

Suncoast Area of Narcotics Anonymous May and June 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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~Just for today you never have to use again. BT~

Northern Star

This Steely-Hook has pierced so deep;
And downward steadily pulls so hard.
So why do I protect this morbid pain?
This gash will surely leave its scar...

See, this heart is rooted by the greater good...
But its reality tarnished by an evil joy...
I sit and watch myself from above,
...like a boy with his wind-up toy...

The consequence so bright, so loud,
so present, so obvious; YOU see...
Yet I keep on going blinded by fear.
Maybe too late, but one day I'll see...

So when the flame is snuffed and the light all gone,
I welcome loneliness; my Northern Star.
Its a darkness that I am accustom to,
I've never owned a whole-true, heart...

So we Love and we die, or so they say...
And that Love sometimes seems so far...
Every once in a while I seem to forget,
I long for Love as my Northern Star...

~ **Nathan B**

* *

Chances

Lets play,
here you go,
Here's the dice for you to throw,

Do I dare?
I might land on chance.
Maybe I will land on free parking and life will be like a brand new ship embarking.



Ok here I go,
I let go of the dice- and sure enough
I land on chance twice.
I pick up and what do you know
I have to go and reap what I sow,
Consequently enough- it's not to watch my crop grow.

So I pick up again,
Maybe it will be different this time,
Not a chance in the world , not on my dime.

A chance comes along to make it right,
Will I take it now or stand in hind sight?
Its hind sight for awhile until I can't take any more,
After awhile its all just a bore.
I'm refusing to give in to all the pain,
So I keep taking a chance
And watching my life go down the drain.
My world spins like a ticking time bomb,

I beg for mercy and ask to be strong,
Chance after chance was like taking a bet
Or even better yet, playing rushing roulette.
One in the chamber
What will it be?
Jails, institutions or death for me.

I'm handed the dice once more from him,
He nods and says "What will it be?",
Roll the dice and you shall see.
I roll the dice and the number is three,
What a charm- that's a lucky number for me,

All of a sudden I could see.
I have a chance to make a good choice,
I do and I hear such a soft voice.
So clear and simple,
And I chose to follow.

One step at time like a deer in the hollow.
Chances become choices and I understand,
As long as I make the right one,
my chance is left up to him.
It's clear to me that I can't be left in charge,
Because the moment I am, life seems too large.
When in doubt,

And life is sparking,
Roll the dice,
You may land on free parking.
~ **Rachel B.**

Keep believing in yourself ...

There may be days when you get up in the morning and things aren't the way you had hoped they would be...

....that's when you have to tell yourself that things will get better.

There are times when people disappoint you and let you down, but those are the times when you must remind yourself to trust your own judgments and opinions, to keep your life focused on believing in yourself and all that you are capable of.

There will be challenges to face and changes to make in your life, and it is up to you to accept them.

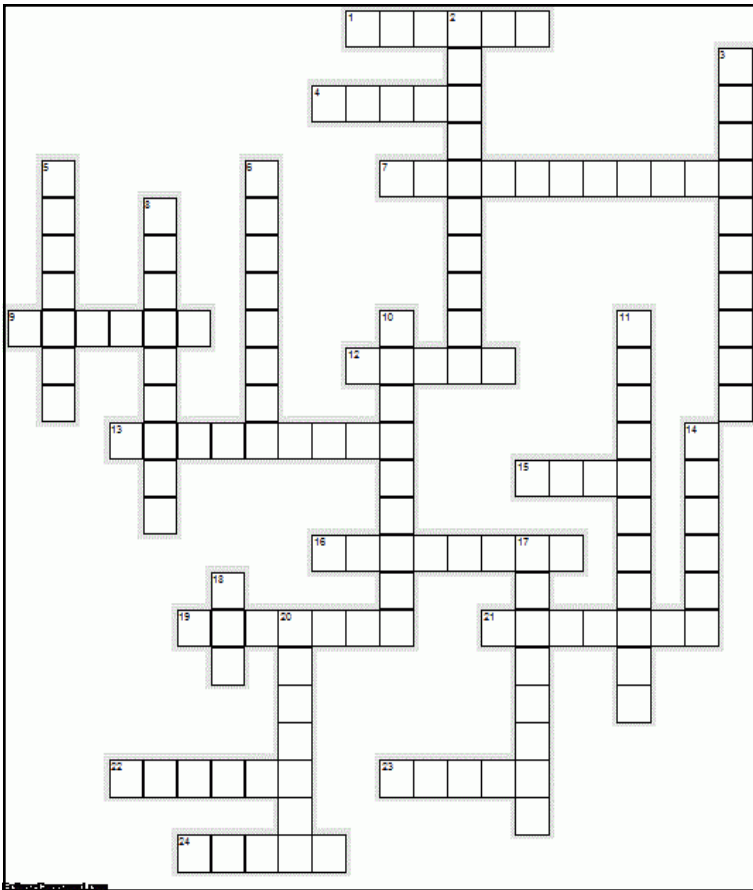
Constantly keep yourself headed in the right direction for you. It may not be easy at times, but in those times of struggle you will find a stronger sense of who you are, so that when the days come that are filled with frustration and unexpected responsibilities, remember to believe in yourself and all you want your life to be, because the challenges and changes will only help you to find the goals that you know are meant to come true for you.

~ **Anonymous (courtesy SEAZNA)**



~ **Scott W**

PRINCIPLE PUZZLE



Across

Down

- | | |
|---|---------------------------------------|
| 1. good judgment | 2. orderly conduct |
| 4. to see distinctly | 3. willing approval |
| 7. to continue or persevere | 5. to have care for or interest in |
| 9. confidence in | 6. appreciate benefits received |
| 12. cut off from others | 8. adherence to a code of values |
| 13. watchful | 10. allowing |
| 15. unselfish concern that freely accepts another | 11. to come to understand |
| 16. affection | 14. fair, marked by integrity |
| 19. mental or moral strength of conviction | 17. tranquility |
| 21. foresighted | 18. a state of happiness |
| 22. absence of vanity and arrogance | 20. to consider worthy of high regard |
| 23. reliance on | |
| 24. to believe without proof | |
| 25. | |

You spoke and we listened.

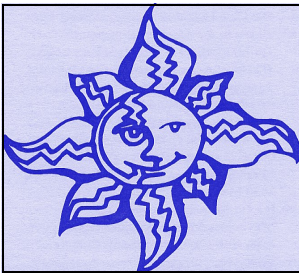
Henceforth, our newsletter will print anniversaries only *after* they occur and *only* when reported by email or GSR Report. For inclusions: Please e-mail newsletter@suncoastna.org or tell your GSR to submit it after it happens into your GSR report.

ANNIVERSARY CELEBRATIONS

Burning Desire:	1 Year: Michelle W 5.5.13	Brendon H 5.5.13
	8 Years: Twitch 4.14.06	
Friday Night Clean:	1 Year: Jen and AJ	
	2 Years: Brent	
Keep It Simple:	18 Months: Tim G 10.12.12	
	23 Years: John G 5.18.91	
Recovery By The Books:	4 Years: Kate O 4.23.10	
Solution In The Steps:	7 Years: Gary D 3.11.07	
Wharf Rats:	19 Years: Richard G 4.5.95	
	26 Years: Sue F 3.26.88	
Serenity in the Morning:	4 Years: Jim W 4.18.10	
Girls Gone Good:	3 Years: Michelle B 3.19.11	
Never Alone:	1 Year: Arnold D 4.30.13	
Solution in the Steps:	1 Year: Karsten H 5.2.13	
Steps to Change for Freedom:	1 Year: Neil M 1. 5.13	
Waves of Recovery:	2 Years: Rhonda 5. 8.12	
	24 Years: Jacque P 5.22.90	

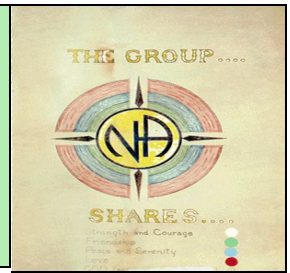


Not only is this way of life better than the hell we lived, it is better than any life that we have ever known. We have found a way out and we see it work for others. BT



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)



HAVE FUN IN RECOVERY

FRCNA

More Will Be Revealed

July 3-6 2014

The FRCNA committee is asking for donations of NA memorabilia to include in their auction.

Contact naflorida.org for details.

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Watch for our local Activities Committee

Next event coming in May.

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May 6 the FRONTLINE is moving to Our Lady Queen of Martyrs Church Room 10 for a Tuesday 8:00pm meeting. This leaves only one group left in Palmetto - STEPS TO CHANGE FOR FREEDOM on Monday evenings.

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- **MORE GRATITUDE LESS ATTITUDE** has added a "children's room" which should make it a little easier for families with small children to attend meetings—and **THEY MEET EVERY DAY.**

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)

We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

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.

Waves of Recovery:

is resuming their Tuesday Evening 7:00pm meeting on Manatee Public Beach 4200 Gulf Drive, Holmes Beach. In inclement weather they will meet at the pavilion.

