

Clean Times



The Message of Narcotics Anonymous

“An addict, any addict can stop using drugs, lose the desire to use and find a new way to live.”

NA's Basic Suggestions

- Attend 90 Meetings in 90 Days
- Get a Home Group
- Get a Sponsor and work the 12 Steps
- Change People, Places & Things
- Call Other Recovering Addicts Daily
- Don't Use No Matter What
- Read NA Literature

Suncoast Area 24 hour NA Helpline:

Find a meeting, talk to another recovering addict:
(941) 257-5055

Suncoast Area Website:

www.suncoastna.org

NA World Services Website:

www.na.org

Newsletter Contact:

Please forward contributions to:

Newsletter@suncoastna.org and complete the

Submission Release Form located at:

www.suncoastna.org/newslettercommittee

The opinions expressed herein are those of the individual contributors, and do not necessarily reflect the opinions of the Newsletter or NA as a whole. We welcome any feedback in accordance with the Second Tradition. Please indicate if you would like that feedback published.

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Acceptance

For me, Acceptance is the opposite of Denial. Denial marked my life as a using addict and kept me sick; acceptance is the hallmark of my recovery.

I *must* accept whatever life, real life, throws at me. I cannot pick and choose what to accept and what to deny. If I do so I am denying that it happened or is happening or will happen. Is that sane? Denying reality? Not for me.

Accepting everything is not to be forever satisfied with it. If I don't like it I can try to change it. Or scream and holler and jump up and down. Or learn to like it.

Some things are impossible for me to like. Jumping up and down, I have found to be unproductive. Screaming just makes my throat sore. So I must attempt to change some things. I have a brain. I believe I am expected to use it.

If I am spit on I will not like it, I do not like spit upon me. But I must accept that it happened. Saying "I was not spit on" is not going to change it or prevent it or get it off. I *was* spit on, there it is. I may say "Excuse me, sir (or ma'am). You just spit on me. Will you apologize and clean it off?"

If I am told "No, I will not apologize and I will not clean it off" then I must make a choice. If I am not willing to be spit on, I may fight. But as soon as I do I must accept the fact that I may beat up or I may get beat up, but either way, I'm probably going to jail. I don't like jail, but if I'm in one I had better accept where I am because those that don't usually have lots of lumps on their heads or spend all their time in solitary. I do not have to like that but I *must* accept it because it is reality.

I don't have to like everything but, if I want to live successfully in the world, I must accept everything that is real. I don't like drug addiction but I must not deny I have it. Doing so kept me sick for years. Only when I accepted my disease (my dis-ease) could I begin to get well.

Accept it and move on, change it and live with the consequences, but know which you can do successfully. That is our Serenity Prayer. Today I practice accepting life.

Anonymous, November 7, 2013.

Heard It In A Meeting!

- Denial: *Don't Even kNow I Am Lying*
- Religion is a manmade way of worshiping God. Spirituality is a God directed way of living.
 - Ego: **Edging God Out**
- If my Basic Text isn't falling apart, then probably my life is

IT'S LEGAL TO BE AN ADDICT

On July 25, 1962, the Supreme Court struck down a California statute making it an offense to be a drug addict. The Court ruled, in effect, that addiction was a sickness and not a crime. By a vote of six to two the Court declared the statute violated the "cruel and unusual punishment" provisions of the Constitution. The case had involved a Los

Angeles arrest. Police stopped a man one night and discovered needle marks on his arm. He was sentenced to 90 days in jail.

"To be sure," Justice Potter Stewart's majority opinion stated, "imprisonment for ninety days is not, in the abstract, a punishment which is either cruel or unusual. But the question cannot be considered in the abstract. Even one day in prison would be cruel and unusual punishment for the 'crime' of having a common cold."

(From NArchive 1965)

Sacrifice

*Its a scar for life,
an attitude of gratitude when you hate the situation,
A given moment to bend,
a time to slow down and write the letter and send,
living so fast and stopping before the last,
slipping into someone else's shoes to feel their blues,
staying to hear their story even when you know your
worried,
making that call when u feel so small,
opening the door on a sore subject ,
your child's time running your life,
your choices making your own strife,
your last buck and you know you are stuck
the killing of an animal,
a personal loss,
a dime a dozen,
a coin toss,
a relapse for a clean date,
a white tag and a clean slate,
a sacrifice may kill you or will
you,
it might take you or break you,
it might make you or forsake you,
but it's a sacrifice you're becoming willing to make,
no matter big or small we take those chances
most are not to our advantage.
Sacrifice comes with a price,
sometimes it's twice as nice,
don't beat yourself up for what you do,
HP knows what's up because he made a sacrifice for
you!*

Rachel B - January 2, 2013



The holiday bash hosted by Friday Night Clean was a great success. Thank you to all who worked with so much love to put it together.

The incumbent AREA Chair was there as well as our new FDC Facilitator, many familiar faces both from our Area and The Bay Area who are always a welcome addition to our local functions, and a few new ones who got to see that clean addicts can have fun too.

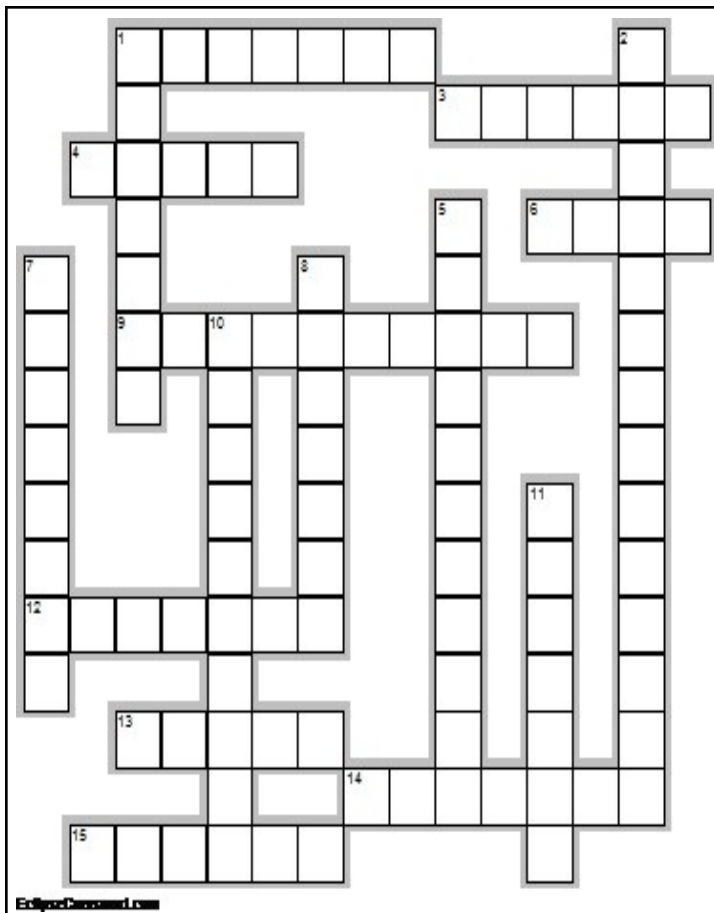
There were two inspirational speakers for most of us and for the rest, the fat man in the red suit made an

For the Record

There are many misconceptions about Narcotics Anonymous, so we wish to state what NA does NOT do...

- 1.NA does NOT operate detox units, recovery or half-way houses, and is not affiliated with such facilities.
- 2.NA does NOT crusade, solicit, advertise for members nor try to persuade anyone to join us.
- 3.NA does NOT keep case records or case histories nor follow up on members or in any way try to control them.
- 4.NA does NOT engage in sponsor research.
- 5.NA does NOT make medical or psychological diagnoses or prognoses nor provide marriage, family or vocational counseling.
- 6.NA does NOT provide welfare or other social services.
- 7.NA does NOT conduct spiritual or religious services of any kind.
- 8.NA does NOT engage in education or propaganda about drugs.
- 9.NA does NOT accept money for its services, is NOT funded by any public or private sources or agencies, nor does it accept any contributions from non-NA sources.

Thank you to "Sanity" in the New Jersey Region



Across

1. To use or enjoy equally with others
3. An earnest request
4. Confidence in
6. Belief in fulfillment
9. Conscious of another's distress
12. Mental or moral strength
13. Belief without proof
14. The capacity for understanding
15. Compensation for loss or injury

Down

1. Contribution to the welfare of others
2. Having a moral obligation
5. Amicable
7. Steadfast despite difficulties
8. Stability, harmony
10. Reflection
11. Integrity

You spoke and we listened.

Henceforth our newsletter will print anniversaries only *after* they occur and only when reported by email or GSR Report. For inclusions: Please e-mail newsletter@suncoastna.org or tell your GSR to write it, after it happens, into the GSR report.

Clean Time Celebrations

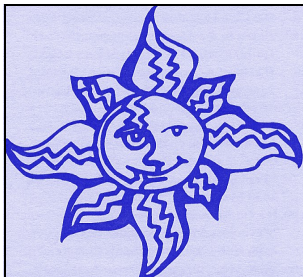
Sam W 1 Yr. Oct 2
Dee K 9 Yrs. Oct 17
Tim G 1 Yr. Oct 12
Ann W 26 Yrs. Oct 19
Andrew N 2Yrs. Nov 25

Bill Mc 2Yrs. Dec 13
Lucius 7 Yrs. Jan 3
Smyth 7 Yrs. Jan 6



Much gratitude and many thanks to all those trusted servants completing their service commitments and those beginning a new service commitment to our fellowship. Give back what was so freely given to you so that our fellowship can continue. Get involved and become a part of the solution. There are still a few open positions available in the service arena of Fellowship Development and AREA Services. Check with your GSR for more information.

Be sure your group is registered with World to vote in March on the C.A.R.



SUNCOAST AREA ANNOUNCEMENTS

For directions to meetings go to: www.suncoastna.org
Or call the NA Helpline (941) 257-5055
For meetings outside the Suncoast Area, go to: www.na.org
(NA is not affiliated with any meeting facility)



TEST YOUR WILLINGNESS TO SERVE

**FRESH START
LIVING CLEAN
RECOVERY RANCH**
ALL ARE IN NEED OF SUPPORT AND PEOPLE
TO SERVE. WHERE CAN YOU HELP?

ORLANDO AREA IS SPONSORING A
"RECOVERY AT SEA" CRUISE IN APRIL.
CHECK YOUR REGIONAL WEBSITE FOR
DETAILS.

Fellowship Development Committee (FDC)

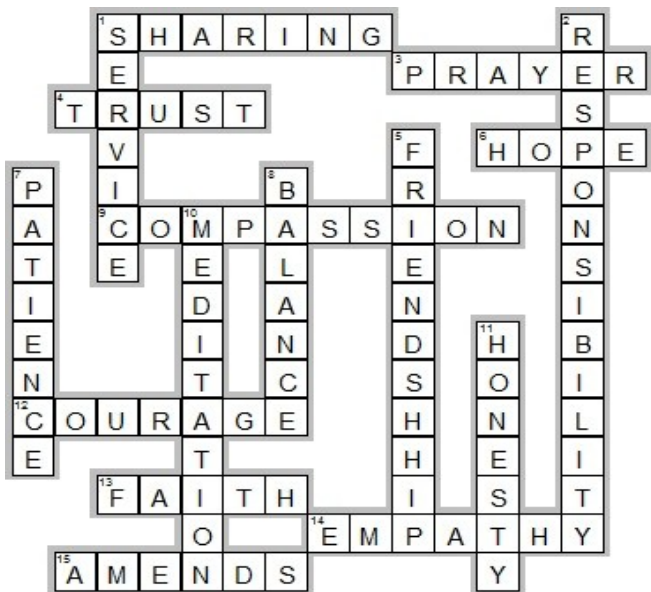
The 4th Monday of each month
H&I, PR, Newsletter, IT, Rack, and Helpline at 6:30PM
Fellowship Development Committee 7:30PM
Our Lady Queen Of Martyrs Church
833 Magellan Drive, Sarasota FL

The Suncoast Area Service Committee (ASC)

4:00PM The 2nd Sunday of every month
Whitfield Presbyterian Church
7045 North Tamiami Trail, Sarasota FL

(Neither facility is affiliated with Narcotics Anonymous)

More Gratitude Less Attitude would like to remind all that you are invited to their speaker meeting held once each month on the second Tuesday.



Help us be responsible caretakers of NA funds.

The Literature Committee is asking that unused meeting lists be returned to them for recycling. Also groups are asked to note on GSR reports how many new meeting lists they received and how many are unused at the end of the meeting list cycle (every two months).

This is an effort to determine whether we are printing too many lists and, if so, to cut down on waste and printing costs by printing less.

The Helpline Needs Help!

Please help our helpline remain available to addicts needing meeting times, meeting locations or just another addict on the other end of a phone.
Helpline meets at FDC Every second Sunday at 2:00 PM

This newsletter is always looking for submissions
(articles, news, activities, cartoons, etc.)
and people to help out.

Please Contact

Newsletter@suncoastna.org or come to FDC

Get Involved and Give back!