means, what I should be doing, who I should be with, or understanding any of it – and simply have faith that if I'm seeking the knowledge of my God's will for me, that's all the meaning I need? I haven't come to a conclusion yet, but it feels exciting to be pursuing it. I'm just another addict sitting next to you in a meeting; I'll probably share more about any revelations sometime soon.



Love you. –anonymous

I am a 47-year-old female who just celebrated my 2 year birthday of being clean. Thirteen and a half years ago I gave up my newborn baby girl for adoption. It was an open adoption but due to my drug addiction I chose not to keep in touch with the family. I just stayed high so not to feel the pain. In February of 2008 I did a little time in jail and when I

got released I started attending NA meetings because someone I knew who was attending had suggested that I give it a try. So I did. I kept going and soon found that the NA program and the people there was where I belonged. I have recently made contact with the adoptive family through a letter and to my surprise I received one back with pictures. What a blessing!

I am so grateful for NA and all the people that gave back what they had received by opening the doors for me. Because if they hadn't I would have never made it this far. Thanks and God bless you all.

~From a very grateful NA believer

The purpose of Recovery From The Mountains To The Coast is to help share the message of Narcotics Anonymous to the Linn-Benton, Lincoln Area and beyond. Narcotics Anonymous is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. The only requirement for membership is a desire to stop using. A meeting schedule can be found at <http://www.lblna.org>

*UP COMING EVENTS FOR
LINN-BENTON-LINCOLN
AREA OF
NARCOTICS ANONYMOUS*

*Triangle Lake Campout
August 20, 21, & 22
Triangle Lake Campground*

*Camping, swimming, Slide Rock, creek for younger children, fun Fellowship, Friday night get accounted meeting,
Dinner provided Saturday night, auction, and Speaker Meeting.*

*For \$10 you get two nights of camping, dinner
On Saturday, meetings on
Friday and Saturday nights,
A weekend of fun, swimming
And maybe even a boat ride if someone brings a boat
Children under 12 can get the same thing
Only for FREE.*

*The Area Campout will be at South Beach State Park
On the 10, 11, 12 of September*

There is a saying in the Program of Narcotics Anonymous that goes like this:

"You can only keep what you have by giving it away"

From The Mountains To The Coast Newsletter is asking that you do just that. We are in desperate need to receive recovery poems, articles, your stories, and anything that has been a big or small part of your recovery. We want to show addicts, in and out of these rooms, that recovery is not only possible but that they can have fun and a new way of life through Narcotics Anonymous.

It is up to us as members of this program to show the still suffering addict that they can recover, that their life can also change. Without the message of recovery getting out more and more of us will die from this awful disease of addiction. So let's be part of the recovery process and not part of the problem. Please help this newsletter keep going and not sit by and watch this recovery tool die!!

Thanks for letting me be of service

Clean Time Celebrations



February

Spencer I	2-11-03	7 Years
Michele C.	2-13-09	2 Years
Cathy B.	2-26-08	2 Years

June

Marleen H.	6-4-96	14 Years
Cody R.	6-18-09	1 Year
Ricky T.	6-21-05	5 Years

March

Cynda D.	3-16-08	2 Years
Bobby M.	3-19-96	14 Years



July

Shawn	7-4-08	2 Years
Terrie C.	7-6-09	1 Year
Mike S.	7-6-85	25 Years
Bill G.	7-13-96	14 Years
Toby	7-18-96	14 Years
Ed F.	7-24-96	14 Years

April

Ed P.	4-5-96	14 Years
Dan H.	4-15-08	2 Years
Annette T.	4-18-01	9 Years
Paul H.	4-19-02	8 Years
John S.	4-23-03	7 Years
Mick	4-26-92	18 Years
Mariah W.	4-27-06	4 Years

August

Jeff G	18-1-09	1 Year
Lawrence	8-12-09	1 Year
Paula	8-17-00	10 Years
Randy C.	8-22-05	5 Years
David K.	8-23-93	17 Years
Leanna S.	8-25-96	14 Years
Elaine G.	8-26-09	1 Year

May

Angel C.	5-13-09	3 Years
Justin L.	5-14-08	2 Years
Dottie S	5-14-05	5 Years
Steve S.	5-21-96	14 Years
Vicki	5-25-08	2 Years



September

Natasha K.	9-9-07	3 Years
Linda H.	9-13-02	8 Years
Giovanna	9-19-00	10 Years
Randy W.	9-21-96	14 Years
Jonathan B.	9-23-92	18 years
Nique	9-29-04	6 Years