

SUNCOAST AREA OF NARCOTICS ANONYMOUS

January - February 2016

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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**"SOME OF US HAVE AWAKENED SPIRITUALLY
WITH AN OVERWHELMING SENSE OF A POWER
GREATER THAN OURSELVES" -LIVING CLEAN-**

Most nights I cry myself to sleep
Wrought with the wrath I did reap,
With this mortal wound, I weep.
Lost in the sorrow of the pain down deep.
My hope is lost and my night is bleak,
My soul's been surrendered for the beast to keep.
I haven't the will, I haven't the fight,
For me to wage this battle another night.
I tried my best, by that, not even that much,
Knowing the burner was hot, I had to touch.
Now I'm buried in this pit, the walls falling in,
My tears soak the earth, and my spirit crumbles from within.
I know the way out, but it's so far to climb,
Much easier to rest my heart here till the end of time.
A thought strikes me dumb,
What if the end is a long way off?
What if there's much more pain to come?
Shall I lay beaten and broken and claim defeat,
Or find a will that's not my own, to help get this Bitch beat?
My future is uncertain, of that I am sure,
I'm a carrier of a disease, of which there is no known cure.
It can be arrested, my predecessors have attested,
This can be won, the damage undone.
The pit filled in, a new path to begin,
If only I can manage the first step from within..

For those that are new, or not new but struggling, remember we are not alone in this path we are walking. It is a challenge, and at times can seem impossible. However, we can have faith that this really does work. There are plenty of those with clean times longer than I've been alive to prove it! :) Don't give up or give in before that Miracle happens for you. You are worth it, and this world needs what you have to offer, I need what you have to offer. This program is the embodiment of LOVE. Everything in this life boils down to either LOVE or FEAR, try something different, and give LOVE a chance :)

-Derrick H.-

Strength

It takes strength to lay down the crutch.
It takes strength to admit I may be wrong.
It takes strength to place trust in another.
It takes strength to walk through those
doors.

It takes strength to raise my hand.
It takes strength to say “no more”.
It takes strength to leave that old
comfortable chaos
behind in search of freedom with nothing
to hang on to but a promise.

Most of all
It takes strength to say
“Please help me.
I can’t do it alone.”

-Sandy S-

Step Eight: Willingness

*We made a list of all persons we had
harmed and became willing to make
amends to them all.*

Wow, I never would have considered
this without NA in my corner. This is
a step of willingness. Knowing that I’ll
have to make these amends in the next
step is not a scary ordeal, as it surely
would have been without applying the
earlier steps in my life. I have faith now
that with my higher power, I can make it
through anything.
For me, it’s all about love and forgiveness.
I know now that for me to forgive
someone, it’s not so much about me

being all right with what they did as it
is about the liberation from my resentment
toward them. Talk about freedom!
By making this list, and becoming willing
(there’s that word again—willing),
I can do this step. I can clear away all
the guilt and fear that was so prevalent
in my mind.

One of the hardest parts is remembering
all those I’ve harmed. Many years of
life without any formal amends affords
quite a lengthy list. As with any step,
being willingly thorough is ultimately the
key for success. Anything less is cheating
myself of the freedom that is available to
me. This step offers me a big change in
my lifestyle. My life doesn’t have to be
about clinging to the guilt and shame
that I’ve held on to for so long.

By continuing
to make prompt amends now, I
don’t have to worry about avoiding anyone
I’ve wronged. I can be happy, joyous,
and free. Once again, I’m grateful the
chains of addiction have been loosened
from my soul.

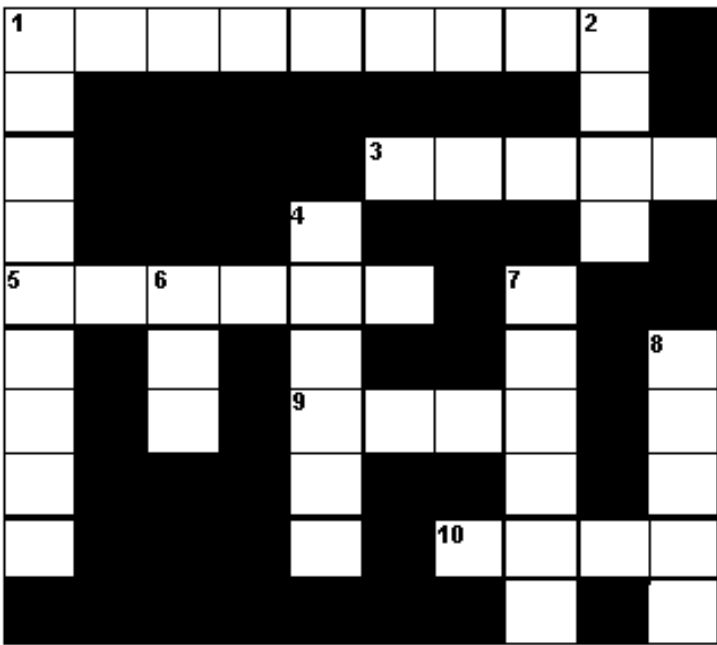
*Rhett B, Virginia, USA
Reprinted from October 2014 Shevana
Area News,
Shenandoah Valley Area*

1. Admission
2. NONE
3. Means
4. Enable
5. Second
6. Can
7. Twelve
8. Heart

Down

1. Addiction
2. Means
3. Second
4. Life
5. Ever

Across



12 STEPS TO RECOVERY

- ARREST THE DISEASE NOT THE ADDICT
- RECOVERY OPENS DOORS FOR US
- DON'T LEAVE 5 MINUTES BEFORE THE MIRACLE HAPPENS
- GODS WILL OR MINE
- YOU NEVER HAVE TO USE AGAIN
- KEEP IT SIMPLE
- EASY DOES IT
- INSANITY IS DOING THE SAME THING EXPECTING DIFFERENT RESULTS
- G.O.D. GOOD.ORDERLY.DIRECTION
- LONGEST JOURNEY IS FROM YOUR HEAD TO YOUR HEART
- TOGETHER WE CAN
- SAVE YOUR ASS NOT YOUR FACE
- WILL WORK FOR RECOVERY
- CLEAN AND SERENE
- CALL YOUR SPONSER
- MEETING MAKERS MAKE IT
- ONLY HAMS ARE CURED
- HUGS NOT DRUGS

ACROSS	DOWN
1. We are addicts suffering from a disease.	1. This Must be made before our foundation is complete.
3. We found ways and ____ to get more.	2. The number of steps that work by magic!
5. The step that's necessary to achieve ongoing recovery.	4. We may have allowed others to ____ us in our addiction.
9. Can become a new adventure for us.	6. Together We ____
10. You don't ____ have to use again!	7. It's suggested to work this many steps.
	8. The ____ of NA beats!

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

Sharon B - 12/5/2014

Girls Gone Good

Jessica C - 9/26/2014

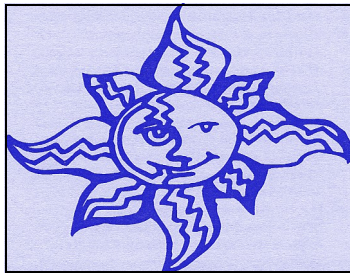
Nicki H - 10/26/2014

Principles B4 Personalities

Arielle K - 11/5/2014

Brad C - 11/5/2014





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)



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
* + * + * + *

New Meetings

Special Interest L,G,B,T NA Meeting - Saturdays 1:30 pm UCC Congregational 3700 26th St W, Bradenton
Meeting is held in room in back of church.
Message in the Moonlight Siesta Public Beach near the Fire Station— Saturday-10pm
Keeping It Green —4850 State Rd. 64 East-Sunday-7:15pm
* + * + * + *

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 Christmas Day



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

* + * + * + *

"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.

* + * + * + *

There are many volunteer opportunities to serve listed on our regional website. Go to 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