



EANAfreeway

Esperanza Area of Narcotics Anonymous Newsletter

2nd Quarter 2023

How do you stay clean JFT?

I'm Audrey, I am an addict, and this is how I stay clean... I stay clean by not forgetting all the pain that it took to get me here. I stay clean one day at a time. I stay clean by following the suggestions of my predecessors. I rid myself of anything and anybody that took part in my active addiction. I surrender daily. I have a home group where I am of service. My fellow home group members know me and lovingly hold me accountable. I have a sponsor who believes in me. I work steps as if my life depends on it. I go to meetings where I share honestly, listen openly, and welcome the newcomer. I talk about my thoughts instead of relying on them. I practice spiritual principles in hopes that they will eventually become second nature to me. I grow from my mistakes in lieu of self-destructing.

~

"I relapsed at 18 months clean last year & to be honest, pregnancy is what got me clean, THEN. How I stayed clean then is a mystery because I was not active in my recovery, the fellowship, or the program. Isolation and self-preservation were all I knew. My life remained consistently unmanageable, chaotic, and lonely. I was broken and my disease was running rampant. Eventually, I chose to activate my drug addiction and my run lasted a few months. I remember my son making an indirect nonchalant comment that snapped me back to reality and I realized I wasn't fooling anyone into believing I was still clean. Then the fear set in of losing everything AGAIN! A home, access to my children, trust and most important...MY SANITY. I saw it slipping away even quicker this time. So, I did the only thing I knew, I attended a NA meeting.

Filled with fear about bringing my toddler, I walked through the doors anyway. The love and acceptance in that room brought me back 6 weeks in a row; then I had to reset my clean date again. I realized I needed more than one meeting a week, and I dove headfirst and submerged myself in 4-5 meetings a day. After 30 days clean; I made a 90 in 90 commitment. I learned to pick up the literature and the phone. I interviewed my sponsor and I do my best to call them every day. I attend a minimum of one meeting a day; I share when I need to, and I listen with intent. I am working my steps at my pace. The difference between my clean times in the past and now is...I am ACTIVE in my recovery today; and I can see and feel the difference in myself." Aniceta

Continued on page 2

Editor's note – This edition we are focusing on How Do You Stay Clean JFT?

3rd Quarter edition topic will be **Why do you keep coming back?**

and "Ask Anony" column.

Send submissions, questions, comments, artwork or concerns anytime to newsletter@eanaonline.org

Find Earlier Editions:

<https://eanaonline.org/downloads>

Join the Subcommittee:

1st Sundays 3:30 on Zoom ~ 82442497481

Pass: news

The basics—meetings, sponsor, Steps, service, NA literature, Higher Power, not picking up no matter what—are the same for all of us!

SPAD – March 12

My gratitude speaks when I care and when I share

With others the NA way

Gratitude Prayer ~ back side of medallions



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Anonymous Newsletter

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How do you stay clean JFT? *Continued from pg. 1*

Goodday, family! My name is Santiago Y. and I am an addict! How do I stay clean just for today? Well first I am constantly reminded of "how much it burned when I last touched that stove". Relapse is a part of my story and every time I use, my using ends in suffering drug induced psychosis, which is never fun. It was psychosis that brought me to my knees seeking help back in 2019. Thankfully I knew the answer was in the rooms of Narcotics Anonymous as I was already acquainted with recovery through my first go around in 2012 and before that through hearing of the rooms through my biological father, Jimmy. Of course, having a program helps too! I keep coming back, using the tools that were freely given to me by my predecessors. Regular and consistent meeting attendance helps, being of service at my homegroup level also helps. I stay in touch with my sponsor, and other recovering addicts. One of the most challenging lessons in recovery has been letting go of those old people, places and things I held on to so tightly. Not being fully able to stop going around certain friends and family has gotten me into trouble in the past, it's no wonder I would end up relapsing. Today it's a must that I recognize those friends and family can pull me back out of recovery much quicker than I think I can pull them into recovery, especially with my tendency to want to please everyone. People pleasing has gotten me into some of my worst dilemmas. Also, staying clean and working on myself has shown me that those bonds I thought were so strong were only held together by one thing, using. Most importantly though, I stay grateful and remain teachable. Just For Today - Santiago Y.

Grateful and thankful! I pray little prayers daily. I'm no way perfect. Um no Saint but I try every day to think about where I was. I never forget the "monster" I was in active addiction, and I think about how much better I am today. The key word is TODAY! I DID THIS DAILY!!! No rest for the addict that is never at rest. I work at this ALL DAY ERRDAY!!! I did this following the principles, at my own pace, but keep running the race. I call my sponsor, my support and read and spread the message. I've made six attempts at this and when I was REALLY sick and tired, I stopped and won't stop. Lastly, prayer, it sounds simple, but it really helps. Remember: stop, don't move, sit, and pray for your higher powers' strength. Don't look back, your head is not facing that way. Zephia B.

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Clean date 3.17.2022

How do I stay clean? I stay clean by taking the suggestions of my predecessor's. 90 meetings in 90 days, getting a sponsor, and working steps. I had to surrender; I dove into the literature seeking answers. The more I learn the more I found that I don't know anything. If I am confused, I ask questions to everyone/ anyone in the fellowship. I came to understand diversity is our biggest asset. I am able to gather information from my new family and from my own opinions and apply them to doing the next right thing. I am able to accept myself, with the help of my HP I am able to place less unrealistic expectations on everything/ everyone and also myself. This led me to a new found way of life, one of peace and tranquility.

Thank you, Very Respectfully.

Alexander P. 253.254.3409

The good times can "also be a trap; the danger is that we may forget that our first priority is to stay clean."

Basic Text pg. 43



“From the isolation of our addiction, we find a fellowship of people with a common bond... Our faith, strength, and hope come from people sharing their recovery...” *Basic Text, p. 98*

Ask Anony ~

A Column for anyone with a question related to NA. New to the rooms and wonder how something works? Established in the rooms and want anonymous suggestions? Write to us at newsletter@eanaonline.org and a trusted member will answer your questions.

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Ask Anony,

Q - When and How did NA get started in San Antonio?

A – We will be adding a partial ‘History of NA in SA’ in this Issue and in the 3rd Quarter Issue (July)

Q – your question here...

Continued from pg. 2

I stay clean JFT by utilizing a lot of different components of recovery that make up my day. I have a rule I put on myself. When I wake up in the morning, I will not come out of my room until I surrender my day to God. Prayer is the best and most important part of my day. Keeping that connection alive is of the utmost importance to me, so I make it a priority. I follow it up with some literature. The JFT meditation and SPAD are great tools that I utilize on a daily basis.

For me staying clean is staying connected. One of the blessings I have received from God is the community I experience through Narcotics Anonymous. Building relationships with other addicts keeps me inside the herd. If I am in the middle of the herd, it is very difficult to stray without someone noticing. It is when I am on the outside that straying away becomes easy and dangerous to my recover. Meeting attendance is a great way for me to stay connected and broaden my base. The broader the base the higher the point of freedom.

Narcotics Anonymous is defined as a 12-step program. Working steps on a daily basis is another part of my recovery that helps me stay clean. I have a routine where I tell myself I have to work on my step work for at least 1 hour a day. The steps ARE the solution. I am currently on a 3rd step which is a daily reminder for me to submit my will over to God.

When my disease is active, these components are the medicine for treating my disease. There is no cure for addiction, but I definitely have a way to treat it JFT! Lucio C

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10/17/17. I was around 7 years of age when using became a numbing tool for me. My using only grew from there. By 17, I was already experiencing withdrawal symptoms. I was a closet addict and kept it a closely guarded secret, while appearing to have it all together. I did not, but I sure put on a good show and was a serious workaholic, to boot. At 38 years of age, I was finally ready for help and the gig was up. shortly before that when my organs had started to shut down on me. Even ended up in a coma. I knew that it meant life or death for me. After completing treatment, I went into halfway housing and followed the suggestions and stayed for an entire year. I got a sponsor and worked steps, I did the 90 meetings in 90 days. I listen when others share. I have not forgotten where I’ve come from, and I’ve learned how to be and not to be from other people. My gratitude list has kept me in a state of hope and positivity when life shows up. I am in therapy and have a higher power. I journal and remain teachable. NA has kept me alive in soo many ways! Pam O. (new to our Area)



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A HISTORY OF NARCOTICS ANONYMOUS In San Antonio Area

1981 - Agape Group Formed in Kerrville,

April 1982 - July 22, first NA meeting in S.A., Pecan Valley Park under a Tree - Sept., Phoenix Group at S.A. State Hospital began.

1983 - Fall, Payte Clinic meeting began (H&I) Presently Great Beginnings Group - Downtown Group began and ended - Mexican American Cultural Center rented space for an NA meeting which began and ended .

- S.A. and Austin formed the Central Texas Area and opened a helpline.

1984 - A.R.C. meeting began and ended. - Speak Yourself Well meeting began and ended. - Cellar Group began and ended. - Renaissance meeting (H&I) began and ended.

1985 - House of UKI (H&I) began and ended. -Villa de Tejas (H&I) began and ended, New Horizons (H&I) began and ended. - Schertz group began and ended - Spring, the KISS group was formed - New Horizons group was formed - Helpline in S.A. ended - Brookwood meeting began (H&I) (presently Lost & Found Group) . - Casa Del Sol meeting (H&I) began and ended - Payte's Clinic formed Great Beginnings Group.

1986 - March, Quicksilver Group was formed -, Together We Can Group was formed - April, New Horizons group changed locations and name of group to New Waves - Sunshine Group began and ended - June, Helpline began and ended - July, began to hold monthly unity meetings at members' homes to promote unity between the groups. - July, Kiss Group held 1st Blanco Blowout - October 19, S.A. formed the Esperanza area and split from Central Texas' Area - Brookwood H&I formed Lost and Found Group - Villa Rosa meeting (H&I) began (presently Lifeguard Group). - We Kick Together Group began - Southwest General meeting (H&I) began - Amazing Grace Group began & ended

Next Issue to include:

1987 - 1990

If you have *verified* Group info from 1991 to today

Please send it to: newsletter@eanaonline.org

**"We learn to experience feelings and realize they can do us no harm,
unless we act on them."**

IP No. 16, For the Newcomer

Subcommittee Meetings

1st Sundays:

Policy: 12:00 PM

Virtual ID: 871 873 4143

Passcode: policy

H&I Orientation 1:00 PM

H&I Meeting 1:30 PM

Virtual ID: 852 8487 3678

Passcode: service

Phoneline 2:30 PM:

Virtual ID: 870 8075 1250

Passcode: 941778

Newsletter 3:30 pm

Virtual ID: Id 824 4249

7481

passcode: news

Outreach 4:30 PM:

Virtual ID: 897 8359 9476

Passcode: reach

FROLIC 2023 5pm:

10929 Nacogdoches Rd.

Suite 112

Activities 1st Saturday

446 E. Canton 5:30

EACNA IX 1st Thursday

5909 Walzem Rd 7:00

For Events & More Info:

Esperanza Area:

Eanaonline.org

Tejas Bluebonnet

Region: Tbrna.org

World: NA.org