

Questions, comments, suggestions can be sent to: ourlivingpromise@yahoo.com



Our Living Promise



OFF THE WALL AREA NEWSLETTER

Including: Loveland, Greeley, Ft. Collins, Berthoud, Estes Park

March 2010

Jimmy K.

James Patrick Kinnon was the founder of Narcotics Anonymous. During his lifetime, he was usually referred to as "Jimmy K." due to NA's principle of personal anonymity on the public level. He never referred to himself as the founder of NA, although the record clearly shows that he played a founding role.

Kinnon was born on April 5, 1911 in Paisley, Scotland to James Patrick Kinnon, Sr. and Elizabeth Carrick. On 8 August 1923, he arrived with his family on Ellis Island, New York. He worked as a roofer, struggling with his drug addiction until he achieved permanent and complete abstinence from all drugs on Groundhog Day, February 2, 1950.

He and a few other drug addicts started holding a series of independent meetings for drug addicts, beginning 17 August 1953. The first documented recovery meeting of Narcotics Anonymous was held on 5 October 1953 in Southern California. Today, members of Narcotics Anonymous hold more than 50,000 weekly meetings in over 130 countries worldwide.

Kinnon is a key figure in the history of Narcotics Anonymous for several reasons. He wrote several portions of the Little White Booklet, which formed the basis for NA's basic text, published in 1983 under the title Narcotics Anonymous. Kinnon also designed the NA logo and served as the volunteer office manager of NA's World Service Office from the time it began to 1983.

Kinnon died on 9 July 1985 in Los Angeles, having spent the last 35 years of his life in recovery as a "clean" member of Narcotics Anonymous.

Narcotics Anonymous - Wikipedia



The following meetings need support. Please help spread the word about these. There are addicts out there that are suffering because they do not know where to go for a meeting.

- Sun. 7:30 Esperanza de Vida, Greeley, 705 13th St. *Spanish Speaking Meeting*
- Mon. 7:30 Esperanza de Vida, Greeley, 705 13th St. *Spanish Speaking Meeting*
- Wed. 6:30 Addicts Helping Addicts, Berthoud, 248 Welch St.
- Wed. 7:30 Esperanza de Vida, Greeley, 705 13th St. *Spanish Speaking Meeting*
- Wed. 5:30 Uncut, 709 Wagner Dr., Ft. Collins
- Thurs. 12:00 pm 4th Street Recovery Group, Loveland, 242 W. 4th St.
- Thurs. 7:30 Esperanza de Vida, Greeley, 705 13th St. *Spanish Speaking Meeting*

Meetings

Laughter, the Best Medicine

Addict Bumper Sticker

Lead me not into temptation, I can find it on my own!!!!

The Senility Prayer

God, grant me the senility to forget the people I never liked anyways, the good fortune to run into the ones I do, and the eyesight to tell the difference.

Amen

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Need Help in Recovery? Call (970) 282-8079 24hrs

Tradition of the Month - April - Fourth Tradition

NA groups are vehicles for the message of recovery. In the strength of the personal commitment group members make to one another, a group character forms. As this group character grows and evolves, the group finds ways it can do what no other group in town may be doing. The members of each group design a blueprint for meetings that reflect that particular group’s personality.

Group autonomy gives groups the creative freedom to find individual ways to carry the message. NA is made up of a vastly diverse assortment of addicts joined together by the strength of their mutual commitment to recovery. We speak many different languages and live in different cultures; one type of meeting will not appeal to every addict who comes to Narcotics Anonymous. In order to reach every addict who may need our help and support the recovery of every member, groups have the freedom to vary their format and other meeting characteristics. Each group has the freedom to pursue our primary purpose in the manner it feels will work best.

Every group has a niche to fill, both in the fellowship as a whole and in the local NA community. As a fellowship, our ability to reach still-using addicts is tied to our willingness to offer meetings that are accessible and attractive to those addicts. With the creative freedom offered by autonomy, we are encouraged to seek the particular role that meets the needs of both the NA community and our own group. We are free to make each group the very best it can be. The vitality of Narcotics Anonymous is enhanced by each group’s willingness to find its niche and fill it.

It Works How and Why pg. 151-152



“EACH GROUP SHOULD BE AUTONOMOUS EXCEPT IN MATTERS AFFECTING OTHER GROUPS OR NA AS A WHOLE.”

FOURTH TRADITION

“WE MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.”

STEP FOUR

Step of the Month - April - Step Four

Some of us made the mistake of approaching the Fourth Step as if it were a confession of how horrible we are - what a bad person we have been. In this new way of life, a binge of emotional sorrow can be dangerous. This is not the purpose of the Fourth Step. We are trying to free ourselves of living in old, useless patterns. We take the Fourth Step to grow and to gain strength and insight. We may approach the Fourth Step in a number of ways.

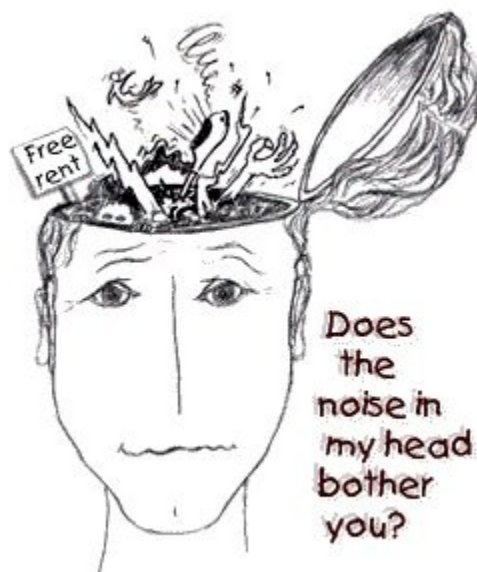
To have faith and courage to write a fearless inventory, Steps One, Two, and Three are the necessary preparation. It is advisable that before we start, we go over the first three steps with a sponsor. We get comfortable with our understanding of these steps. We allow ourselves the privilege of feeling good about what we are doing. We have been thrashing about for a long time and have gotten nowhere. Now we start the Fourth Step and let go fear. We Simply put it on paper, to the best of our present ability.

We must be done with the past, not cling to it. We want to look our past in the face, see it for what it really was and release it so we can live today. The past, for most of us, has been a ghost in the closet. We have been

afraid to open that closet for fear of what that ghost may do to us. We do not have to look at the past alone. Our wills and our lives are now in the hands of our Higher Power.

Writing a thorough and honest inventory seemed impossible. It was, as long as we were operating under our own power. We take a few quiet moments before writing and ask for the strength to be fearless and thorough.

Basic Text 6th Edition pg.28-29



Our observation is that addicts are creative people that would love to showcase their talents. If so, then please, by all means, anything related to recovery, email it to us at ourlivingpromise@yahoo.com.

Attitude of Gratitude

Happiness

When you get down to it, what people want most is to be happy. If we look, we see that being happy has nothing to do with what things we do or don't have. It also has very little to do with circumstances. When we don't get what we think we want we are unhappy. When we do get something, we either find it wasn't what we really wanted or we want more or something else. If we depend on things or circumstances to make us happy we will always be disappointed. Our Higher Power is the only one that knows what will truly make us happy. I believe that giving to others is the biggest part of that. As addicts, we use people and relationships the same way we used drugs. We depend on them for happiness. And guess what, they just give us the same rollercoaster ride the drugs did. We are happy, sad, up, down, paranoid, frustrated, discontent, disappointed, in lust, broken-hearted, etc. I believe healthy relationships are only possible when a person has developed a good relationship with their Higher Power and no longer depend on someone else to make them happy. I have seen more people get loaded over a relationship than for any other reason. Both people need a strong program before it is worth the risk. We addicts don't deal well with pain and all relationships have differences, even the good ones. Let your Higher

Power lead you and you will find the right person at the right time. I know how difficult it is to be patient. I have been clean for two years and nine months and have not been in a relationship during this period. I have always been in some sort of relationship since I was fourteen. This time off has helped me to find out who I really am and what is important in my life. I want my Higher Power to pick my next relationship because I'm not good at it. Since I've been clean, God has gotten me through school and showed me how to enjoy life. I am truly happy and content for the first time in my life.

Bob R.

Fourth Step Prayer

Dear God,

It is I who has made my life a mess.

I have done it, but cannot undo it.

My mistakes are mine and I will begin a searching and fearless moral inventory.

I will right my wrongs, but I will also include that which is good.

I pray for the strength to complete the task.

www.fortnet.org/na/
100% anonymous

Confused about your day to day existence?
Tired of... being tired?
lost in translation?

Drug Problem?

PHONELINE

There is **HELP**
Call us Today

"N.A. is a nonprofit Fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean" NA Basic Text pg 9

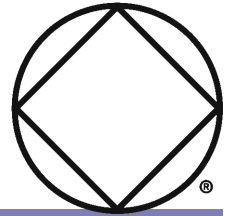
Call 970 282-8079 to learn more..



Are you interested in having your NA birthdays published monthly? If so, send in a email with your clean date to ourlivingpromise@yahoo.com.

Narcotics Anonymous is a God-given program, and we can maintain our group in dignity only with group conscience and God's love

Meeting list available at Off the Wall's website: www.fortnet.org/na
Choose the Meetings link on the left of the page



Basic Text 6th Edition pg. 64

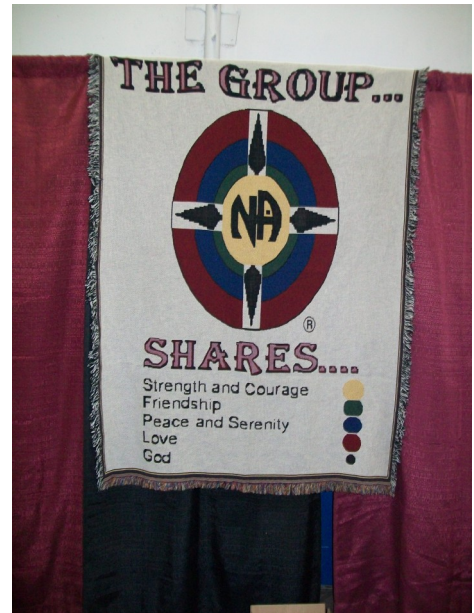
Keep Coming Back - it Works!

OFF THE WALL AREA NEWSLETTER

OTW Mailing address - P.O. Box 270075, Fort Collins, CO 80527-0075
(For business communications)

Phone: 970-282-8079 For meetings or to speak with an addict
Off the Wall Email: otwnaweb@gmail.com
Newsletter Email: ourlivingpromise@yahoo.com

Weld County Resource Fair on March 4, 2010 in Greeley



I would like to thank Jim M. on behalf of the newsletter committee for submitting these pictures to the newsletter. They show that we are a very important resource in the community. Good job and keep up the good work!

Jonathan L., Editor

AREA ACTIVITIES

What: Colorado Regional Assembly 2010
When: Saturday April 17th, 9:30 AM - 4:00 PM
Where: 650 S. Youngfield Ct., Lakewood, CO 80228

This meeting is for all GSRs, Regional Service Committee members and all other NA members interested in service to the Colorado Fellowship.

The Chair

