

Suncoast Area of Narcotics Anonymous
November – December 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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~Honesty is the antidote to our diseased thinking. ~B,T. pg 92

Defying Gravity

Fighting against that force pulling me down
The weight of past decisions, future situations, and present thought

Some might feel it a little, Some might feel it a lot

Trying to make moves, this way and that

Eventually I realize I'm stuck in the same spot

Spinning my wheels all over this world,

Just to find I never left this state

Stuck here under this crushing weight

Just when I surrender, saying it's too much to bear,

For this life that's been given to me I do not care,

The Fellowship shoulders are there

To help me stand, before I implode

To walk with me down this dark road

A strength I can borrow till I find my own

Freely shared by people I've never known

Together WE can stand where I fell

An escape from the burden of I

A load-bearer for my own ego

A support for wherever WE go

A rise from our hell

A freedom from not wanting to die

A gift to keep the beast at bay

Because Just For Today,

WE can break free

WE can soar high

WE can DEFY GRAVITY

'I' can be weak, 'I' can give in, 'I' can crumble, but 'WE'
can be strong, 'WE' can fight, 'WE' can do what 'I' can't...

-Derrick H.-

“When ‘I’ is replaced by ‘WE’, even ‘Illness’
becomes ‘Wellness’” -Unknown Author-

-Unknown Author-



GONE AND DONE IT

My mind tells me, it is good
I go and do, even against the thought I should.
The obsession I feel I cannot shake,
It haunts me every moment I 'm awake.
Everything I've worked for it threatens to take,
I go and do..., it doesn't help.
It only increases the loathing of self.
I decide to take back my will,
Even if it's only for the thrill.

I come to my senses and get back on track.
I go and do, to take my life back.
I put down the axe and pick up a bat
Exchange it for a feather or nothing , if that.
I will give it my best this time around.
I finally feel like I'm on solid ground.
I go and do one day at a time.
I will stick with it even without reason or rhyme.

-Donald W-

LOVE AND LOSS

When we lose self-obsession, we are able to understand what it means to be happy, joyous and free B.T. pg 103

“Don't it always seem to go that you don't know what you've got till it's gone” - Joni Mitchell

The lack of something increases the desire for it. Leaving that relationship seemed such a good idea at the time. But now that you've pulled the trigger and it's actually happening, certainty vanishes and the “But what if...” game begins. Recovering addicts are certainly no exception. Ever notice how many relapses come after a relationship has ended badly? We were drug-dependent people and taking away the drugs leaves, you guessed it, dependent people. (Also counter-dependants, but they don't need or want anyone or anything, so let's leave them out). When we transfer that dependency onto another person we call that co-dependency. No, we don't need another program; we need to keep working this one. To be

dependent is to continually make an outward reach for inner security. This is what it is to be spiritually bankrupt. The 12 steps cannot change the fact that we are and always will be addicts. What it can do is lead us to become recovering addicts. Recovery is the cure for spiritual bankruptcy. We no longer focus on the “more” outside of us, but rather on the “more” that lies within us and break the habit of dependency. Then we are free to have people in our life without needing them as a crutch. Yes, we will still have needs, but we will be responsible for getting them met. We will no longer be needy. Where does this neediness, doubt and fear in relationships come from? Three aspects of ourselves come to mind. One aspect is the inability to imagine a future without the other person, from the belief that one cannot go on without the other, to believing that they cannot cope with life alone. Two, we engage in “euphoric recall”, emphasizing positive aspects of the relationship while ignoring the negative aspects. Three, the “lover” experiences a drop in self-esteem in many ways ranging from second-guessing every choice they've made to believing they are in some way fatally flawed, even questioning if they are lovable.

What is the root of this self-destruction? - FEAR

Laramie, Reprinted from JFTOTB July 2010

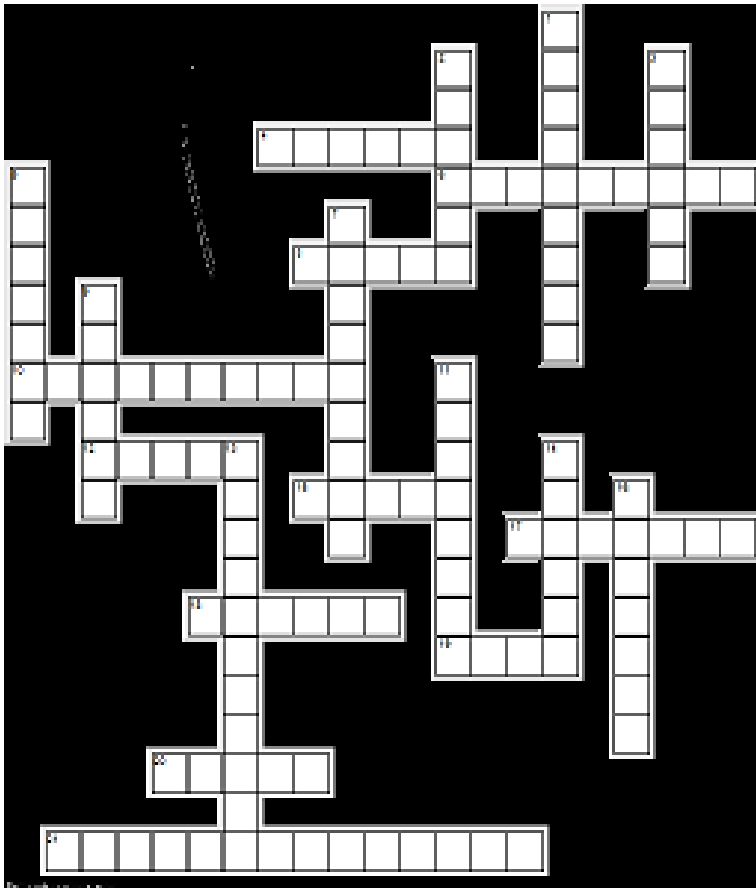
Courage to Change

Courage to change,
I can either make it a mountain, or a mole hill.
Either way, there will be work involved, Am I going to create more work “fighting” the change?
Experience shows that to simplify my life, I should put more work into applying positive change.

The serenity prayer is simplified in its present form. For me it is a gift of basic direction. KISS
Keep it simple & serene, One day at a time, I welcome change as a gift from my Higher power.

Based on the JFT, translated into my own words,
By: Tiffany C.

PRINCIPLE PUZZLE



ACROSS

1. to give approval willingly
4. choice of action
5. unselfish concern that freely accepts another
7. confidence in something in the future
8. sympathetic consciousness of others distress
11. a group with a common bond
13. to be thoroughly familiar with
15. a making good for some injury
17. to be accountable for
20. oneness
21. willing effort
22. to continue or persevere

DOWN

2. power to select
3. bringing back to a former condition
6. fair, marked by integrity
9. a list of traits to evaluate characteristics
10. contribution to the welfare of others
12. adherence to a code of values
14. thankfulness
16. insight, good judgment
18. shrewd in the management of practical affairs
19. absence of vanity and arrogance

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.

Anniversaries

Friday Night Clean

Nate B. 9-10-10 4 Years Francisco 10/28 7 Years

Peace In The Morning

Trent G. 10-04-13 1 Year

Serenity In The Morning

Tim G. 9-15-11 3 Years

Basic Text Study

Renee N. 11/21/13 1 Year

Frontline Group

Dee K. 10/17 10 Years

Girls Gone Good

Alicia S. 10/19/13 1 Year Bonnie R. 5/13/13 18 Months
Nikki S. 5/20/13 18 Months

Keep It Simple

Tiffany C. 11/20/08 6 Years

No Matter What Club

Bill C. 8/24/12 2 Years Sean C. 10/17/12 2 Years
Erin D. 9/10/12 2 Years

Peace In The Morning

Trent G. 10/4/13 1 Year

Serenity In The Morning

Tim G. 9/15/11 3 Years Mark 3 Years





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)



DON'T MISS THESE

LIVING CLEAN— a meditation meeting— has moved to the Gratitude Club at 530 Payne Parkway in Sarasota, they meet 6:45pm. On Friday Nights.

MORE GRATITUDE LESS ATTITUDE has a speaker and dinner meeting every 2nd Tuesday of the month and don't forget they also have a nursery for those who bring their children to the meetings.

Different Choices —a new meeting at the Gratitude Club 530 Payne Parkway meets Thursday evenings at 8-9pm.

First Step To Recovery —has a new name. Look for **Friday Night Lights**.

CALLING ALL WOMEN...

WOMEN IN RECOVERY

December 8th 6:30 PM-8:30PM
Potluck Dinner

We come to understand humility as acceptance of both our assets and our liabilities. What we want most is to feel good about ourselves. B.T. pg. 97

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
Come join in and be a part of !

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

**not affiliated with this meeting place*

Service gives us opportunities to grow in ways that touch all parts of our lives. B.T. pg 95

The Suncoast Area RSM would like to thank all those members who came out and supported the September Regional Meeting held at the Hyatt Regency. It was a great show of support for our area.

We have not been bringing a meeting to the women at Port Manatee Women's County Jail for some time due to lack of willing members. If you have the willingness and the qualification necessary. Please contact H&I.

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 each month before Area Service or call 941-257-5055

BE A PART OF.

NA is currently doing a book project on the **TRADITIONS**, at this time they are working on tradition 8-12. Have your ideas considered at na.org/traditions

