

NOVEMBER  
2024

# LAKE AGASSIZ AREA OF NA NEWSLETTER

<http://laascmeetinglist.org>

## A Reason to Celebrate the Season!

For almost as far back as I can remember this time of year caused me anxiety at best full-blown depression at worst. I dreaded the fall because I knew that the weather was going to get cold and the holidays were coming around the corner. I felt like the whole world had a picture-perfect family blessed with abundance where I felt a deep sense of lack. As my addiction progressed the pain became unbearable. The disconnected family relationships left a hole the size of the Grand Canyon in my soul. Feeling like a failure as a mom hurt so much this time of year. The hopelessness and the loneliness were impossible to avoid and there was no end in sight. When I found Narcotics Anonymous, that all began to change. My first holiday season in recovery I had been blessed with a family of recovering addicts to celebrate the season! That was the first sense of the slogan never alone never again that I truly felt on a deep level. The healing began in the rooms of Narcotics Anonymous. Setting the intention to treat myself with compassion, love, and grace helps me beyond measure. Showing up to meetings consistently and working with my sponsor gave me a feeling of connectedness that I had been desperately searching for for a long time. Working the steps gave me the courage to repair the relationships with my biological family. Learning how to show up for you taught me how to show up for myself, my mom, my kids, my sisters, my nieces, and my nephews. It made the holidays feel alive and exciting. Nurturing a relationship with my higher power, living in gratitude, and learning how to give and receive love have transformed the season into my favorite time of year. I am deeply grateful for the therapeutic value of one addict helping another! Thank you for teaching me how to live again, how to love on a whole new level, and for helping me create a life that is worth celebrating. I love you so much and I'm so blessed to be a member of Narcotics Anonymous!

Crystal P

## MEETING SPOTLIGHT

### Parent and Child Meeting

#### Location:

Lighthouse Church  
21 9th St. S, Fargo, ND

**Time:** Friday 7:30 pm

This is a great meeting to attend and discuss a topic drawn from a stick. We are looking for service members. Children are welcome.



## Newsletter Editor

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## COMMITTEE MEETING AND CONTACTS

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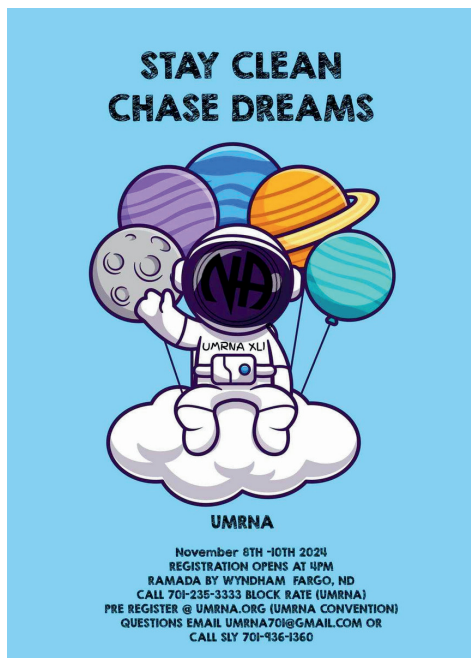
## The Joys of Recovery

Often recovery is seen as a difficult road to walk; meetings, sponsors, and likely probation, and those amends, oof that list of amends. The road to a better life is certainly not paved in gold or treaded lightly. It can be long and difficult and often you may need to rest, recharge, and look to those around you to carry you through some difficult parts. However, there are also joys; the feeling of that first hug that you truly felt to your core, sharing your 4th step with someone who simply ended your deepest darkest share with, "I love you, I'm glad you made it through that", or picking up that next key tag or medallion and remembering when you got that first 30-day tag when you didn't think you'd get there. Recovery is full of moments that will fill your heart. I've found many joys in my life either before or after a particular hardship. The greatest joy in my life was becoming a parent, the most challenging thing of my life is being a parent. One minute the most precious thing to ever exist is sleeping on your chest, the next it's screaming in your ear and you have to find which of the 3 reasons why.

I recall in early recovery my first experience of losing someone close. She was sick, not from using, but from a genetic condition. After a phone call saying she wasn't going to wake up at the hospital, a bunch of us rushed there to be close. I remember seeing a whole hallway and waiting room packed with addicts, sharing stories, crying, and coming together to be there for each other. The tragedy paved the way for a togetherness I hadn't known. If I ever look back to a tragedy in recovery, I remember to look for the joy, because even in the darkest of times, recovery has been there for me, the We of this program has been there for me when I couldn't do it myself. For me, that's the greatest joy of all, that I'm never alone, never again.

#WeDoRecover

## Events!



**November 8-10  
Fargo, ND**



**November 28  
Moorhead, Mn**

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