

Suncoast Area of Narcotics Anonymous

May and June 2015

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

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~Together We Can~

COMMON GROUND

For me, drugs were my ice-breaker, my common ground, my connection. Now as i sit here before the meeting I look around and realize I've found a new Common Ground...

The Common ground on which we're found.

We enter these rooms lost and Broken,
We find ourselves in others words Spoken..
Years spent Runnin',
Days gone Wasted,
Our problems started long before that first drug was tasted.
Our way to cope
That took our hope,
Made our days go Dark,
Made our nights grow Long,
It was hard to admit our way was wrong.
Here in these walls, we submit..
We give up fightin', we finally Quit.
The endless night can finally end,
A new day can be born again,



People, Places & Things

“Our fear can keep us from growing, afraid to end relationships, change careers, attend new meetings, begin new friendships, or attempt anything out of the ordinary. We stay in situations that are no longer working far longer than we have to simply because what is familiar feels safer than the unknown.” (Just For Today pg. 173)

When I first came into recovery, I was told to change people, places and things. The concept was frightening. I knew I didn't like the people I had surrounded myself with, but if I stopped hanging around them, who would I talk to? I certainly didn't want to be alone. Changing places was just as daunting. When I was sitting in those dark, crowded houses, hiding from the outside world, I knew I didn't like being there, but where else could I go? I felt awkward and uncertain in public places, surrounded by people who weren't like me. As for changing things, I didn't know how to do anything else except find ways and means to get more drugs. I actually had no idea what to do with myself.

These fears kept me stuck in the type of life that I didn't want and kept me from growing into the person that I wanted to be. When I finally got to the point in my active addiction where I was willing to go to any lengths to be free from it, I did the scariest thing I could imagine at the time. I let go of the people, places and things I had clutched onto for so long.

It was scary, because I didn't know what to expect, But here are some things that I did. I changed my phone number. I stopped speaking to the old crowd. I moved to a different part of town and consciously avoided the part of town where I might run into someone I knew. I threw away my old, dirty clothes and made an attempt at dressing in a more presentable and acceptable way. I listened to more positive music. I read books, I took walks, I started taking time to examine my life through working the steps with my sponsor. I journaled, I drew pictures, I wrote poetry and stories. I learned how to take a shower every day, brush my teeth, comb my hair, make my bed, do my laundry, even eat on a regular basis. I went to meetings and met new people. In essence, I tried to do the things that I thought I would be doing if I was the person I had imagined I wanted to be.

I kept myself on an extremely tight schedule of doing all of these new things, and in the beginning, I was very unsure of everything. I was so awkward, I didn't know how to act like a normal human anymore, and I didn't

know if I would be successful. I had failed so many times before, but I had never made such an effort. I had never changed those people, places and things before. I never tried to change myself. I was scared, but I kept going, and I tried harder.

Over the course of just a few weeks, which in retrospect seems very quick, all the effort I had put in started to pay off, and it got easier. The new things I had been doing were starting to become automatic, and the happiness I felt from realizing that I was, in fact, doing it, made me want to do even better. I saw that all those things I had feared were losing their power over me. I stopped thinking of the old people, places and things so much, because I was so busy with the new ones. I had made new friends in recovery, so I wasn't lonely. I found that there were lots of new places to explore, and life started to feel like an adventure. Becoming open minded to a new way of life allowed new things into my life naturally.

Looking back, I see how holding onto those people, places and things stopped me from experiencing a new and wonderful life. A life I never thought was possible, and I never thought I deserved. My life today is so completely different than it used to be. Those dark days seem so far behind me, even though I never want to forget. The life I have today is amazing, but it was only able to happen when I completely let go, and stopped fighting for control. And I'm learning, as I accept myself through honest step work, that I am worthy of this.

Anonymous....

N.I.A. SLOGANS

- 1. Keep It Real**
- 2. Share Don't Dump**
- 3. Problem Shared Is A Problem Lessened**
- 4. Call Your Sponsor**
- 5. Clean Time Not Important Get Some**
- 6. Together We Can**
- 7. Live To Learn Learn To Live**
- 8. The Longest Journey Is From Your Head To Your Heart**
- 9. The Path Narrows With Time**
- 10. Coping Not Copping**

PRINCIPLE PUZZLE

Across

6. principles before _____

3. state of being prepared to do something
4. being receptive to new ideas
6. taking time for things to move into place without force or breakage
7. giving into things we cannot change through our own power
8. it works if you _____ it
9. it's easier to stay clean than it is to get _____
10. placing trust in our higher power
11. gives us something positive to look forward to

Down

1. progress not _____
2. quality of being honest
5. doing something despite difficulty or delay in achieving success

EclipseCrossword.com

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 the event in the GSR report.

Anniversary Celebrations

East Side Recovery

Scott W. 2-15-12 3 Years

Frontline Group

Jim K. 4-01-07 8 Years

More Gratitude Less Attitude

Jared T. 4 Years

Peace In The Morning

Lyle 1 Year

Principals Before Personalities

Terrance J. 3-15-14 1 Year

Tyrone L. 3-22-14 1 Year

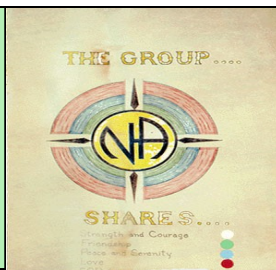




SUNCOAST AREA ANNOUNCEMENTS

For directions to meetings go to: www.suncoastna.org

Or call the NA Helpline (941) 257-5055



“We pick up information as we talk to members and visit various groups.”

These groups could use your participation and support:

Just For Today—Saturday 7:30am

Church of the Redeemer

The Lifeboat Meeting—Tuesday 6:30pm

Siesta Key Chapel

Wednesday Night Bonfire— Wednesday 7:30pm

6926 15th St E

Different Choices—Thursday 8pm

Gratitude Club

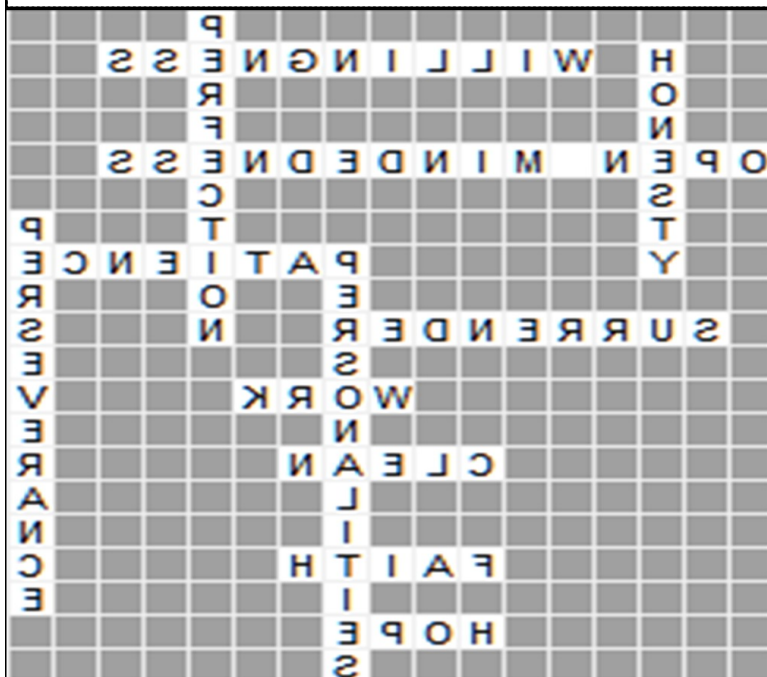
Frontline Group—Tuesday 7pm

Our Lady Queen of Martyrs

Living Clean—Friday 6:45pm

Gratitude Club

We Do Recover is holding an anniversary event
May 24, 2015



Fellowship Development Committee (FDC)

The second Sunday of each month

Fellowship Development Committee @ 2:30pm

Resources meet @ 1:30 and Orientation @ 3:30pm

Our Lady Queen Of Martyrs Church

833 Magellan Drive, Sarasota, FL.

The Suncoast Area Service Committee (ASC)

4:00pm The second Sunday of Each Month @

Our Lady Queen Of Martyrs Church

833 Magellan Drive

Sarasota, FL.

~The Suncoast Area of Narcotics Anonymous is not affiliated with any church or institution where we rent space to hold our meetings.~

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).

Give back what was so freely given.

Participate in FDC our local service structure that brings you this Newsletter, the Website, the Helpline, carries the message of RECOVERY to jails and institutions, distributes literature into the community and provides the public with positive information about N.A.
Everyone is welcome to participate.

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.