

# Suncoast Area of Narcotics Anonymous

September-October 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](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)

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**~Our reaction to drugs is what makes us addicts, not how much we use. BT pg 5~**

**HI MY NAME IS DERRICK H.** and I am a grateful recovering addict . I wrote a letter to myself in treatment for when the days come when I think I'm "cured." I keep this letter in my wallet and read it when I need a reminder: Thank you for your time and I hope this will help another struggling soul.  
>>DEAR DRUGS,

We are over, our relationship has been a sordid affair. You got me through a lot of tough times in life, but I'm at the point where I feel we have grown apart. We no longer want the same things out of life. You have been my rock in the white water rapids of life, but it feels more like now you are the boulder attached to my ankle that is weighing me down, preventing me from catching my breath of fresh air that is right above the surface of the water.

We have separated briefly in the past, never for long though. I would always start romancing the good parts of our love affair and somehow forgetting the negative side. Well, I'm here today on my knees telling you that I can't and I won't let that happen again.

There are just too many negatives that the positives just cannot equal out this equation anymore. I have allowed this unbalanced relationship to go on far longer than I knew was good for me. I always allowed myself to be brought down by your charismatic charms with the rationalization that you were a necessary evil, that without you I would be alone in this world of uncertainty. I was afraid, I still am to be honest, but now I see that my fear isn't emanating from me. It was from you whispering my childhood fears into my ears. I now find myself filled with HOPE, a HOPE I had never felt with you, not even on our best days! I always had a fear, even then, of what I would do when you weren't there. Now my source of HOPE comes from an untapped source inside myself, which as far as I can tell, has no bottom, no finite amount that I must ration. In fact, I am seeing that this resource is different than any other I have found. The more I draw from it, the more there seems to be to draw from. HOPE is more than just my rock to keep me above the water in these rapids. It, in fact, is a lifeline that will bring me to safety. I am not going to let go for anything in the world. I know there will be times when I doubt the strength of the rope and I'm ready for it if it happens. As long as there is a thread to hold onto, by my fingernails even, I will never reach for that rock again.

As I said before we are done. It's over. Don't call, don't write, don't even Facebook me asking me how I'm doing because as long as you are out of my life, then know for certainty that I am doing better than I ever was with you. Remember the pain, the Loneliness, the horrible decisions that were made \*If you think you are better, remember, you're not. Most of all remember the love and light you feel right now in this moment of clarity\*



## The Suncoast Meeting list

Bradenton, Florida or Sarasota whichever you choose we have something here for you. We have an everyday meeting if you're on that latitude; it is called "More Gratitude Less Attitude". For our daily users and abusers we have meetings to attend so you stay on the mend. If you're an early riser and need a cure for the warning, there is a meeting called "Serenity in the Morning". Hit that one at seven or the one at ten; don't moan that one's called "Never Alone". There is one more that meets Monday-Friday "12 O'clock Clean" could be just your scene. This one is good for all you lunch breakers, do we have any takers?

Moving on with our meeting countdown agenda, its Sunday fun day time to surrender. Out on the beach there has been a discovery "Peace in the Morning" and "Waves of Recovery". I'm not going to lie the next meeting we have is called "Work the Steps or Die". After a day in the sun and Monday on the rise, we can wrap it up with some great social ties. At 8 O'clock we have two to claim. They reach many because they are not the same. One in Bradenton and the other in Sarasota, we are sure to reach the N.A. quota. In the loop we give to you the "C.A.L.L. Group" and for the others "We Do Recover".

A case of the Mondays is sure to follow, but N.A. gives us no reason to wallow. We have "Steps to Change" and yet another discovery this one is "Atmosphere of Recovery". For all of the women who think this is not for you, get the scoop at the "Women in Recovery Group". The day is not over yet so if you still want some dope, put down that thought and hit "High Hopes". Don't excuse the fatalities; one more for Monday is "Principles B-4 Personalities".

Wake up and say thank you for yet another day clean and let's see what we can do to continue our wean. Early morning and afternoon meetings, those are always there for greetings. Are you nearing the evening and feel like you're stuck in a coop? That's alright there is the "Frontline Group". If you men are not up for cheating, there is a really good one called "Tuesday night Men's Meeting". I'm also talking to the ladies here, for this to be effective you could use a "Women's Perspective". If you love our literature and need another look, that's great because we have "Recovery by the Books". To wrap it up but don't put it on the shelf, last one for Tuesday is "Tradition Twelve".

Moving on to hump day or the middle of the week as some would say. Yes, that's Wednesday for those still astray. Morning meetings as usual are always available, but let's bring it down to something more scalable. We start the evening at 6 O'clock for some of us this could be a walk. The first on the list is the "U.S. Group" this one is here for all to recoup. Far in the distance with a little assistance we have a seating called "The Wednesday Meeting". Back out to the beach there is another contribution this one is "Solution Revolution". Again, we strive to limit fatalities so let's get our self's to the second "Principles B-4 personalities". Last one for this day, you can go as a scrub; the coolest name yet is the "No Matter What Club".

On to Thursday like a good addict should, first on our list is "Girls Gone Good". Three in a row at 7 O'clock, don't worry a bit N.A. has this county on lock. It's ok to feel pain from your

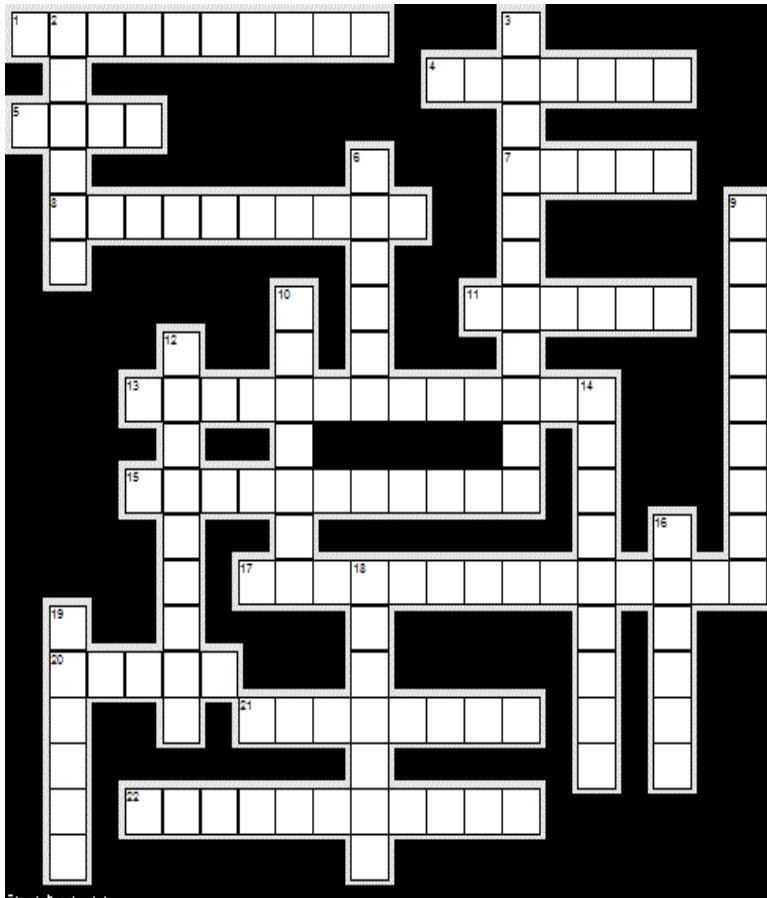
toes up to your temple; we have a meeting that might help called "Keep it Simple". The second one is sure to keep you prepped, this one is in Sarasota and is called "Solution in The Steps". The third one for this time frame is surly able to keep you in the game, don't be scared; grab your hats this one is called "Wharf Rats". Next on our list is at 8 O'clock, so don't miss the sweet relief of "Admission of Defeat". We have a late night group to keep in the loop, 9:30 is the time they meet, around a bonfire and smoking is your treat. So if you're lazing around and your face is a droop, get over to the "Burning Desire Group".

Two more days on our meeting list countdown agenda, its Friday now where's the bartender. You fool don't you know Alcohol is a drug! Haven't you learned anything in those meetings you have attended? So you ask us then, where do you lean? Well my friend it is called "Friday Night Clean". Maybe this one is not for you; maybe you're feeling in between, thinking it's not bad if you get some green. Why don't you first go bring that up at "Living Clean?" I know you're lost on this Friday night, but there is no need to keep thinking about those injections, there's a meeting at 7 called "New Directions". The next one meets several times in one week, come on over, wipe your feet on the mat it's another "Wharf Rats". Most of these meetings will take you till 8, then right around the corner there is one more discovery, this one is "First step to Recovery". All done for Friday, now it's time to rest, go home and lay your head on the pillow and thank god there is no test.

Its Saturday now and there are 8 meetings we can attend, it starts in the morning and goes through till the end. If we are feeling it in the A.M. we can go out on a limb with no warning you already know we call this one "Peace in the Morning". Another repeat meeting, we love this kind, familiar faces to see and a place to unwind. It's not a trap although it is called "Wharf Rats". The Gratitude Club is where you can go next, to get there you can text or phone, the group is called "Never Alone". Make it through to the evening; there are four more meetings to keep your heart beating. Put on your favorite sneakers and join us for the "Saturday night speaker". Do you need an open meeting so you can bring the whole troop? Not to worry we have the "Fresh Start Group". Are you down and out afraid to get muddy, accepting your fate as nothing but bloody, this is not true just ask the "Basic Text Study". Last but not least we end the loop with the last meeting on our list called the "Burning Desire Group". That is the end lets go back to the beginning, keeping in mind one day at time is winning. We do recover.

*"When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this simple alternative: either go on as best we can to the bitter ends- jails, institutions or death-or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual –not religious-program known as Narcotics Anonymous". {Basic Text page 87}*

**RACHEL B.**



# PRINCIPLE PUZZLE

## Across

## Down

- |  |   |
|--|---|
| 1. to give approval willingly                    | 2. power to select                                |
| 4. choice of action                              | 3. bringing back to a former condition            |
| 5. unselfish concern that freely accepts another | 6. fair, marked by integrity                      |
| 7. confidence in something in the future         | 9. a list of traits to evaluate characteristics   |
| 8. sympathetic consciousness of others distress  | 10. contribution to the welfare of others         |
| 11. a group with a common bond                   | 12. adherence to a code of values                 |
| 13. to be thoroughly familiar with               | 14. thankfulness                                  |
| 15. a making good for some injury                | 16. insight, good judgment                        |
| 17. to be accountable for                        | 18. shrewd in the management of practical affairs |
| 20. oneness                                      | 19. absence of vanity and arrogance               |
| 21. willing effort                               |   |
| 22. to continue or persevere                     |   |

### 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

### PEACE IN THE MORNING

Betsy R. 8/16/2003 11 years  
 Seth T. 7/12/2004 10 years  
 Steve L. 7/12/2005 9 years  
 Trent G. 10/4/13 1 year

### 12 O'CLOCK CLEAN

Devin B. 9/3//10 4 years

### First Step to Recovery

Jared B. 8/1/13 1 year  
 Brittiany 8/2/13 1 year

### FRESH START

Elizabeth C. 7/3/13 1 year  
 Reggie H. 9/9/12 2 years  
 Rachel B. 7/9/11 3 years

### FRIDAY NIGHT CLEAN

Tony 9/11/86 28 years  
 Nate B. 9/10 4 years

### GIRLS GONE GOOD

Daniele C. 8/8/08 6 years

### MORE GRATITUDE LESS ATTITUDE

Paulette 6/20/12 2 years  
 John B. 6/5/10 4 years

### NEW DIRECTIONS

Ed - 1984 30 years- no date available

### NO MATTER WHAT CLUB

Sean T. 5/12/12 2 years

### PRINCIPLES B4 PERSONALITIES

Willie P. 9/2/13 1 year  
 Heather B. 9/14/11 3 years  
 Billy B. 9/25/13 1 year

### RECOVERY BY THE BOOKS

Jerry A 8/27/94 20 years,  
 David W. 8/3/10 4 years  
 Dee C. 9/19/88 30 years

### SERENITY IN THE MORNING

Mark T. 7/24/98 16 years  
 Gayla F. 6/25/84 30 years

### SOLUTION REVOLUTION

David C. 5/18/13 1 year  
 Robin W. 7/7/13 1 year

### SAT NIGHT BASIC TEXT

Mike I. 9/5/13 1 year,  
 William D. 9/11/13 1 year

### Solution in the Steps

Doedi L. 8/19/98 16 years

### WOMEN IN RECOVERY

Jessica A. 8/2/10 4 years  
 Alecia B. 9/1/05 9 years  
 Emily P. 7/6/12 2 years



