

(cont. from pg. 9 Gratitude...)

I am grateful where I'm in my recovery not where I want to be, but not where I used to be. I'm grateful for treatment places that help me build my foundation in my recovery. I am grateful for Sponsorship, the 12 Step and Service Work. I am grateful for my homegroup, Spiritual principals, Support Groups, the NA Daily Meditation and all literature. I stay grateful for the breath of life and Just For Today to be Clean, also for my clean date 9/3/12. **NA IOU 1 ...Veronica F.**



"I'd invite you in, but my life's a mess."

(cont. from page 5 Self-Centeredness) my Higher Power.

God, as I understand God, allows me to surrender with the assurance that happiness comes from within, The chains have been removed. I am beginning to respect myself. Humility, honesty, and integrity can be obtained by living the steps and surrendering daily. This gives me a vision of hope. I can't, we can. **Anonymous (NA Way March 1995)**



Trivia Answers

- 1. Tools
- 2. Not having to fight any-
- 3. Faith
- 4. By realizing that we always have.

EANA Free-Way next issue October 2018
Send NA-related articles, poems, cartoons, announcements, etc.
to amcgamcg@yahoo.com, or snail mail to EANA, Attn: Newsletter,
2186 Jackson Keller | PMB No. 335 | San Antonio, TX 78213.
Thank you! Alice D., Newsletter Chair



EANA FREEWAY AUGUST 2018

That was Then ...This is Now

THEN... Looking back sometimes I just shake my head in amazement at the path I took to get to Narcotics Anonymous. My soul was kidnapped by a power whose sole mission was to destroy me and I was totally at its mercy. Our literature states that, "We had little indication of the disaster that our lives held for us" and I was able to see this first hand. I went from a happy kid who was loving, caring and compassion-

ate to a monster. I was hopeless. I started to believe that this was the best I could ever hope for and I want to thank GOD for never turning off the glimmer of light in the tunnel of darkness that led me to this fellowship of men and women that saved my life. **NOW...** I stumbled into Narcotics Anonymous 4991 days ago a broken man who has been revived back to the happy, loving, caring and compassionate person no longer a kid but a grateful **(cont. page 2 That was Then...)**

That was Then... Pages 2-3	Editor's Note Page 2	Spiritual Not Religious Pg 4, 10	Self centeredness Page 5, 12
Ask Anna Knimity Page 10	Gratitude Page 8-9, 12	Let's Celebrate Pages 6-7	Behind the Scenes Page 8

(cont. from pg. 1 That was Then...) addict. Narcotics Anonymous through the steps, has taught me how to be honest, open-minded and willing to do the work to stay clean. I have been able to become a father to my son whom I abandoned 20

years ago, keep a job and pursue a career that allows me to help addicts seeking recovery. I

have a sponsor who I love and trust, a homegroup that carries the message of NA and a fellowship that helps me stay focused on recovery. I can go on and on about the gifts that this program has given me but the biggest gift that holds it all together is GOD who is my higher power. I love Narcotics Anonymous. *Gary L.*

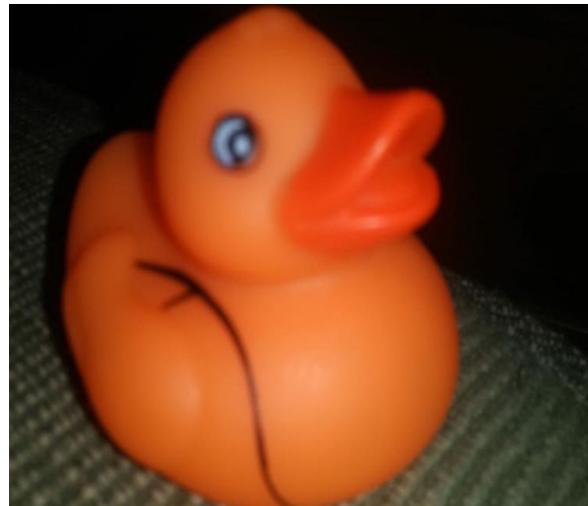
Hello, my name is Larry and I am a grateful recovery addict. I was asked to write 2 paragraphs on what it was like then and what it's like now. (cont. pg. 3 That was Then...)

my past will
REMINDE ME
but it will not
DEFINE ME

Editor's Note by Alice D.

It started with a phone call. Hey just letting you know that Jack & I were going to eat a Jason's. The response was good I'll see if John wants to go. So if 4 were going, I needed to ask the next homie. Laura said yes! Lyn was next. Well I just need a little time...You know this was all last minute. He said yes, of course. The job wasn't complete without calling Traci & Lewis. We'll be late, but we're coming was Traci's response. What about Kamie? Sometimes we have other commitments that we just can't make our homegroup...like a child's birthday. That stuff is important now a day's! You know—FAMILY! How cool is that productive members of society. That's how we roll. Who would of thought that drug addicts could come together as friends. Friends that like to hang out. Laugh together, joke together, cry together, eat together—that's what we do! It's not always laughs—its tough discussions. Hurts and misunderstandings BUT it always ends in HUGS. NA ILU

RBS 2018



2



Being of Service...Area July 2018



RBS 2018



RBS 2018

27th Annual Esperanza Area's 32nd Anniversary

2018 Frolic In The Woods

October 12th - 14th
Garner State Park

*"Tall Trees Require
Deep Roots"*

Frolic In The Woods is an Annual Camping Event presented by The Esperanza Area of Narcotics Anonymous. We suggest you bring the message of Recovery & prepare for a weekend of fun! We also suggest you bring:

- * Camping Gear
- * Swim Wear
- * Food & Water
- * Bug Spray
- * Sunscreen & headcoverings
- * Chairs

Join Us For:

Campfires ◉ Meetings ◉ Fellowship ◉ Hiking
Paddleboats ◉ Food ◉ Fun ◉ Swimming ◉ Raffle

For event info, please contact - ETTW@eanonline.org or Victoria C. - vclarke526@gmail.com

Event Registration Online: <http://www.eanonline.org>
Pre-registration \$15 before July 29th - \$25 after July 29th

Park Reservations: (512) 389-8900 or http://www.tpwd.state.tx.us/business/park_reservations/web/ - Ask for Old Pecan Grove

For more info, please contact Registration Chair: Jennifer M. - 210-780-2284



ASK ANNA KNIMITY

Do you have a burning desire but don't have the nerve to share it in a meeting? Or with your sponsor? Then ask "Anna Knimity"! Email your NA-related inquiries to her at AskAnnaKnimity@yahoo.com and "she" will answer in the next issue of the EANA Free-Way.

Dear Anna, I told my mom that there was a fight at an NA function...now she doesn't want me to go to NA...What do I tell my mom?...worried in NA

Dear Worried...First of all ...Way to go being at an NA function instead of using. Without NA you could have been the one acting out with inappropriate behavior. And remember what happens in a meeting stays in a meeting, unless it was outside during the function. At that point, "We have no opinion on outside issues hence the NA name ought never be drawn into public controversy." Maybe next time don't tell your mom and discuss it with your sponsor or in your home group. Keep Coming Back!

Dear Anna, I don't know about the Traditions or Concepts but I see the fighting between the motorcycle clubs. I want to stay clean but I'm afraid to be around these people...what should I do? Fearful in NA

Dear Fearful... Anna is seeing a pattern here with these two questions. First off, hang with the winners and avoid any outside controversy! Some are sicker than others and you can choose to hang with the winners. We all have self will so use yours for good. Recovery is an inside job so work on yourself and stay in faith. Fear stands for F everything and run. So stand you ground, turn around and walk up the STEPS TO RECOVERY!

(cont. page 4... Spiritual Not Religious)

not religious, chapters 3 & 6 in "It Works How and Why" and chapter 3 in "Living Clean, the Journey Continues" talking about our spiritual foundation in our steps.

All this is to say that Narcotics Anonymous works and does it through suggested spiritual principles without

having to believe in a Higher Power. However, for me, the disease of addiction is more powerful than me, so I need a power more powerful than it. So, don't leave 5 minutes before the miracle happens and make your spiritual development your primary focus, as it suggests in the Tenth Step.

ILS, CJ

(cont. from pg. 2 That was Then...)
I can honestly say that it was miserable. I knew that my addiction was destroying my life and my family's life. I was an embarrassment and big disappointment to my entire family, but I just could not stop using for ANYTHING in the world. I HAD TO use despite the many consequences. I could never get more than 90 days clean for a period of over 17 years. I was in and out of the rooms and had all the evidence that the program was working because it was evident in your lives. But I was not willing to TOTALLY SURRENDER to the program of NA.

I went to detox desperate and afraid of dying. My mind was made up that I did not want to die and that I was willing to do WHATEVER you all were doing to stay clean and obtain peace in my life. Everything about not using, and recovery was very uncomfortable and odd at first. One day I heard that Honesty, Openminded & Willingness were indispensable. I learned that word means ABOSOLUTELY NECESSARY. I went to well over 90 meetings in my first 90 days, got a sponsor immediately, got busy working steps, being of service and spending time around a lot of recovering addicts. The overwhelming urge to use went away and

I started learning how to practice the spiritual principles of the steps in my life and it gave me the tools to live a strong meaningful life despite how hard every day may get. October 24th I will be celebrating 4 years clean and before surrendering to the program of NA I could NEVER get more than 90 days clean. I thank God for this LIFE SAVING program.



EDIT THE FOLLOWING WITH THE CORRECT WORDS:

JUST FOR TOMORROW, I WILL BE AFRAID, MY THOUGHTS WILL BE ON MY OLD ASSOCIATIONS, PEOPLE WHO ARE NOT USING AND WHO HAVE FOUND AN OLD WAY OF LIFE. SO LONG AS WE FOLLOWS THAT PATH, I HAVE NOTHING TO FEAR.

TRIVIA CORNER

1. NA gives us _____ for living?
2. Surrender means?
3. Worry is a lack of _____?
4. What is one way to remain vigilant about our recovery?

(answers on page 12)

SPIRITUAL NOT RELIGIOUS

After the Newsletter chair asked if I would write an article without a given topic, I proceeded to begin writing. The only problem was that I've been blessed with so many miracles in my recovery that I kept jumping from one learning experience to another until my heart focused on my Higher Power bringing me to the rooms of Narcotics Anonymous and Narcotics Anonymous bringing me closer to my Higher Power. While Narcotics Anonymous is spiritual not religious, as I hear so often, it's not surprising it's a challenge to see the difference when half our steps inspire reliance on our Higher Power. Even one tradition admonishes us about an ultimate authority and one concept asks us to invite a loving God in. And then our steps bring a spiritual awakening, our traditions talk about anonymity being their spiritual foundation and the concepts speak of Narcotics Anonymous' nature being spiritual.

To take this conversation further, both Narcotics Anonymous and most religions have spirituality as their foundation. In my personal program of recovery, I have not only lived the program of Narcotics Anonymous to the best of my ability but have also strengthened my devotion to my

chosen faith. However, I don't confuse the two.

Being religious is about my being an adherent to a certain faith, following dogma, tradition and rituals as defined and described by a religious hierarchy. This is in pursuit of the spiritual foundation in a devout and pious manner, for the most part. In "Why Are We Here" in the Basic Text it says religion wasn't sufficient enough, not that it didn't work. Keep in mind that this is a personal and outside issue and my own belief based on two lifetimes in one life.

Spirituality in Narcotics Anonymous is for the sake of recovery from the disease of addiction. It's a process that's an inside job which strengthens my character through the incorporation of principles like honesty, open-mindedness, willingness, courage, humility, forgiveness, understanding, unconditional love, service, harmony with my Higher Power and many more. I'm blessed to have a Higher Power which works through people, places and things like a sponsor, sponsees, home group and support group. Literature like "We do Recover" in the Basic Text touching on NA being spiritual not *(cont. page 10... Spiritual Not Religious)*



HELP WANTED

TDCJ Volunteer training will be Sept 28th 2018 (12pm-4pm) @901 N. Loop 1604W., SA TX 78232 & Oct 20th (8am-12pm) @ 1602 Thousand Oaks Drive, SA TX 78232. Contact H&I V-Chair, James B., for questions 210-596-4340 To go through TDCJ volunteer training, fill out application, bring w/you. Reserve seat @210-857-6810

Frolic Subcommittee looking for support. We meet 1st Sunday of the month @10929 Nacogdoches@12:30

EACNA V—Convention Committees meeting is on the 4th Monday of each month @7:30 @307 Marshall.

Together We Can -New Location 14700 San Pedro Room 201 Friday's @8:15-9:30pm
Newsletter—Looking for hard working individual who likes to have fun, who follows through & is ok asking for help! If so this position is for you... Newsletter Chair ...available starting in October.....Contact Alice for more information 210-861-6822

UPCOMING EVENTS

Activities— Oct 27th, Activities/H&I Function 1602 Goliad MWBW

Nooners -Speaker Meetings— Diana H. (Sept 7th)

EACNA V Event Support Function Sat Sept 22 @4-9pm 1018 E. Grayson

Just For Today - 18 Year Celebration 6110 NW Loop 410 (Oct 6th) 3pm-9pm

Frolic In The Woods - Fri - Sun Oct 12-14th... Garner State Park .

Recovery North—21 Year Anniversary Sat Nov 17th, 5909 Walzem

Somos Milagros Anniversary-Sat. Nov 24th (MWBR)

(cont. from pg. 8 Gratitude...)
Let me start by saying one thing, I am grateful for and that is the freedom from active addiction. Today I have a choice and for that I am truly grateful. I'm grateful for the loving family that I have made in this fellowship, because today you are my family.

I'm grateful for the love, peace and joy I have in my life today which I never thought possible. I'm also grateful that I have a loving, caring, and understanding higher power that I am able to turn my will and life to everyday. Today I am blessed beyond measure and for that I am very grateful. **Alice R.**

I'm grateful for this beautiful gift of recovery. No matter what I go through I try staying grateful always for the little things in life. I sometimes want to complain and I stop and think how things could be worse. As bad as things get they aren't as bad as things were 6 years ago.

I'm so grateful for God's grace and mercy that pulled me out of the horrors of addiction. I thank God for this New Way of Life in my recovery and so grateful for NA for restoring me to sanity also giving me a family that understands me and lets me know that I'm not alone.

(cont. pg. 12 Gratitude...)

GRATITUDE

Gratitude means, the quality of being thankful; readiness to show appreciation for and to return kindness.

Gratitude can be a state of mind, where you look for the positive in every situation, which changes the way you speak, walk, think and act. How can this be? Recovery shows me to live CLEAN, even my thinking. Once so full of pain and despair, I have found hope and freedom.

It first started with an “assignment”, that I was not happy about. I was fighting with my mom and my sponsor told me to write down ten things I was

grateful for. In writing that down my chest began to untighten, my hard breathing began to calm, and my tears began to fall. I saw where I really was, feelings for what they were, and I could separate them from my reality. Gratitude brought a different understanding that day. With application in my daily life, I have found the freedom from my feelings. Feelings are and reality is. This sentence represented the separation in the feelings and reality, which gives the ability to calm my mind to find where I stand. **Rebekah H.**

(Cont. pg. 9 Gratitude.)

BEHIND THE SCENES: WHY WE CHOOSE TO SERVE

Kamie H., In Loving Service

This month I wanted to go behind the scenes with a dedicated subcommittee chair person I'm learning about through being of service with, Leonora G. She is our phone line chair and anytime I have a question she is available to answer!

Leonora has been part of the Esperanza Area of NA since 2009. She opens up honestly by saying she has only began to truly follow the program for the last 20 months.

Leonora heard that as a newcomer she should start being of service through the phone line, so she followed that suggestion, first taking on the position of secretary which led to her accepting the chair position when nominated.

When I asked her what she has learned about being of service or even herself as the phone line chair, I loved her answer, “How to communicate with people using spiritual principles.”

Leonora says she has been able to take what she is learning here and apply it to other areas of her life by being able to better communicate how she is feeling no matter how upset she may be.

Leonora says she has this advice for anyone wanting to be of service to the phone line, “Make sure that you can be committed to the day you are scheduled.” If anyone is wanting to join me in finding out how to be of service to this amazing Area's phone line, please reach out to Lenora G!!!

Self - centeredness

Today was a very fast-paced day. I sat and began to appreciate the quiet of being alone. The awareness of my spiritual growth reminded me that I am never alone. Upon entering NA I discovered that active addiction had robbed me of many dreams, friendships, and successes. I was determined to do something about it. I had a drug problem. I was going to come to NA. I went about meeting all the people at the meetings and talked at length in the NA lingo: Turn it over, I can't, we can. I'm willing to go to any lengths No pain, no gain.

I found a job and started to gain some material possessions. I met someone special and fell in love. Alive and clean, I was in love with the idea of being in love. I was off and running both of our lives. I stopped periodically to pray, attend meetings, and go through the motions of recovery that I learned in NA. After a period of time, I was again isolated by my addiction. This came from practicing principles as I, not we, understood them.

Although I don't totally understand my addiction, I accept it today. I don't understand my Higher Power, yet I ask for my Higher Power's will to be done today. The spiritual principle of surrender has proven its point over and over in my recovery.

Getting involved with my group in the

day-to-day workings of service, I ran into a lot of areas where I was uninformed. My self-centered, self-serving, self-seeking attitude led me to think, “If I don't know, it's not worth knowing.” Trying to graft a new idea onto a closed mind truly doesn't work. I isolated myself from other trusted servants and other recovering addicts. I separated myself from daily program of recovery (the Twelve Steps, prayer, meditation, and taking positive action). Upon rising I the mooring, fear became a constant companion, one I was seldom able to shake. Only “true confessions” from the podium and self-criticism seemed to humble me enough to seek recovery.

I have gone through gradual changes by working the steps in my life. I finally listened as others shared their experience with the steps. Through continued abstinence, love and the care and concern of other addicts, I was able to survive the total isolation in which my addiction held me captive.

Today, the same things still frustrate me. My addiction frustrates me. Fear still enters my life. There is one substantial difference today; I have my priorities in better order. NA gives me the freedom to be myself. It has provide a clear direction for a conscious contact with

(cont. pg. 12 Self-centeredness)

LET'S CELEBRATE



CJ 11/25/87



SATCH G. 12/4/88



RAYMOND L. 11/1/95



SHAPOUR K. 11/25/08



GARY M. 11/14/1991



Jerry JD 12/25/2006



JACK D. 12/08/89



DEB G. 12/18/82



JASON O. 11/2/09



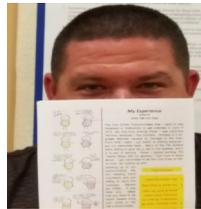
DELMAR E. 11/24/07



BRIDGET E. 10/9/2009



LEONORA 11/04/2016



LAWRANCE 11/22/2017



DIAMOND G. 11/14/2013



DANNY C. 10/20/01



Debbie L. 10/23/89



Nanci K. 11/1/06



Larry M. 10/24/2014

NOTE FROM EDITOR: If you want your clean day celebration featured in the newsletter.. Have your GSR send to Newsletter Chair or text or email to 210-861-6822 with or w/o picture. (include Name and clean date)

LET'S CELEBRATE

CHRISTI V. 12/5/2017

MICHELE G.

BRIAN A. 10/16/97

BRIAN S. 11/5/10

LOUIE L 11/4/2015

LAUREN L. 11/15/2015

GWEN K. 10/25/1997

ALISHA R. 10/25/2017

TESSA R. 1/1/2018

JANESTA M. 10/18/2012

STEPHANIE S. 10/4/2017

JAMES K. 10/1/2016

LARRY H. 12/20/1992

CAROL W. 12/24/99

ROSEMARY R. 1/1/2018

LARRY M. 11/29/2002

RICO 10/15/2017

KELSEY M. 12/26/2017

PATTY R. 11/27/2016

ANDIE I. 10/6/2013

KRISTAL K. 12/22/2017

JAMES O. 10/1/2012

COLE Z. 11/19/2017

DEBORAH B. 1/18/2018

DAVID S. 12/12/2012

ANTHONY V. 11/28/2016

AUDRIE G. 10/26/2013

FRANK G. 12/25/2003

JOSH L. 11/2/2013

ALEXANDER 10/16/2017

ELIZABETH T. 5/26/2018

RAUL C. 12/22/2013