

Happy New Year from your H&I Sub-Committee!!

"The future belongs to those who believe in the beauty of their dreams"
(Eleanor Roosevelt)

You're worth much more than you could ever imagine.

Strive for Progress, Not perfection. Celebrate every tiny victory.

The most wonderful and rewarding way to start the New 2025 Year is to be of service to help the still-suffering addict. H&I does just that! If you want to start this New Year off by being of service, we invite you to come check us out. We carry the message of recovery to those addicts at hospitals, institutions & rehabs who cannot access outside meetings. We welcome you to join our sub-committee. It's a great way to be of service.

We meet the last Sunday of the month at 5:00 p.m. via zoom.

Our next meeting will be on Sunday, January 26th at 5:00p.m.
The Zoom ID is 865 550 0289 ✨ The Password is 050749.



*Just For Today
We don't have all the
answers, but we know
where to find the ones
that matter. Today we
will ask another addict,
How Does It Work?*

Spiritual Principles of Step One

Step Working Guide- Pages 9-10

The practice of the principle of **HONESTY** from the First Step starts with admitting the truth about our addiction, and continues with the practice of honesty on a daily basis. When we say "I'm an addict" in a meeting, it may be the first truly honest thing we've said in a long time. We begin to be able to be honest with ourselves and, consequently, with other people.

Practicing the principle of **OPEN-MINDEDNESS** found in Step One mostly involves being ready to believe that there might be another way to live and being willing to try that way. It doesn't matter that we can't see every detail of what that way might be, or that it may be totally unlike anything we've heard about before; what matters is that we don't limit ourselves or our thinking. Sometimes we may hear NA members saying things that sound totally crazy to us, things like "surrender to win" or suggestions to pray for someone we resent. We demonstrate open-mindedness when we don't reject these things without having tried them.

The principle of **WILLINGNESS** contained in the First Step can be practiced in a variety of ways. When we first begin to think about recovery, many of us either don't really believe it's possible for us or just don't understand how it will work, but we go ahead with the First Step anyway-and that's our first experience with willingness. Taking any action that will help our recovery shows willingness: going to meetings early and staying late, helping set up meetings, getting other NA members' phone numbers and calling them.

Spiritual Principle a Day- July 6- Moving Forward with Passion- Pg 194

"Passion is a lot like desperation: It is a motivating, energizing force that can propel us forward."

Living Clean, Chapter 1, "Desperation to Passion"



The gift of desperation doesn't look the same for all of us. One member quipped, "You can get off at any floor on the way down to hell." All of us were propelled into NA by despair, pain, and fear. And--over time--we're able to harness that energy to transform it into enough passion and excitement--even joy--to help us stay clean another day, grow spiritually, and live creatively and with purpose.

Living Clean reminds us: "Making the shift from desperation to passion is a First Step issue." In desperation, we surrender to being powerless over our addiction, and ultimately surrender to the first steps on our path of a new life and to the purpose of carrying the NA message. The member continued, "After my initial surrender, the changes I saw in myself fueled my passion for recovery! I was energized by the potential of what could come next." Like that initial surrender, this desperation-to-passion shift isn't a one-time deal. Despair still happens in recovery. But we can allow it to motivate us, driving us to make needed changes to our program and reigniting our passion to persevere with purpose. Passion, like desperation, doesn't manifest in the same ways for all of us. Our personalities absolutely play a part in how our passion is revealed--and our mood also affects how we experience it. What is burning, purposeful, and creative passion on one day--excitement for sponsorship, motivation to serve, strongly held conviction--may look more like quiet fidelity to our program or begrudging perseverance on another. Although the fires may burn differently, they all propel us forward. Our passions don't always remain fixed, either. We may revisit ones long forgotten and discover new ones. We're free to passionately pursue the things that bring us joy and nurture our spirits--both in the rooms of NA and out in the world.



Passion isn't just a feeling. It's an energy I'll use today to move forward in my program, in my relationships, in my purpose.

May 02, "Just maybe..."

"There is one thing more than anything else that will defeat us in our recovery; this is an attitude of indifference or intolerance toward spiritual principles."

Basic Text, p. 18

Just for Today: Just maybe the spiritual principles I hear spoken of in NA might work for me. I am willing, at least, to open my mind to the possibility.

- Would you like to be featured in our upcoming Clean Sheets? Please share your NA-related stories, poems, memes, cartoons, your individual experiences-working steps, how NA has helped you, Being of Service...
- Are you having an aNAversary soon- Please share your Clean Date so we can celebrate your Recovery!

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