

Suncoast Area of Narcotics Anonymous JULY—AUGUST 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.

The only requirement for membership is the Desire to stop using. - Narcotics Anonymous -

Inside This Issue

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Your FDC Committee Needs Your Support !!!

If your not sure of what the FDC is check out page 2.

Strength

Strength is being strong
like daddy's hands and mom's heart,
like 50 years of marriage.
It could be a new relationship,
so pure and so fresh,
or tears falling with a deep breath,
a muscle curling weight,
a women and her newborn child's fate,
maybe heaven, maybe hell,
could be a god awful smell,
a lion's roar, a student's soar,
20/20 vision, a right decision,
a true story,
a fight to not worry,
a blessing when it's needed and when it's not,
12 steps of a program that must be taught.
Strength can be sad,
strength can be grand,
looks similar to the upper hand.
It can look like forgiveness, acceptance or surrender.
Maybe you will be the next contender.
Strength is courage, bold and vigorous.
Too much of that can be a trigger.
Strength is a power greater then you.
Think about that as part of the glue.
What makes us strong is not one but two.
It's your higher power and you!



-Rachel B-

Dear Reader: the following are several excerpts from a journal kept by brother, Tom, who in 2007, visited Iran as part of a WSO team sent to do workshops and generally assess the condition of NA in that area of the world. The entire article is available on line in NA TODAY, Australian Region and well worth the read.

We arrived a block or so from the meeting and were told we have to wait in the car until 9:00. Then they drove us through a maze of cars and into a huge auditorium where there were over 3000 members sitting on the floor, a big banner at the back off the room that said welcome NA world services we love you. It was just amazing. I didn't feel overwhelmed but more humbled by the spirit by which they were all there.

We leave tomorrow for Isfahan and will do another workshop there. I thought I might give you some details about exactly what we are doing in these workshops. Before we came here, the WSO asked the Iranian Region what issues were pertinent to them? What did they want to discuss? How can we be helpful? . . . We basically structured the topics . . . Around the input we received. . . For most of them this is the first time they have had any real connection with NA outside of their country, suddenly their world expanded...

The discussion we had on the seventh tradition is very interesting, they do no fund raising, nor do they tack on a profit from their events or conventions. Much of their funds come from their direct contributions and the sale of the literature and other recovery related materials. They definitely have issues with the fund flow, groups hanging on to money or the money getting hung up in the metro, area or literature committee. But it's very interesting to me that they come closer to fulfilling the spirit of the seventh tradition than anywhere else that I have seen. It's my hope that they become the first community in NA that is totally self supporting through the basket. What a concept!

I finally got to attend a regular NA meeting in Tehran, and a small one to boot – 150 members, all men. That is considered small here. There was no way Piet and I could have just slipped in and attended like any other member, we had to be the speakers, but the meeting lasted two hours and we did our thing in less than an hour so we were able to hear from a few of the other members. . . . They do some things very different. When they give out the 30-60-90-to one year key tags the person who stands up is met by his sponsor who gives him the key tag along with a hug. There were four members celebrating birthdays, I think it was 1-3-5-8 years, they too came up and were met by their sponsors, several other members

would come up and hug them and give them a bouquet of flowers and the birthday boy would speak for 2-3 minutes. . . The meeting was closed in the ways we all do and then Piet and I were mobbed again with members wanting hugs and photos. (Everyone has a camera cell phone). . .

The following article is from the October (2006) Issue of the NAWAY magazine:

“My name is Habib and I am an addict. Greetings to all the addicts at the Central Prison of Qazvin, and to all NA groups around the world.

“I am writing this letter as I pass the final moments of my life. I am very close to God. I feel good, and I am at peace with myself and the world. I have accepted the will of God.

I'd like to ask you fellows to stay clean and be of service. Try to help other addicts stay clean physically, mentally and spiritually. Please continue this path to save other addicts. I have nothing else to say. My name is Habib, and by dawn my life will end. I will be hanged for the crimes I committed, but I have been clean for eighty-four days beside you I wish success for all addicts members and non-members. God bless.”

-Habib, Oazvin, Iran.-

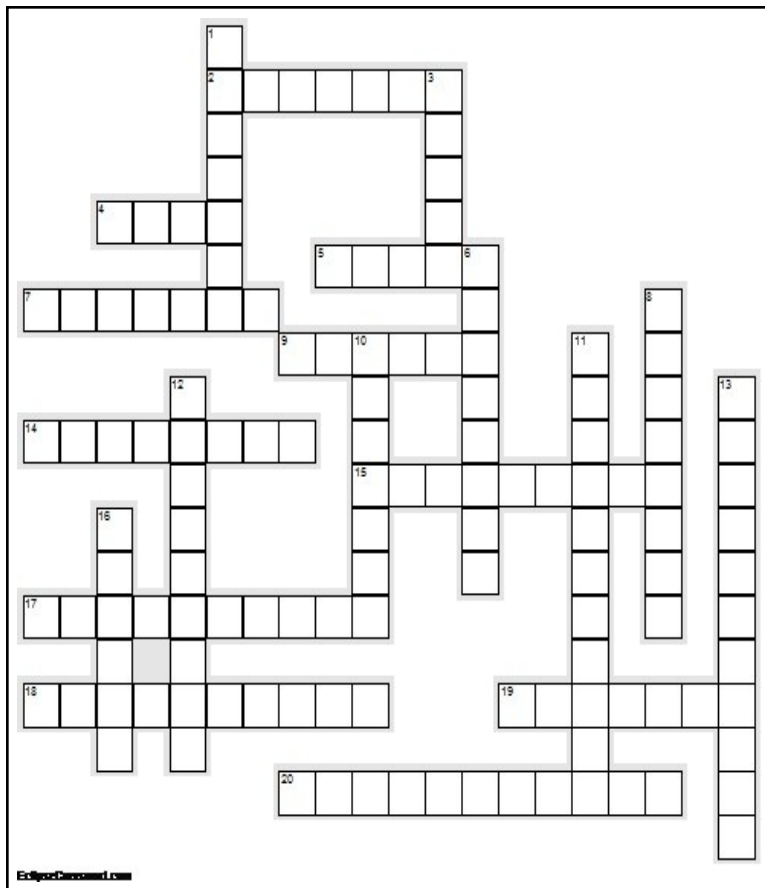
Literature Find

“Gratitude is not just a mood. It is a course of action, a way of setting ourselves in relation to the world. Sometimes it's a discipline: It can take work to hold ourselves in that attitude, especially when we are used to seeing the world through our filters of entitlement and resentment. Humility and gratitude walk hand in hand.”

Do you know which book and chapter this is from?

If you've found it, email the page # and book to newsletter@suncoastna.org and your name can be featured in the next issue.

***Last Issues Winner:
Sandy S.***



Principle Puzzle

Across

2. to consider worthy of high regard
4. unselfish concern that freely accepts another
5. to believe without proof
7. fairness marked by integrity
9. insight, good judgment
14. tranquility
15. watchful
17. to come to agreement
18. moderate in tone, considerate
19. to have care for or interest in
20. to come to understand

Down

1. foresighted, shrewd in management
3. confidence in something in the future
6. absence of vanity and arrogance
8. appreciative of benefits received
10. to do for others without reward
11. upkeep, to persevere
12. adherence to a code of values
13. accepted choice without reluctance
16. a group with a common bond

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 submit it after it happens into your GSR report.

ANNIVERSARY CELEBRATIONS

GIRLS GONE GOOD

Michelle B 3-19-11

Bonnie R 3-19-13

Elishya 5-16-13

Nicole S 5-21-13

More Gratitude Less Attitude

Nancy H 5-1-12

Joanne M 2009

Brian C 5-26-13

Never Alone

Arnold D 4-30-13

Serenity in the Morning

Jim W 4-18-10

Solution in the Steps

Karsten H 5-12-13

Steps to Change for Freedom

Neil M 1-5-13

Waves of Recovery

Rhonda P 5-8-12

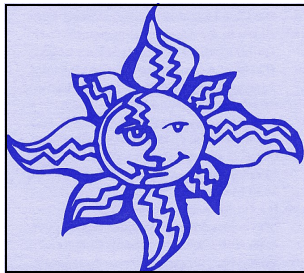
Jacque 5-22-90



Artists Corner

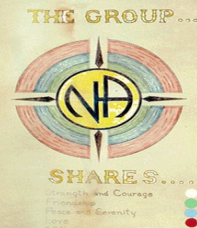


By Scott W.



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)



BRIDGING THE GAP

The Florida Region fellowship is adopting a new project called "Bridging the Gap". The purpose of Bridging the Gap is to provide a "Bridge" between people reentering their communities from in-patient treatment or incarceration and their first meeting of Narcotics Anonymous.

VOLUNTEER ONLINE OR BY EMAIL

Go to: <http://naflorida.org> Click on "Help Wanted - Volunteer for Service Opportunities"
 On the list, click on "Bridging the Gap Temporary Contact"
 Click on "Volunteer for this Opportunity", complete the volunteer form 2.
 Or
 Email your contact information to:
BridgingtheGap@naflorida.org

HOW IT WORKS

When you volunteer, we ask you to provide your contact information. This information is used to match you to the newcomer. Your information is considered strictly confidential and never released to any other NA member or outside organization. A member of the Fellowship

Fellowship Development Committee (FDC)

The 2nd Sunday of each month
 Fellowship Development Committee @ 2:30pm
 Resources meet @ 1:30pm and Orientation @ 3:30pm
 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
 Our Lady Queen of Martyrs Church
 833 Magellan Drive, Sarasota, FL

SUNCOAST AREA EVENTS

The **Rainbow River Event** was a huge success: Fun and Fellowship with other recovering addicts, tubing down the river on a four hour cruise, relaxing in the sun with friends. Look for this one to be an annual event.

The 80's style **Big Hair Bingo Night** had to be postponed due to venue difficulties and will be coming up in August. Watch for the date and time. You can't afford to miss another chance to have fun in NA with your friends.

Get Saucy With the Steps will be coming in September and our annual **Beach Bash** in December. The Activities committee is doing a fine job of giving us something fun to focus on and the opportunity to connect with other recovering people. If you'd like to get involved with helping or have some ideas, they meet every 2nd Tuesday of the month at 6pm at Starbucks on University and Tuttle.

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The **SUNCOAST** will be hosting the **FLORIDA REGIONAL SERVICE CONFERENCE**

in September. Look for ways you can help and plan to attend.

