

Chapter 5 What Can I Do?

Begin your own program by taking Step One from the previous chapter, "How It Works". When we fully concede to our innermost selves that we are powerless over our addiction, we have taken a big step in our recovery. Many of us have had some reservations at this point, so give yourself a break and be as thorough as possible from the start. Go on to Step Two, and so forth, and as you go on you will come to an understanding of the program for yourself. If you are in an institution of any kind and have stopped using for the present, you can with a clear mind try this way of life.

Upon release, continue your daily program and contact a member of N.A. Do this by mail, by phone, or in person. Better yet, come to our meetings. Here you will find answers to some of the things that may be disturbing you now.

If you are not in an institution, the same holds true. Stop using for today. Most of us can do for eight or twelve hours what seems impossible for a longer period of time. If the obsession or compulsion becomes too great, put yourself on a five minute basis of not using. Minutes will grow to hours, and hours to days, so you will break the habit and gain some peace of mind. The real miracle happens when you realize that the need for drugs has in some way been lifted from you. You have stopped using and started to live.

We Do Recover

When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends-jails, institutions, or death-or find a new way to live. In years gone by, very few addicts ever had this last choice.

Those who are addicted today are more fortunate. For the first time in history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual-not religious-program, known as Narcotics Anonymous.

MONDAY

Thank God It's Monday, 8:00 PM

St. Lawrence Church, 5 S 100 W, Heber
Open Discussion

TUESDAY

Steps in the Stix, 8:00 PM

The Worship Center, 1400 N Highway 40, Heber
First Step Topic

WEDNESDAY

From Dope to Hope, 8:00 PM

St. Lawrence Church, 5 S 100 W, Heber
Literature Study

THURSDAY

LFC Group, 8:00 PM

The Worship Center, 1400 N Highway 40, Heber
Candlelight Meeting

FRIDAY

Kingpins, 7:00 PM

St. Lawrence Church, 5 S 100 W, Heber
Open Discussion (followed by bowling)

SATURDAY

Keeping It Green, 9:00 AM

Chateau Recovery, 375 Rainbow Lane, Midway
Literature Study

Dawgs of Recovery, 7:30 PM

Wasatch Crest, 425 W Moulton Lane, Heber
Basic Text Stories

SUNDAY

Keeping It Green, 9:30 AM

Acqua Recovery, 100 N Johnson Mill Rd, Heber
It Works, How and Why, Step Study

Dawgs of Recovery, 8:00 PM

St. Lawrence Church, 5 S 100 W, Heber
Living Clean Study

Excerpt

Am I an Addict?

We were searching for an answer when we reached out and found Narcotics Anonymous.

We came to our first NA meeting in defeat and didn't know what to expect. After sitting in a meeting, or several meetings, we began to feel that people cared and were willing to help. Although our minds told us we would never make it, the people in the Fellowship gave us hope by insisting that we could recover. Surrounded by fellow addicts, we realised that we were not alone anymore. Recovery is what happens in our meetings.

Our lives are at stake. We found that by putting recovery first, the programme works.

We faced three disturbing realisations:

1. We are powerless over addiction and our lives are unmanageable;
2. Although we are not responsible for our disease, we are responsible for our recovery;
3. We can no longer blame people, places and things for our addiction. We must face our problems and our feelings.

The ultimate weapon for recovery is the recovering addict.



"An addict, any addict,
can stop using drugs,
lose the desire to use,
and find a new way to live."