

# Sharing the Message



March/April 2020

The Ozark Area Newsletter

www.ozarkasc.com

24 Hour Helpline 1-888-359-3339

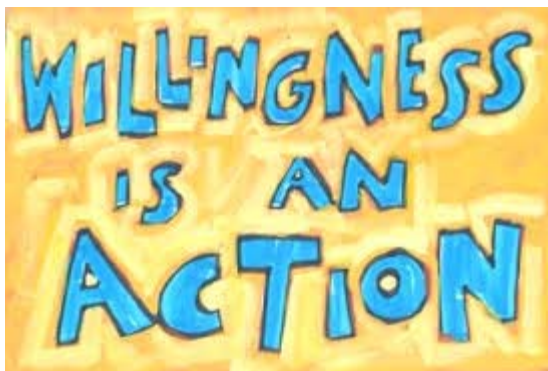
Vol. 2

Serving Southwest Missouri, Northeast Oklahoma, and Southeast Kansas including Joplin, Webb City, Carthage, Lamar, Nevada, El Dorado Springs, Neosho, Fort Scott, Pittsburg, Weir, Grove and Miami.

## HELLO!

Hello, and thank you for letting us bring you the 2nd Ozark Area NA Newsletter of 2020. The Topic this month is WILLINGNESS and as you will see, we had a lot of willing participation! Thanks to each of you for submitting! If you have something you would like to share: Artwork, Stories, Cartoons, or Experience, Strength & Hope, please send it to:

Email: [ozarkarea@gmail.com](mailto:ozarkarea@gmail.com)



## UPCOMING EVENTS

To see a complete list of upcoming events go to our Award Winning Website:

[WWW.OZARKASC.COM](http://WWW.OZARKASC.COM)

MAR 14TH  
RECOVERYFEST FUNDRAISER  
FREEBIRDS GROUP/INDEPENDANCE, KS

MAR 15TH  
OASC Meeting @ We Do Recover  
Hosted by Straghtline

MAR 18TH  
OUTREACH: MIAMI, OK  
Knights of Recovery 5:30pm

MAR 21ST  
WE DO RECOVER/JOPLIN  
31st Annual Birthday  
Bash, Speaker Jam & Dance  
11am - 11pm

MAR 30TH  
OUTREACH: FT SCOTT, KS  
Day By Day Group 8:00pm

## ATTENTION

PLEASE SEND US YOUR EVENTS  
& CLEAN TIMEANNIVERSARIES!

[ozarkarea@gmail.com](mailto:ozarkarea@gmail.com)

## OUR MESSAGE

"an addict, any addict, can stop using drugs,  
lose the desire to use, and find a new way to live"

Narcotics Anonymous Basic Text - 6th Edition (page 68)

Thank you OZARK AREA for "Showing Up and Showing Out" on the topic of Willingness!

## WILLINGNESS

Oxford dictionary defines willingness as "the quality or state of being prepared to do something." Willing or willingness is found over 100 times in our basic text and is one of the big three spiritual principles of honesty, open mindedness, and willingness (the HOW's of the program). Simply by definition alone, willingness is required to work each step and is one of the principles focused on in steps 1,2,3,4,6,and 8 in The Step Working Guide. With all that said, it's easy to understand that willingness is vital to success in the NA program.

I know what willingness is and how important it is in the NA program, but how do I get it? Where does it come from? It has been my experience that willingness starts with self-honesty and acceptance and is fueled by hope. Beginning with the first step, I had to become brutally, gut-wrenchingly honest about what my life had become. I had to truly realize how the insanity of my addiction had created chaos throughout every aspect of my life. I had to become humble and see how my choices, behaviors, and actions had been at the root cause of all the bad experiences that I'd believed I was victimized. I had to finally accept that I wasn't the perpetual victim and I was responsible for the position I was in.

Having accepted all of this, it wasn't difficult for me to see that my life was headed in one direction, to jails, institutions, dereliction, or death. However, I was also being witness to a way out. From regular meeting attendance and listening to other recovering addicts' experiences, I was hearing that the future I had been headed toward wasn't set in stone. These people, a lot of who had done the same or similar things I had, now spoke of lives filled with happiness, joy, and freedom. They all told me the same things, had the same suggestions, and said, "If you want what we have, do what we do." This hope of a better, free life is what fuels my willingness to follow their suggestions and work the program.

With all of this being subjective and my experiences, there is one universal truth and that is willingness without action is futile. I can have all the willingness in the world but if I don't put forth any action, I will be stuck right where I'm at. The Narcotics Anonymous program requires action, but the rewards can be limitless. "How free do you want to be?"

- Matt L.

OZARK AREA OF NARCOTICS ANONYMOUS WEBSITE: [OZARKASC.COM](http://OZARKASC.COM)



# OZARK AREA NEWSLETTER

## WILLINGNESS!



"I didn't know who I would be if I changed. We have to leave behind the security of who we become and go to the place of who we are becoming."-John Francis

Willingness wasn't something that I understood when I first walked into the rooms of Narcotics Anonymous. In the past 3 years of trial and error and through step work with a sponsor and studying the literature I can say I now understand the meaning of willingness. Our basic text tells us page 96, willingness is one of our three basic spiritual principles honesty open-mindedness and willingness are the how of our program we must be willing to do whatever is necessary to recover. We never know when the time will come when we must put forth all the effort we have just to stay clean.

Coming back to the room this last time after many failed attempts to get clean, the gift of desperation made me willing to try anything. I had been willing in the past and had even succeeded at getting significant amounts of clean time a couple of times but there was always a piece missing. A piece I couldn't figure out, I would work steps, go to meetings, be of service. Something would always happen, Life on life's terms I would start taking shortcuts, here or there. Or I would just simply pick up. And then I would start forming resentments. mostly towards the program of Narcotics Anonymous. I didn't understand how if I was doing all the things suggested to me why the program wasn't working for an addict like me. So then my disease convinced me that I must not be an addict. This brought me to a bottom so close to physical death total spiritual death finally to last high that I will never forget. The missing piece was willingness. I had never been 100% willing to follow every suggestion, or to work the program to the best of my ability. I was never willing to share where I was at in my recovery. I was rarely willing to help a newcomer. I wasn't willing to take off the masks I'd been wearing for all of my life to survive. I had never become willing to be honest with myself which in turn, kept me a prisoner of my own insidious thinking. I was unaware of the fact up until this last crawl back through the doors that I had never been willing to be willing.

Willingness is open-mindedness and action. I had to get honest to become open-minded to become willing. In my first 90 days, I walked to two to three meetings a day with my son. I followed my sponsor's suggestions. I have been through a lot this time around in my recovery but I do not pick up no matter what. I want to live today and that is one of the many gifts this program has given me, because I am willing today to do whatever it takes. Today I'm willing to ask for my higher power's guidance in my life I know that he knows what's best for me today I'm willing to do whatever it takes not to get high. For me, the key to willingness is honesty because without honesty the program of Narcotics Anonymous does not work for me. So I try and practice these principles in all my affairs. I'm grateful that it says "practice" because I'm human. I'm grateful for the gift of desperation. I'm grateful for my higher power. I am grateful for the program of Narcotics Anonymous that saved my life and I'm grateful today for the gift of willingness.

- Addict named Sarah 4/19/19

# Thank you OZARK AREA for "Showing Up and Showing Out" on the topic of Willingness!

When I first came here a predecessor told me to pray for the willingness to be willing. - Jeff Bob

If ur not willing, ur not ready, u have to be willing and open minded to change and try new things. - Rylei K.



BURN THE SHIPS!  
That way there is no going back. - Brian B.



Feel free to change anything. Willingness is the keystone to building our recovery. A willingness to change. A willingness to accept and own the NA way. - Michael P.



Being willing makes you able. - Luke L.

Willingness without action is just fantasy. - Dwight D-Light

Can't have it without open-mindedness and honesty. Basically, it takes willingness to recover. It took willingness for me to get out of the grip of addiction. - Caroline J.

I can pray for the willingness to become willing. - Sherry



Without willingness you lack the key component of H.O.W. to recover. - Ivy B.



When I became willing to accept change, everything in recovery became possible. - Steve D

It comes and goes lol - Mike W.

We Do (Recover) needs to be willing to bring back couches. - Daniel A.

It's the first step to recovery. Treatment in any form won't be effective without it. - Kendall I.

\*Thanks Daniel, LOL  
Keep coming back!

# OZARK AREA NEWSLETTER

## THIS TIME...

This time back in the rooms I have learned what willingness really means. When I walked through those doors I was so broken. I was ready to give up on life. I was ready for something different. I didn't want to die, but I didn't want to keep living the way I was. At that time I was living on the streets with everything I owned in a Walmart bag. So I had to become willing to do whatever it took. I was willing to walk to meetings because I knew that's where I needed to be. I became Willing to pray even when I didn't want to. At that time I had no understanding of a higher power. I did it anyway because it was suggested and I was willing to try anything. I became willing to get a sponsor. I became willing to share honestly where I'm at. I became willing to read the literature. I became willing to work the steps. I became willing to be of service, even if it was picking up cigarette butts in front of the meeting hall. I became willing to be open minded. Most importantly I became willing to get totally honest with myself. So today, what willingness means to me is doing whatever it takes to get one more day clean.

- Dan H. 5-22-17



## OZARK AREA WE NEED YOU!

...TO BE A PART OF YOUR OZARK AREA NEWSLETTER!  
SUBMIT YOUR STORIES, JOKES, ART, POEMS, ETC. TO: [OZARKAREA@GMAIL.COM](mailto:OZARKAREA@GMAIL.COM)  
THANK YOU FROM YOUR OZARK AREA PR COMMITTEE!

# Thank you OZARK AREA for "Showing Up and Showing Out" on the topic of Willingness!

The literature tells me that honesty, openmindedness and willingness are indispensable... willingness, I think is the most important. It's the crux of the program because you have to be willing first... willing to be honest, willing to be open minded, willing to listen to suggestions. Willing to break out of our comfort zone. - Lynsay L.



Gotta have it or it isn't gonna work for you. - Dennis G.



Like many others, my willingness began with self loathing so profound I was ready to do anything to never feel that way again. It turns out that getting to that point of desperation was the hardest thing I've ever done. Willingness was a natural progression. "Giving up" my will to God freed me from my self imposed prison and now I discover that of course I am willing to live a better life, a life filled with hope.

- Pete G.

It takes discipline to be willing when you're uncomfortable to push forward. - Justin F.

Willingness leads to forgiveness which leads to weighlessness which leads to power.

Amy L.



# OZARK AREA OF NARCOTICS ANONYMOUS



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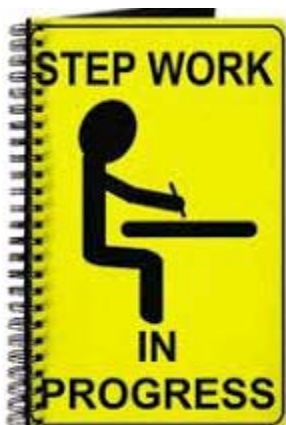


## Meetings

Folks you'd never associate with otherwise  
Become friends you can't do without.  
It's nice to know magic and miracles do happen.  
The fears that paralyze you and weaken resolve  
Are spoken by others, they know them too,  
And you're not alone anymore, they understand.  
Together, you laugh at what once terrified.  
This world you never really felt part of—  
Off on your own, unable to cope, mad at it all—  
Now this world is your world, you have a place  
And, finally, you're making a difference however small.



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(Neosho, MO)

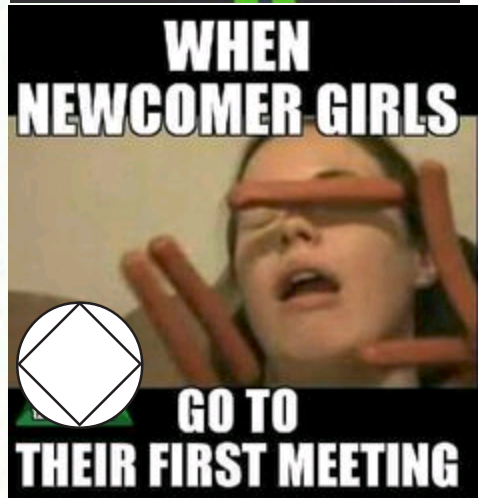
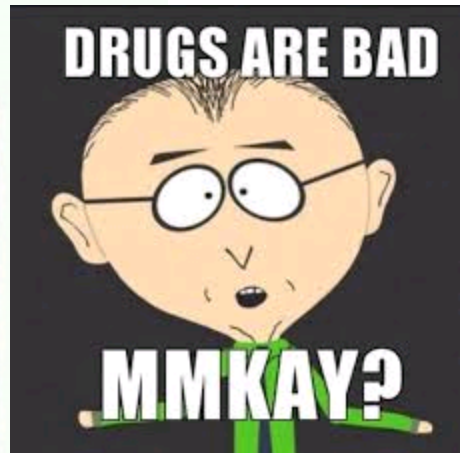
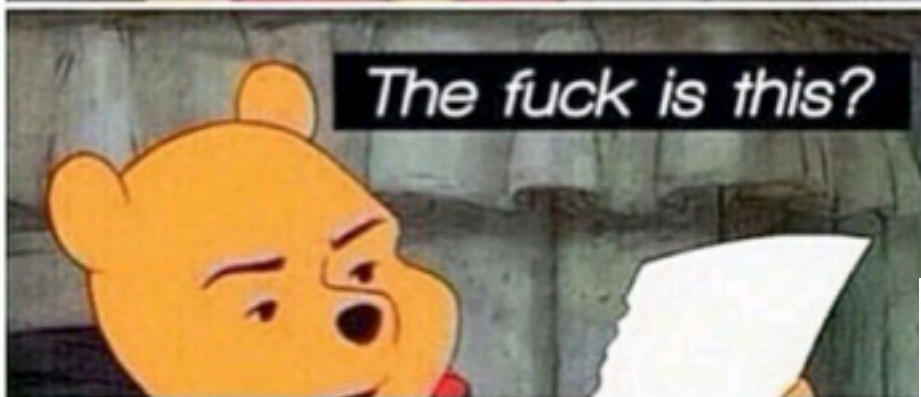
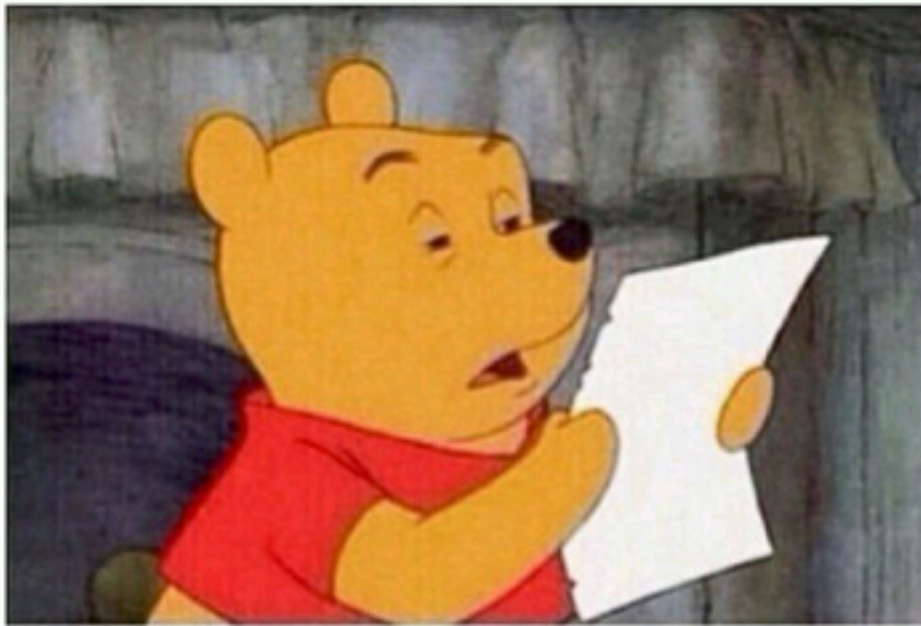




JUST  
FOR

LAUGHS

When you read "How It Works"  
for the first time



 **Narcotics**  
Anonymous





# 12 STEP WORD SEARCH

D E C I S I O N Q I O Q N P E G I G N S G L R N  
 L V I R Z R X C V P T E O Z P Y S Y W S G H F A  
 F X S V I N E S Z Q A W Q T D C R R K H M G V R  
 I L H D Y B T Y P V E Z L F E N E O N O S O S C  
 G W T Q V J B U A R Q G R G F E D T H R U N S O  
 S Y W C T T Z I L R A W L J E D R N U T O M D T  
 A P R E M X B E M A P Y Q O C N O E N C M F N I  
 O P O X W C S J L G S S C Y T E S V M O Y Y E C  
 D N F N F S T D Z K Z S O R S P I N O M N D M S  
 H Z D A S E P C A A C E N M O E D I R I O O A A  
 X S B L J O P Y Z V T N F I F D E L A N N Q E N  
 Y H H C Y B R D T T A E E J C L S A L G A X K O  
 L O S L R S P S Q K X V S C H A U N I S S W A N  
 E R T M E A I Y H S I I S S A C E O N T C W M Y  
 A T D H W S H J V I G G W K R I C S V X I Z T M  
 G C Z B O R S S K W P R S D A M N R E N L A O O  
 T O K D P Y W Y J V K O D M C E A E N S O K A U  
 F M Z H R C O D U R U F O H T H T P T F H V X S  
 R I O W E Z L E W I P D Q U E C S J O Q O G E U  
 B N K A H Y L H J Q E I R G R T B U R D C D B K  
 U G E R G O E N F E U Z R R Q P U U Y N L W W B  
 J S F F I C F M R Q M O E L W X S K D J A R A W  
 H C V J H C S F V Z P Y W G A C G Y A M D R Y F  
 X O G N I N E K A W A L A U T I R I P S A D X B

freedom

forgiveness

sponsorship

chemical  
dependency

substance use disorders

fellowship

Alcoholics  
Anonymous

Narcotics Anonymous

spiritual awakening

prayer

personal inventory

make amends

short comings

shortcomings

defects of character

confess

moral inventory

decision

higher power

powerless

## OZARK AREA OF NARCOTICS ANONYMOUS

Ozark Area PR invites everyone to get involved with your area newsletter!

**THE NEXT ISSUE MAY/JUNE 2020 TOPIC IS "SERVICE"**

Send your submissions to: [ozarkarea@gmail.com](mailto:ozarkarea@gmail.com)

# KEEP COMING BACK!



## IT WORKS IF YOU WORK IT!

BREAK THE CHAINS OF ADDICTION  
NARCOTICS ANONYMOUS CAN HELP!



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