

Sat Apr 20

Had a great talk with two older members at a coffee shop. They clarified a lot of things for me. One of them confirmed now was the time to do as many meetings as possible. Too not let anyone tell me I was doing too many meetings. That you can't be addicted to meetings. She said for the next 12 months don't worry about too much, just do meetings. She pointed out that my spirit was just coming back to life and needed to be nurtured. And that the strength that is in NA could do that. She said that once they didn't give someone a questionnaire - that is, ask them to share, - until they were at least six months sober. That they would just be pretty scattered until then and not be able to share much. So it was better if they sat back and soaked up the words from older members. She also pointed out it was not considered cool to show any joy of life in N.A. She used to go to some city meetings and the people there were super cool. The male here pointed out a lot of them are clean but their message (and I might add counterance) is oh the pain of it all. She said that in NA - both on the north end in the city - the majority of the meetings are taken up by people with not much time up. She could relate to me experiencing life for the first time, like a child. She said that was because my spirit had been reborn. Said we become more aware of things - like conversations - going on around us when we're strong vs out sometimes. She said I had been so beaten I was prepared to ask anything. A lot of people still have a lot of arrogance - don't think they need to ask. They know or think they know very quickly. The male said I ask questions because I wanted to go places. She even watched a lot of videos late at night in early recovery because it was like a new experience watching it for the first time. She said I could go to the track, do lots of meetings, that when things go hard at times in the future I could always look back at the time as a beautiful time. The male said this was

a time of adventure for me. That I needed to enjoy the  
 adventure of the time because one day I would look back  
 on it as being a significant time. That if I restricted my  
 recovery to NA I had just turned a key in my head  
 that shut out a big part of the adventure of my recovery. ~~That~~  
 AP said don't put my recovery in a shoebox — ie by just  
 doing NA. A girl who knows how to get clean in NA and  
 has about 20 years up doesn't do meetings on the northside  
 because she gets nothing out of them. The girl — we were at  
 a coffee shop — said she had been at a meeting that day  
 off NA and a pain she had in her head had gone. But  
 during the NA meeting later it came back. She said she  
 goes to NA meetings and sits down and not straight  
 away but soon she feels a peace come over her. At NA  
 you get a certain spirit of strength wash over you. In NA  
 because a lot of people don't have fun up you can get a  
 lot of scatterbrainedness wash over you. And people are constantly  
 getting up and leaving the meeting and coming back so its  
 disrupting. At the NA meeting I was at today — it was  
 a room full of people — there was a quiet peacefulness the  
 whole time — and the whole room sat still and listened throughout  
 the meeting. People can — or have made a decision — to sit for  
 an hour and a half without a cigarette — probably figuring  
 that they can do without that in order to get what  
 they get in return. The man said a lot more aberrant  
 behavior is tolerated (or even found acceptable) in NA. Morally  
 it does not seem to be as strong a fellowship. At a recent  
 NA meeting — significantly, my first one for a while (about  
 a month) — since I decided to just do NA — I was given  
 a new NA big book which I would pay for later. I opened  
 it for the first time tonight and I opened at (A View  
 for you)