



## Stages of Recovery

### 0 - 1 year

**R**elief at last! You're in a home group with a service commitment, got a sponsor, following directions, and hopefully have worked pass step three. You can recite the Serenity Prayer from memory. You've met a couple of other newcomers to hang out with and are in the relationship that the collective experience of the fellowship warned you about. You've found paradise!

If you haven't gotten a home group or sponsor, life is pure hell and you're hanging on by the skin of your teeth. Regardless of what you're doing - you're as crazy as a loon, but you don't know it.

### 1 - 3 years

Life is wonderful and full

## InSide

*Anniversaries p. #3*

*Filling the Void p. #4*

of self-created drama. You're beginning to feel the benefit of recovery and service to others. You wish those old timers would shut up about prayer and meditation. You're doing just fine without it. You didn't relapse after the relationship ended because addicts were there for you to keep you clean. You have enough information and ego to kill yourself, and a good portion of your sponsorship tree, and you love to share that information at every meeting. You're still crazy as a loon - now you know it and believe it's a character asset.

### 3 -6 years

Life is now giving you opportunities to live the program. You and HP are coasting along. You're on fire and you know it all. You've perfected sharing in meetings. You have 7 service commitments (you're the chair of 6) and 13 sponsees. Anytime anyone disagrees with you in a subcommittee meeting or your home group, you scream, "Tradition violation!" You're still as crazy

continued on pg. 2 ...

*"Anytime anyone disagrees with you in a subcommittee meeting or your home group, you scream, "Tradition violation!" You're still as crazy as a loon, but life has never been better."*

## Tight Shoes and Defects

**S**o, for about two months I have been experiencing pain from my feet up into my upper legs. I feared it was arthritis or neuropathy. Out of fear, I kept putting off the doctor. Finally, out of desperation, I sought help. I told my doctor of the pains and was referred to a specialist.

After being x-rayed the specialist said it was neither arthritis nor neuropathy. He told me that I had a foot structure disorder. It was reversible and treatable. He said by wearing

a size 10 shoe versus my 8.5, the pain would diminish. I was not to run until I had the right size shoes.

My dad and a member in this fellowship gave me a couple pairs. During my



next morning run, I reflected on how I had always woken up; feeling horrible, hating myself, hating my life. I

continued on pg. 2 ...

# Stages of Recovery

...continued from Page 1

as a loon, but life has never been better.

## 6 -8 years

Oh oh...Hmmm. You learn that your craziness is insanity. Half measures catch

make the best speakers because you are completely humbled by your near death experience, you have worked like a mofo to improve your connection with your HP. You begin to ask more questions,

actually expect for you to share your experience, strength, and hope at every meeting. Little do they know the only reason you have experience is because you've been such a screw-up all the years before and you have a lot of experience on what does not work. Your strength comes from the God of your understanding and your hope is that by carrying the message you are given one more day clean.

## 20 years plus

You wake up every morning spiritually refreshed and glad to be alive. You pray every day to be of service to God and those about you. You're still involved with service, offering your experience when asked, avoiding chaos with the calm assurance that

addicts cannot screw up this program (you know, because you've tried). You seek out new addicts to let them know that the steps are the best guarantee to stay clean, prayer and meditation really does work, and if you're having a hard time staying clean - go to a meeting and find another addict to share the message of recovery. Everyday you thank God for another day clean because even though clean time does matter, it's the breath of the moment that counts.

- Klee N.

# Tight Shoes and Defects

...continued from Page 1

reflected on my current work on step 10 and it has helped me to be aware of things I do or don't do in my day. Then it hit me if I never associated how I felt in the morning with my defects and how I acted on them the night before. I just did not know. Just like I did not know I was to be wearing a size 8.5.

My mom asked "how did you not know they were too tight?" I did not know what comfortable shoes felt like." I responded. Like I was not aware of serenity prior to step work for misery had been such a constant just thought that was serenity.

Man my runs have been so much better! My feet don't bother me as much like they had for so long. The days I practice spiritual principles they follow with mornings feeling serene



up with you and the the bottom falls out. Your choices are 1) swallow a bullet, 2) use drugs (using makes option 1 appear like a good choice), or 3) completely abandon yourself to an uncompromising application of spiritual principles and selfless service to others. If you have no sponsor and no home group, you choose option 1 or 2.

## 8 - 12 years

If you survive year 7, you come out the other side a better you with more freedom, more power, more God. Serenity has replaced insanity. You guys usually

listen better, and have less answers.

## 12 - 16 years

Your connection with HP is at its best. When your sponsees come to you with issues you tell them to, "pray and meditate and your solution will come". The truth is that you really don't know the answer, but your faith and trust in the process is absolutely solid.

## 16 -20 years

You realize you are the responsible, productive member of society you read about. You still go to meetings and members

### Correction(s)

#### Breakfast Club

Luis A 12/3/2012 1

#### In The Middle

John T 11/8/1993 19

Diana M 12/25/2008 4

#### Stepping Up

Israyl J 12/14/1999 13

#### Women of Serenity

Ashling B 12/15/2009 3

Penne 12/17/2011 1

# Anniversaries - Jan. & Feb.

## A New Way

Dannielle A 1/5/2007 6  
Danielle R 2/8/1996 17

## Brandon at Noon

Carl B 1/15/2012 1  
Michelle Z 1/22/2011 2  
Nancy M 1/23/2010 3  
Bill G 1/31/1987 26  
Brian M 2/4/2007 6  
Noel J 2/11/2012 1  
Vicki M 2/12/1999 14  
Jennifer F 2/14/2010 3  
Murray E 2/20/2012 1

## Breakfast Club

Angel G 2/15/2009 4

## Daily Recovery

Barbara P 2/7/2006 7  
Jackie C 1/2/2007 6  
John P 1/5/2008 5  
Lovett H 1/21/1988 25  
Rhonda M 2/6/1993 20  
Robert B 2/12/2005 8  
Willie W 1/2/2010 3  
Witt J 1/10/2011 2

## Emergency Room

Charlie A 1/2/2011 6  
Kim H 1/8/1991 22  
Sean O 1/15/2009 4  
Paul 1/18/2008 5

## Fresh Start Group

Cynthia S 1/11/2009 4  
Grow or Go  
Eddie B 2/20/1987 26  
Hank 2/21/1987 26

## Happy Hour

Angel G 1/28/2010 3  
Charlie L 1/14/2008 5  
Noah S 1/14/2005 8  
Vicki P 2/28/2012 1

## High Lie

Abby W 1/16/2005 8  
Cassie H 1/1/2001 12  
Mike C 1/6/2002 11  
Steve M 2/19/2001 12

## Hope In Recovery

Robert B 2/12/2005 8  
Shawnya W 1/20/2012 1

## Hyde Park NA

Chris K 2/18/2003 10  
Judy O 2/5/1998 15  
Lisa C 1/9/2010 3  
Maggie R 2/6/1988 25

## Keep The Faith I & II

Robert Y 2/1/1998 15

## Life On Life's Terms

Donald D 2/27/2010 3  
Todd E 2/4/2011 2  
Vince C 2/14/2005 8

## Live or Die

Linda H 2/10/2003 10  
Midday Meds  
Johnny P 1/15/2012 1

## Monday Meditation

Jen N 2/13/2011 2  
Kandi O 1/13/2007 6

## More Hope I & II

Louis W 1/28/1998 15  
More Will Be Revealed  
Jeremy M 1/24/2009 4

## NA 180

David V 1/11/2010 3  
Shawn S 2/17/2005 8

## NA Speaker Meeting

Kim L 2/9/2003 10  
Melinda E 1/30/2009 4  
Robert Y 2/1/1998 15

## Never Too Young To Recover

Abby W 2/14/2010 3

## New Bite Of Serenity

Aaron G 2/10/2008 5  
Charlie D 1/15/2006 7  
Liz W 1/10/2000 13  
Melissa J 2/22/2005 8  
Oscar H 2/5/2005 8  
Yolanda P 2/17/1993 20

## New Life

John P 1/5/2008 5  
Chevelle T 1/22/1998 15  
Todd F 2/4/2011 2  
Pam S 2/5/2011 2  
Carlton W 2/12/1999 14  
Sara M 2/22/1994 19

## New Tampa NA

Steve D 2/18/2006 7

## Old-Timers

Alicia E 2/5/1996 17  
Kim R 2/4/2009 4  
Pat S 2/6/1996 17

## Our Primary Purpose

Ann P 1/23/2002 11  
Marilyn R 1/20/2010 3

## Quest For Serenity

Billy W 1/21/1987 26  
Lynn D 2/22/1988 25

## Radical Recovery

Martin P 1/20/1987 26

## Recovery Central

Ken T 1/3/1988 25

## Recovery In Riverview

Sharon M 2/28/2009 4

## Recovery On The Northside

Ed H 2/12/2011 2

## Renegade Recovery

Amber F 1/17/2007 6  
DeVaughn J 2/8/2011 2  
Peggy C 2/14/2011 2

## Rise For Recovery

Joanne D 1/11/2010 3  
Chanta S 2/2/2010 3  
Chrissy R 2/13/2010 3  
Vivian M 2/21/1998 15

## Squeaky Clean

Vern 1/12/2007 6

## Stepping Up

Brenda B 2/24/2005 8  
George J 1/20/1992 21

## Sunday Serenity

Kent C 1/26/2009 4

## Sunset Solutions

Monk S 1/1/1985 28

## The Sanctuary

Sergio L 2/6/2010 3

## The Ties That Bind Us

John G 1/3/2010 3

## The War Is Over

Bobby M 1/3/2010 3  
Aris 1/7/1987 26  
Tiney R 2/5/2008 5  
Baxter C 2/12/2004 9  
Lou 2/15/2005 8  
Josh M 2/17/2005 8  
Jason M 2/20/2011 2

## The Women's Recovery Room

Jennifer F 2/14/2010 3  
Karen S 2/2/2011 2

## Together We Can

Jay S 1/30/2003 10

## Triple M

Luther R 1/26/1989 24

## TTNA

Juan B 1/15/1992 21  
Leah E 1/19/2012 1  
Frank S 2/1/2012 1  
Jerry R 2/17/1996 17

## Uptown Tue & Fri

Caroline C 2/8/1989 24

## Women Do Recover

Brenda H 2/2/2005 8  
Brenda O 2/10/2009 4  
Chrissy R 2/13/2010 3

## Women Of Freedom

Pat S 2/6/1996 17  
Sheila S 2/15/2007 6

## Women Of Serenity

Delphine D 1/28/2010 3  
Rhonda 2/6/1993 20  
Melissa 2/22/2005 8

## Women Stand United

Chanta S 2/6/2009 4

## Women's Hope

Jen A 1/27/2008 5  
Sandy M 1/29/2008 5  
Cory B 1/30/2010 3  
Misty L 2/5/2010 3  
Dasy R 2/13/1997 16  
Michael K 2/14/2012 1  
Tara B 2/25/2002 11

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## Filling The Void

My heart is in pieces, should I stay or should I go,  
I'm so confused I doubt myself, I'm hurting, please let me go,

This is no longer good for me, I'm the victim, I'm the star of the show,  
Lost in the limelight of agony and defeat, I'm hurting, please let me go,

You've held me down and pinned me with lust, at times I just don't know,  
I want to be free, I'm broken inside, I'm hurting, please let me go,

My pride is aside, my prisons my mind, I'm learning to just say no,  
I have too many scars, I'm all cried out, its time for me to go,

I've hurt myself for way too long, my mistakes have finally shown,  
That once I learn to love myself, I should never let go.

Love starts from within

Years in active addiction and poor choices in all areas of my life have taught me this hard lesson.

Change is here

This poem was written for all who suffer or have suffered from active addiction.  
–Gary M.