

Suncoast Area of Narcotics Anonymous
MARCH AND APRIL 2014

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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BABY STEPS

What if you were walking along one day trying to put all you have ever learned into taking one foot and placing it in front of the other?

What if someone told you, you were not doing it right and that you had to crawl again before you could walk?

What if they told you ,you had to take baby steps?

We always say as an adult we wish we knew then what we know now. But what if what you knew meant nothing to them?

What if what you knew was only half true?

It would be like starting all over again.

I stumbled in and bumped my head..

Sit down, shut up and listen they said.

Crawling in day after day was rule number one; to walk a new way.

I was weak,

I lived in denial, I felt as though I was on trial.

I was tired of crawling so I reached for a hand.

Standing now on my own two feet I surrendered my burden and took a leap!

This was step number one, for it took willingness to listen and want what they want. But I fell down like I did before because learning is learning and nothing more.

Honesty played a big part in my fall, but so did getting up and making that call.

God gave me the sense to listen some more, then he opened yet another door.

This door allowed me to see myself on my feet, the place I must be to take another leap.

That brought me to step number two.

Believing and Restoring, yeah that sounds boring.

I'm on my knees, down for another fall, will I ever get this walking thing at all?

Extended out there is no doubt, another hand to help me up and watch me stand.

Stronger now than before, I came to believe and I wanted more.

Step after step I'm Learning to let go .. its slow.

Letting go, starting to wobble, next, I'm sure, is a hobble.

I'm Up and I'm Down, I'm starting to get around.

Spiritually fit now u can take a bow.. I get it god without you there's no How..

Rachel B



Through sharing and caring we gain the ability to do for others what was once done for us. We can each remember the patience and love that kept us coming back. Now awakened and based in principles, we carry the message of hope and recovery. This is as crucial for someone working a Twelfth Step as studying and grasping the disease concept in the First Step. We cannot remain clean without it.

**Reprinted from NArchive:
When-It-Works-12-Basics.**

WEBINARS

We are moving forward. Webinars offer the opportunity for exchanging information and discussing solutions for common issues. We recently held a Public Relations webinar, with a subsequent one planned for May 2014. The H&I webinar is scheduled for 20 February and will occur again in May or June. We are asking those who have not signed up yet to please join us. PR has a great number signed up (115), and H&I has somewhat fewer (81); we suspect that there are many more who may be interested but have yet to sign up.

We would love for you to join us. The Inmate Step Writing webinar was held 5 February. We believe that more Inmate Step Writing committees are being formed, and would like to invite you into the process. Please sign up via the HandI@na.org address and identify as wanting to join the Inmate Step Writing webinar. Please send your name, contact information (email address), trusted servant position, and region, as well as ideas about what you would like to see discussed, to: Events@na.org for conventions, HandI@na.org for hospitals and institutions, and PR@na.org for public relations/public information. We have not yet held a convention webinar, but we are still planning to hold one. We appreciate the patience and understanding of those who have already signed up. (November2013 - January2014 NAWS news.)

We begin to seek out ways to be of service, to make a difference in the life of another addict, to carry the message of recovery. "It Works How and Why,"

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

**Please contact
News@suncoastna.org or come to FDC**

ASKING FOR HELP

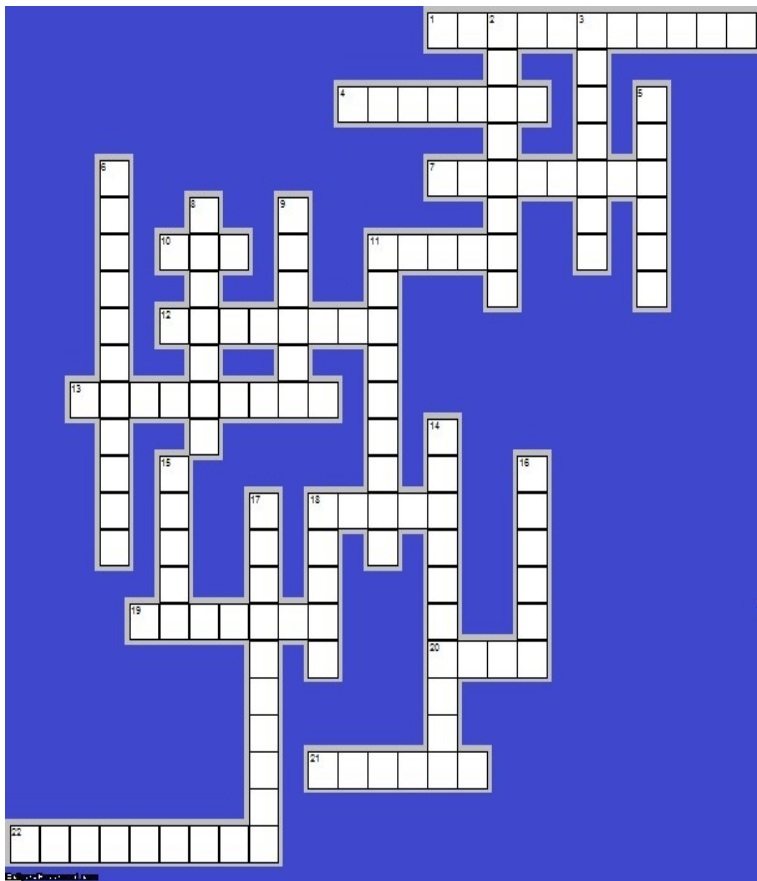
My recovery begins with the week I got clean, which was 8 February 2011; my best friend had recently gotten into recovery and managed to talk me into going to an NA meeting. That first meeting was full of many NA members who all cheered for me and gave me hugs and phone numbers and welcomed me "home." On the morning before that meeting, I remember deciding I would just live life alone with no friends, since all my friends used. Literally minutes later, I found a whole new family in Narcotics Anonymous.

I started going to an intensive outpatient treatment program shortly after that, and learned that I actually have a disease and that it's not my fault! I do most of the suggestions I hear at meetings. The first thing I did was get a bunch of phone numbers and call a few people, mainly trying to find the sponsor who was right for me. Mary (name changed to protect privacy) and I discussed it a few times until it became final. My first assignment was to call her every day, and to call two people on my phone lists every day. I made some new friends that way.

One of the biggest moments in my recovery was when I took my three young children to the Sun Lakes camp-out. I was so stressed out with my littlest one that I was about to leave, when my sponsor, in the campsite next to me, informed me that I needed to "learn to ask for help!" It sounds much easier than it is, because I had to admit that I couldn't do it all by myself. After that, everybody helped me with my kids and I learned that my NA community was my new family.

We help each other out because that's what we have to do to stay clean. I still remember that day, and no matter how hard it was, I am thankful that I got to stay and learn what NA is all about. I love going to meetings. I mostly go to the "nooners" on weekdays so I have the opportunity to be there without my kids, although I've taken them with me to meetings and they like to go. I started my First Step after my sponsor had me read all the NA literature, and since I noticed that all the books were written just for me, I was excited to work the steps. I finished my First Step by the time I had six months clean, and my sponsor sat down and listened to me read it. I love what I learn in NA, especially when I learn what I don't know that I thought I did.

Melissa C, Washington, US reprinted from NAWay
Feb 2014



ACROSS

1. to come to understand
4. to have care for or interest in
7. affection
10. ga state of happiness
11. reliance on
12. appreciate benefits received
13. adherence to a code of values
18. to see distinctly
19. foresighted
20. unselfish concern that freely accepts another
21. confidence in
22. watchful

DOWN

2. tranquility
3. to consider worthy of high regard
5. good judgment
6. to continue or persevere
8. mental or moral strength of conviction
9. fair, marked by integrity
11. allowing
14. orderly conduct
15. cut off from others
16. absence of vanity and arrogance
17. willing approval

STEP 10

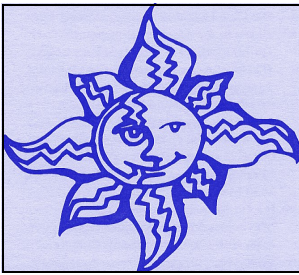
You spoke and we listened.

For inclusions: Please e-mail newsletter@suncoastna.org or tell your GSR to submit it into your GSR report.

Clean Time Celebrations

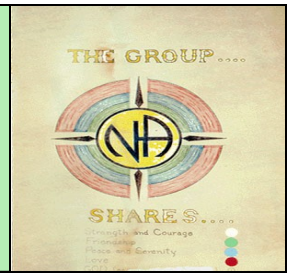
Recovery By The Books:	Sandy S	31 Jan 2008
	Donald W	20 Feb 2010
Burning Desire :	Tina C	6 Mar 2014
	Jason D	6 Mar 2014
Call Group :	Kevin C	14 Mar 2011
Solution In The Steps:	David	6 Years
Wharf Rats:	Scott W	15 Feb 2013





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)



FLORIDA REGIONAL GSR ASSEMBLY

March 14-16, 2014

By now all Home Groups will have discussed and come to a decision on the issues being presented at this years GSR Assembly.

Please take this opportunity to participate in your Fellowship!
Attend the Assembly.
Rosen Creek Inn
9939 Universal Blvd, Orlando Florida

Fellowship Development Committee (FDC)

The 4th Monday of each month
H&I, Newsletter & Helpline at 6:30PM
Fellowship Development Committee 7:30PM
at
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
at
Whitfield Presbyterian Church
7045 North Tamiami Trail, Sarasota FL

(Neither facility is affiliated with Narcotics Anonymous)

New Meeting: the **NO MATTER WHAT CLUB**
8 - 9 pm Wednesday evening at First Step Residential
4613 North Washington Blvd.

Our Activities committee is planning a new event:
Sharpen your talent skills and get ready to show us what you got! More information to come: watch the web-site for a flyer when it becomes available.

The **KEEP IT SIMPLE** literature meeting is in need of support and home group members to be of service! "God's will is to be of maximum service to others without regard of cost to self. Self will is to be of maximum service to self without regard of cost to others."

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, fourth Monday of each month.

Our **AREA SERVICES** is in need of an alternate Secretary. It's a big job, but very worthy. If you're looking for a service commitment, somewhere you can really help, let your GSR know you're interested.

