

# Suncoast Area of Narcotics Anonymous

March—April 2015

## 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](http://www.suncoastna.org)

#### NA World Services Website:

[www.na.org](http://www.na.org)

#### Newsletter Contact:

Please forward contributions to:

[Newsletter@suncoastna.org](mailto:Newsletter@suncoastna.org) and complete the

**Submission Release Form** located at:

[www.suncoastna.org/newslettercommittee](http://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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### The Addict

They say it's a sickness  
I like the quickness  
They say you shouldn't do it  
I am me because of it  
They say it ruins you  
I wish I knew  
They say I should stop  
I felt like I was on top  
They say I am dead  
I can't get out of my head  
They try to bring me back  
I don't want to come back  
They work hard on me  
I want them to let me be  
They say I won't make it  
I change my mind  
I want to live.

- Angelina -



### I CAN'T WE CAN

With all the grief, turmoil and strife  
That the devil of addiction has caused my life,

I reach to the moon, sun and stars  
For the hope of a tomorrow that will heal my scars.

The road will have obstacles, I may fall down.  
I will try to keep smiling and not to frown.

I can turn to my peers who will watch my back  
And pray to my God for the courage I lack.

I will remember I am Never Alone no matter what the weather  
I have unconditional love and support to get my life back together.

-Anonymous...

Each day we are given another chance, ~BT pg8~

## FAITH VS FEAR

Growing up I heard lots of stories, some over time I eventually forgot and others seemed to resonate with me and take on bigger meanings as I got older and began to relate..

One story has been on my mind lately. It's about a small boy who takes on the schoolyard bully with only a stone to protect himself. The bully was always picking on the small boys and beating them up, and they were all afraid of him. One day, this smaller boy got tired of being picked on, so he took a rock and fought the bully with it. When the small boy hit the larger, fiercer boy with the rock, the bully fell down. He never picked on the smaller boys again.

This story makes me think of how we, as recovering addicts, can face our greatest fears with faith as described in our second step. Our literature states that "faith is necessary if we expect to achieve ongoing recovery".

Some of us have lived this story. Some of us have felt like a small helpless child when faced with our greatest fears and challenges. Our bully could be our addiction, or even life itself. Sometimes situations seem too big for us, and we're afraid to face them. For many years, I was helpless against my bully, addiction, and for many years I was too afraid to face that. Until I reached that point that other recovering addicts reach, and became willing to have faith that my life would change if I made the effort to change it. Faith, belief, whatever we choose to call it, our literature says that "the strength to move into action comes from this belief. We need to accept this to start on the road to recovery".

What if that small child had faced the schoolyard bully with no weapon at all? He would have been defeated! Our BASIC TEXT states clearly "some of us didn't take this step seriously at first, we passed over it with a minimum of concern only to find that the next

steps would not work until we worked step two. Even when we admitted that we needed help with our drug problem, many of us would not admit the need for faith."

I have tried to skip over step two, never believing that a higher power would do for me what I saw it doing in the lives of other recovering addicts. And time and time again, I used. Faith was the missing ingredient to my recovery. Once I began having faith, I was miraculously able to overcome these huge problems in my life that I had never been able to overcome before. I found success where I had failed 100 times. I found joy where I had once known despair. I was given hope for the future, where before, my greatest wish was to die as an end to my suffering.

I've learned through this step that no matter how small and helpless I feel on any given day, or how fierce my problems seem at the time, with faith, I overcome my fears more easily. Our

literature says it best. "We grow to feel comfortable with our Higher Power as a source of strength. As we learn to trust this Higher Power, we begin to overcome our fear of life."

-Dani A.-

### N. A. SLOGANS

1. I Can't, We Can.
2. We did not quit, we surrendered,
3. Meeting makers make it.
4. Keep Coming Back
5. An addict alone is in bad company.
6. Dial it, don't file it.
7. If god scares you away, drugs will bring you back
8. Hugs not Drugs
9. Come early, stay late
10. You spot it, you got it.
11. Be patient, God is not through with me yet.

**Above all, read the book, don't use and go to meetings.**

*Petty frustrations, minor setbacks and loneliness often make us feel that we are not getting any better...*

*Acceptance leads to recovery. ~B7 pg 16~*

# PRINCIPLE WORD SEARCH

A	G	B	C	L	D	E	F	G	H	I	COMPASSION
Y	R	J	M	C	O	U	R	A	G	E	COURAGE
T	A	K	L	O	M	V	N	O	P	Q	FAITH
I	T	R	S	M	D	T	E	U	V	Y	FREEDOM
R	T	H	O	P	E	E	W	B	Y	T	GRATITUDE
G	T	W	X	A	Y	Z	E	T	A	I	HONESTY
E	U	H	B	S	T	C	S	R	D	L	HOPE
T	D	E	T	S	F	E	G	H	F	I	HUMILITY
N	E	I	U	I	N	J	K	L	M	M	INTEGRITY
I	N	R	O	O	A	P	Q	R	S	U	LOVE
T	T	U	H	N	V	F	W	X	Y	H	TRUST

## 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.

## HAPPY ANNIVERSARY

### CALL GROUP

Scott F 1 – 18-99 16 Years

### EAST SIDE RECOVERY

Scott W 2 – 2 – 12 3 Years

### FRIDAY NIGHT CLEAN

Steve R 2 – 2 – 09 6 Years

### RECOVERY BY THE BOOKS

Donald W 2 – 2- 10 5 Years

Sandy S 1 – 31 – 08 7 Years

Derrick H 2 – 2 – 14 1 Year

### SERENITY IN THE MORNING

Palro 1 – 02 – 13 2 Years

### SOLUTION IN THE STEPS

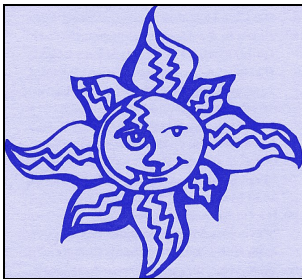
David D 2- 08 – 08 7 Years

Gary D 3 – 11 – 07 8 Years



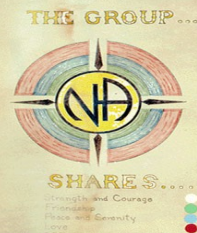
### 12 O'CLOCK CLEAN

Kurk W 1 – 09 – 05 10 Years



## SUNCOAST AREA ANNOUNCEMENTS

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



**East Side Recovery** Picnic has been rescheduled so as not to conflict with our **Regional Service Symposium**. Mark your calendars for April 11! See you all at:  
Tom Bennett Park  
411 Cypress Creek Blvd  
for fun food and fellowship from noon to 5pm.

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A new **workgroup** met on February 16th and put together a survey to answer some basic questions regarding the **newsletter**. Be sure it is included in your next Home Group Business Meeting. We all have an opinion to contribute.

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**THE LIFEBOAT** meets every Tuesday evening at Siesta Chapel 4615 Gleason Road 6:30 to 7:30 pm. Show your support for this new meeting.

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**DIFFERENT CHOICES**, a new meeting 8-9pm Thursday at the Gratitude Club 530 Payne Parkway, Sarasota. Show your support.

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**LIVING CLEAN**, 6:45 Fridays, now meeting at the Gratitude Club 530 Payne Parkway, begins with a reading from LIVING CLEAN and a 15 min meditation.

**"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 & Why "

### **Our Lady Queen Of Martyrs**

833 Magellan Drive  
Sarasota

Suncoast NA is not affiliated with this or any other meeting facility.

### Itinerary

#### **Second Sunday of Every Month :**

- 1:30 pm Resource Meetings
- 2:30 pm Fellowship Development Meeting
- 3:30 pm Fellowship Development Orientation
- 4:00 pm Area Service Committee Meeting

Our steps are the principles that make our recovery possible. BTpg19

#### **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, second Sunday of the month.

#### **Florida Regional Service Symposium**

March 12 -15 2015

Sheraton Tampa East

10221 Princess Palm Ave

Tampa 33601

Professional Relations Forum

Workshops, speakers, roundtables

All interested members are welcome to attend

