

# SUNCOAST AREA OF NARCOTICS ANONYMOUS NOVEMBER—DECEMBER 2015

## CLEAN TIMES

### HOPE



#### **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.

#### **Inside This Issue**

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Page 2 From NAWAY. From local member. Crossword key

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**“THE FULL FRUIT OF A LABOR OF LOVE LIVES IN  
THE HARVEST, AND THAT ALWAYS COMES IN  
THE RIGHT SEASON. . .” BASIC TEXT**

#### **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 romanticizing the good parts of our love affair and somehow forget the negative sides. 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 certain that I am doing better than I ever was with you.

Sincerely,

A Grateful Recovering Addict

05/12/14

**\*Remember the pain, the Loneliness, the horrible decisions that were made**

**\*If you think you are better, remember, you are not. Most of all remember the love and light you felt right now in this moment of clarity:)**

# TRUSTING TRUSTED SERVANTS

I am a 62-year old businessman. I work as a senior business consultant and I deal with sensitive paperwork involving hundreds of millions of dollars annually in the grant application and proposal process. There are many federal, state, and local statutes, rules, and regulations to abide by in the work I do. If I failed to comply or perform to these standards, I would be liable for my mistakes, and my employment would be terminated. But I have worked at this job for many years, and people trust me and my judgment, I am a responsible, productive member of society. I have more than 20 years clean in NA and I have served in regional and area service commitments almost the entire time I've been clean in NA. So, here is what I want to share about in the twelve concepts for NA Service, the Tenth concept section reads:

***The Tenth concept is our fellowship's guarantee of respect for the individual trusted servant. This concept may seem self-evident, but our belief in the principle involved is so strong that we want to say it loudly and clearly, Narcotics Anonymous is a spiritual society with high ideals for how we treat each other.***

Honestly, I would like to know what part of this sentiment many trusted servants especially at the ASC level do not understand. When I hear a trusted servant deliver a report to the group service representatives at the ASC, I want to applaud and tell the trusted servant how much I appreciate his or her volunteer service to the fellowship we both love, I want to make a motion that it be policy that the ASC chairperson thank each trusted servant for providing his/her service free of charge to the NA Fellowship. Instead, trusted servants are often reprimanded or chastised in front of the entire service body, usually by other ASC trusted servants basking in the spotlight of an audience.

Personally, I am not a public speaker. When someone comes at me with an attitude, I get nervous. I appear unsure of myself. If I had an issue with a trusted servant's report, instead of publicly humiliating or demeaning that person in the course of the ASC meeting, I would attend the subcommittee meeting to get more information and understanding. I could also attend the ASC joint administrative committee meeting. In both of those situations, after asking questions and gathering information, if I have concerns. I can express them there in a loving way, one member to another.

Calling an ASC or RSC trusted servant on the carpet like this dishonors the very concept of electing people we trust to do the job at hand. That is why we elect them. Trust is defined by some this way: If you trust someone, then you believe that they're honest and reliable, unless

you have reason to believe otherwise. NA trusted servants deserve better treatment and our respect. The Tenth Concept guarantees it. I know we are just human, but that doesn't excuse harming others or their reputation. That is unacceptable in a spiritual program based on goodwill.

Anonymous, New Jersey, USA

***In a fellowship such as ours, whose success is based upon mutual support and cooperation...respect for the individual is indispensable.***

Twelve Concepts for NA Service, Tenth Concept.

Reprinted from NAWAY Oct 2015

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## CHANGES

As each breath I take alters the shape of the universe,  
As each step I take crushing yesterday's fallen leaves into the soil  
Rendering to the earth what is its own,  
So is my contribution.

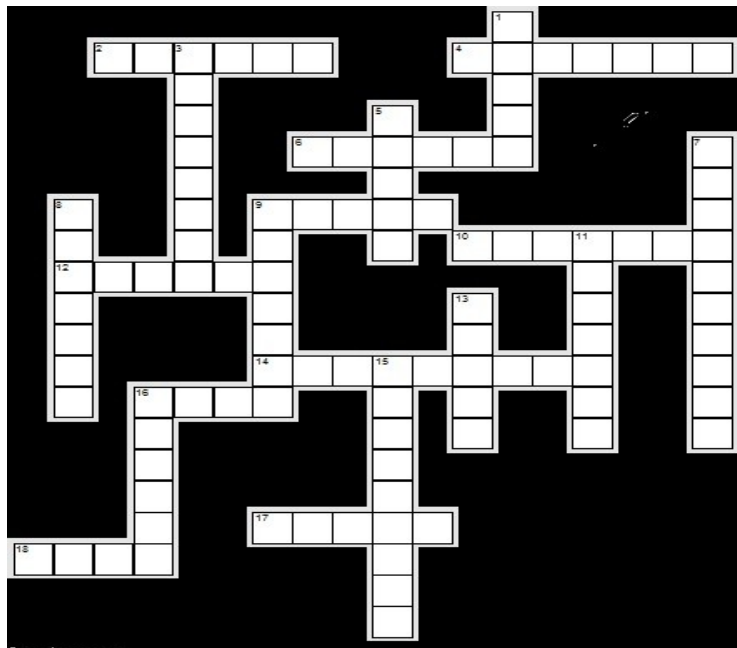
I do not take lightly my part in creation.  
I do make a difference.

If love given can touch the heart of just one soul,  
If compassion in the face of anger can dispel resentments,

Then smile with me, take my hand  
And together we will change the world.

**Anonymous, Bradenton, FL**

- |                           |                       |
|---------------------------|-----------------------|
| 1. TRUST—confidence       | 2. WISDOM—discernment |
| 3. SERENITY—tranquility   | 4. FREEDOM—liberty    |
| 5. UNITY—oneness          | 6. HONEST—truthful    |
| 7. ACCEPTANCE—approval    | 9. FAITH—belief       |
| 8. EMPATHY—understanding  | 10. COURAGE—persevere |
| 9. FORGIVE—pardon         | 12. PRAYER—request    |
| 11. RESPECT—consideration | 14. VIGILANCE—alert   |
| 13. PEACE—harmony         | 16. HOPE—desire       |
| 15. INTEGRITY—soundness   | 17. AWARE—realization |
| 16. HUMBLE—egotless       | 18. LOVE—compassion   |



**SOUNDNESS**

- YOU ARE ONLY AS SICK AS YOUR SECRETS
- ONE PROGRAM, ONE DISEASE
- THIS TOO SHALL PASS
- FAITH OR FEAR, MAKE YOUR CHOICE
- COME EARLY, STAY LATE
- YOU SPOT IT YOU GOT IT
- RELAPSE IS NOT AN ACCIDENT
- SPONSORSHIP IS A TWO WAY STREET
- MIRACLES HAPPEN
- PAIN IS IN THE RESISTENCE
- SURRENDER TO WIN
- THE TRUTH HURTS, BUT SETS US FREE
- CARRY THE MESSAGE NOT THE MESS
- THE ONLY THING YOU GOT TO CHAANGE IS EVERYTHING
- READ THE BOOK
- GET HONEST
- TOGETHER WE CAN

#### ACROSS

2. DISCERNMENT
4. LIBERTY
6. TRUTHFUL
9. BELIEF
10. PERSERVERANCE
12. REQUEST
14. ALERT
16. DESIRE
17. REALIZATION
18. COMPASSION

#### DOWN

1. CONFIDENCE
3. TRANQUILITY
5. ONENESS
7. APPROVAL
8. UNDERSTANDING
9. PARDON
11. CONSIDERATION
13. HARMONY
15. SOUNDNESS
16. EGOLESS

## WATCH FOR THE EXPO

### 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

### BASIC TEXT STUDY

RICK O	28 YEARS	11-10-1987
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### PRINCIPLES BEFORE PERSONALITIES

FRANCISCO D	8 YEARS	10-28-2007
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### RECOVERY BY THE BOOKS

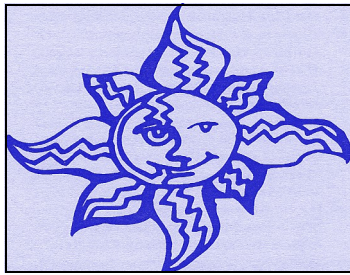
JUSTIN L	1 YEAR	10- 11-2014
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### WOMEN IN RECOVERY

JESSICA A	5 YEARS	8-02-2010
KATHY A	1 YEAR	8-28-2014
EMILY P	3 YEARS	7-06-2012







## 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)



### Groups in need of support

**Never Alone**—Gratitude Club, Mon-Fri 10am  
**The Lifeboat Meeting**—Siesta Key Chapel-Tues.6:30pm  
**Frontline Group** 833 Magellan Dr. Tues-7pm  
**Wednesday Night Bonfire**—6926 15th St. E.-7:30pm  
**Just For Today**—222 S. Palm-Sat-7:30am  
**Living Clean**--Gratitude Club, Fri. 6:45pm  
**Tradition 12**—3005 S.Tuttle-Tues.-8:00pm  
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### New Meetings

**Message in the Moonlight** Siesta Public Beach near the Fire Station— Saturday-10pm  
**Keeping It Green** —4850 State Rd. 64 East-Sunday-7:15pm  
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**High Hopes Group** Mon.-8pm has moved from The Church of the Cross to The Sarasota Family Worship Center 3341 Gocio Rd.

**Waves of Recovery**—Holmes Beach Has suspended their Tuesday evening meeting for the season.

**Frontline Group**, long standing in our local NA community is now a “hot dog” meeting and in need of support.

**Tradition 12**, new time and location: 3773 Wilkinson Rd. St Wilfred’s Church, 8:15pm Tuesday

### Marathon Meetings

**Scheduled for Thanksgiving and Christmas Day**



**Marathon Narcotics Anonymous Meetings** are scheduled in Bradenton and Sarasota for these

two holidays

**Starting at 8AM. To 8PM**

**Bradenton— Faith United Church of Christ\***

**4850 St Rd 64 East**

**Sarasota-Bahia Vista Mennonite Church\***

**4041 Bahia Vista Street**

\*Narcotics Anonymous is not affiliated with this or any other location mentioned in this paper, but we are grateful for their generosity in allowing addicts to congregate and recover at their facility.



### Fellowship Development Committee (FDC)

Resources meet at 1:30pm

FDC Committee meets at 2:30pm

Area Service Committee meets at 4:00pm

Second Sunday of the month

at

**Our Lady Queen Of Martyrs Church**  
**833 Magellan Drive, Sarasota FL**

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"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.

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**There are many volunteer opportunities to serve listed on our regional website. Go to [naflorida.org](http://naflorida.org) and click on “help wanted”**

### New Years Eve Dance

**8-12 pm**

**Our Lady Queen Of Martyrs**  
**833 Magellan Drive, Sarasota**

### Help us be responsible caretakers of NA funds.

The Literature Committee is asking that unused meeting lists be returned to them for recycling.

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).

We also ask that you return any unused Newsletters so they can be recycled to institutions that do not receive literature.

### *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