



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

Page 1 Get With The Program

Page 2 Our Local Members Share

Page 3 Our Local Members Share (Cont.)

Page 4 NA Around The World

Page 5 Anniversaries & Crossword

Page 6 Meeting Announcements and upcoming events

"WE LEARN TO RESPECT THE SPIRIT IN ONE ANOTHER" -LIVING CLEAN-

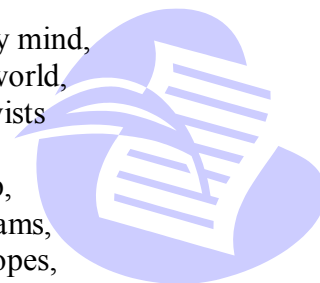
Get With The Program

The monotony,
Of the thought in me,
I think you thought it, probably.
I know it's not how it oughta be,
For me, through my eyes,
It's so hard to see.

The melancholy tides of my mind,
Distorted version of the world,
Through the tangled twists
Up inside of me.

I feel a tide rising up,
Dams burstin' at the seams,
Poolin' deep with lost hopes,

Half-done goals, and plenty of long lost dreams...



Fear is a beast that can be ignored for only so long before she finds a way to be freed from her cage,
to wreak havoc in your well-tilled fields.

Fear is the destroyer of all that is love. All that is life.

Fear makes mountains out of molehills and vast oceans from which a mere puddle had arisen.

The very nature of life is action.

The nature of fear is inaction and the comfortable numbness that sets in.

We find ourselves caught in the middle of this epic battle.

We can neither escape it nor deny it.

Our options are to allow ourselves to be tossed around like rag dolls limp in a child's arm, or steer a course for ourselves.

A course that allows for equilibrium through this never ending storm.

This program allows us a bearing to steer our broken compass until we can repair it.

It allows us a chance to free ourselves, from ourselves.

In these walls we can break free from fear and embody love.

Within these walls we can find our new beginnings of stories of our life that we thought were out of reach.

-Derrick H.-

Our Local Members Share

I am an addict and today I am sad. Full of grief, so I'm writing about this emotion today.

Every day and throughout any given day, my emotions tend to vary.

Sometimes from one minute to the next... high to low.. then back again.

But today I have been mostly sad and in grief mode.

Addiction has robbed me of my entire life for starters.

I am sad, AND mad about that,

Asking WHY I didn't find out about MY disease of addiction until I was 63.

I'll never know the answer to that and that's a hard one to accept.

I'm a 65 year old woman with a child's feelings and I am just learning to live,
now that's enough to be sad about in itself.

I have been robbed of time to find out who I really am.

My adult children and grandchildren have been robbed of the "real me" too.

The people that I've loved most with every single cell in my body,

Don't friggin know who I really am.

Hell, I'm trying to figure that out myself!

Time is running out. I can't bring back what has been lost.

Time can't be bought (not that I could afford it anyway at this point).

BUT I WANT MORE TIME

To enjoy this new way of living and to share that with others.

Recovery in NA was presented to me 17 months ago today, 28th of August 2014

and that's when my Beginning started. It literally saved my life.

I went from decades of hell to a life that's full of promise for me.

So after writing this I end this with gladness not in sadness.

I will be grateful for the time I do have left and keep moving forward.

No matter what, not using and staying clean one day at a time!

-Kathy A.-

Integrity

Integrity is being able to walk through life knowing you've done the best you can.

Integrity is not having to be ashamed of anything because you've not compromised what you believe.

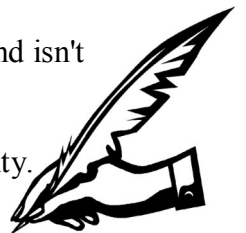
Integrity is believing in and staying true to those beliefs no matter what is happening on the outside.

"To thine own self be true and it must follow as the night the day, thou canst be false to any man."

If Shakespeare's correct and we are true to ourselves we will be living a principled life and isn't that the point of the 12 Steps?

We enter this program broken and are put back together by the strength of our integrity.

-Sandy S-



Our Local Members Share (Cont.)

Be gentle with yourself:

You are a child of the Universe, no less than the trees and the stars,

you have a right to be here.

And whether or not it is clear to you,

no doubt the universe is unfolding as it should.

Therefore be at peace with God,

whatever you conceive him to be,

and whatever your labors and aspirations,

in the noisy confusion of life,

keep peace in your soul.

With all its sham and drudgery and broken dreams,

it is still a beautiful world.

-Don M-



"LEARNING ABOUT ACCEPTANCE, LOVE, AND COMPASSION HELPS US TO ACCEPT OURSELVES WITHOUT CONDITIONS"

-LIVING CLEAN-



NA Around The World



The Narcotics Anonymous Fellowship is a world wide fellowship. The following content is brought to you from NA areas around the globe. (Sources NA.org, NA Way Magazine)

In Tehran

This is my home group, called "Message of Freedom." We started our group about 14 years ago in a park on the north side of Tehran. We hold meetings seven nights per week from 9:30 until 11:00. We serve tea just after the meeting ends each night, when we often enjoy candies, chocolate, or other refreshments that members bring with them. We often enjoy one another's company and our tea and treats for hours into the night. On Mondays we have a literature study, reading NA books and pamphlets. Tuesday nights we have Q & A meetings, and on Fridays we have a Traditions meeting. We celebrate cleantime on Thursday nights with a cake and candle for all members celebrating one year clean. Those celebrating more than one year clean collaborate with their sponsors for their celebrations. The group gives keytags and sponsors usually present medallions. Many times, those celebrating cleantime dedicate their cake and candle to the newcomers at the meeting. If you happen to come here, you can be sure that you will be welcomed to our meetings at Barzegar Park in Tehran.

-Mahmoud B, Tehran, Iran-

Everything Changes

I did service at the same meeting for many years. It was a great place to be on a Saturday night. A friend would pick me up, we would buy milk on the way, and then we'd set up the chairs, start the coffee, and help get everything organized while catching up with other group members. It was nice to get there early to hug everyone who came through the doors. I think a meeting feels like home when you show up in that way, and it was where I could be found every Saturday for many years.

After a while I moved to a different neighborhood across town. I didn't have a car, I started doing English meetings (instead of French meetings) again, and I stopped going to my old home group. We move on, and that's okay, I guess. Everything changes.

But one evening I found myself back in my old neighborhood, so I decided to go to my old home group. As I sat on the steps leading up to the building, I watched as the sun setting over the houses turned the street that particular shade of evening gold that makes me so sentimental, and I thought of an old sponsee I had met at that meeting who I hadn't heard from in too long. I used to think of her when we did our closing circle at the end of meetings. She was my moment of silence.

Then I spotted a figure walking down the hill. I couldn't make out her face, as the sun was behind her; she was a silhouette, but I recognized the way she moved. She ambled over to me and, as she threw her arms around my neck, she said, "I came here because I knew you'd be here." We picked up our sponsorship relationship again that night. It worked for a time, and then she moved on, which was okay. Everything changes. I haven't seen her in a long time. To be honest, I haven't thought about her in some time, either. These days I've had others on my mind during the closing circle. It seems like the longer you stay clean, the longer that moment of silence needs to be.

Yesterday I found out that she is gone, and it's making me sad. Sad that she chose to leave at 31, and sad that I will never feel her arms wrapped around me again, and will never feel that old, comfortable, secure, "we have history" love with her again.

-Kyla F, Québec, Canada-

Recovery Word Find

E X B Y F F B O P R D B D S P C W C O T M Y M C N
 P D J A C R T P J D X Q N X I U H R R E J X O A E
 X K U Q C J V T J S A O M Y H Y T S E N O H E M W
 B S O T W K F M E T I B N C S P R L J P G L U D C
 H O Y R I U B R V T Z L D D R I R Q A I C K Q Q O
 Z C H S K T V O S T V A H Z O G N I N E K A W A M
 T O S A N I A E N J O U T F S K E B N E I H F O E
 V M B J C V G R C E B A G A N F K X T C Z B Z I R
 X P S E J G V Z G D F C V T O E Y O C N I Z L Q S
 K A I T U F M Q I S J R L B P U Q Z L X V P E U N
 F S N S P B D H P Z U N A B S T I N E N C E A Z U
 D S K T K S P I N M E E T I N G S F F Q Z D Q L A
 C I L Y N P R Z P D A E W V S A W V J Y N B A N S
 D O H S P I S M P W K C W Z J N U O R T B H D F Q
 Z N C I T H I L N P D A B M G R L E N F K J B Q Q
 L V T U N J J J B Q J J L U C P V L O Z J S S L I
 V P A O D L Z U G V R G M O R O G W I S D W H G C
 E L Z N I O T T M P D D V E C Y J E S P H J D F L
 E A A B O N U C X N W Z B E R Z B N S E I Y T I Q
 B K S W M E L W I I A B R E R M K Y E T D G W R X
 E T D K C T B B I Z Z Q P F J O G P S S C R T N H
 B J J T B L C Y Q T S X I Z H S Y K B K I E F J J
 D W I C M U B N I R C M Q T K G J R O L Y H F A E
 U U O S W U F Y V G Z L F R F S U X C S C G M E L
 M V X X C C U K M S Z X Z P O T T G U T Z J M D D

Word Checklist

ABSTINENCE
 AWAKENING
 BACKBONE
 CLEAN
 COMPASSION
 DEFECTS
 GRATITUDE
 HONESTY
 MEETINGS
 NEWCOMER
 OBSESSION
 PRINCIPALS
 RECOVERY
 SERVICE
 SPIRITUAL
 SUGGESTIONS

2 Bonus Words are hidden in the puzzle. See if you can find them!

If you find them let the newsletter know for an honorable mention.

Last Issues crossword winner is Tony C.

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

12 O'clock Clean

Kirk-11 Years

Basic Text Study

Cynthia-32 Years

Call Group

Chris F.-1 Year

East Side Recovery

Scott W.-4 Years

Friday Night Clean

Steve R.-7 Years

Girls Gone Good

Michelle B.-5 Years

Jessica C. 18-Months

Keep It Simple

Tiffany W.-8 Years

Dan W.-28 Years

Chad M.-2 Years

James S-29 Years

Mackie A-32 Years

More Gratitude Less Attitude

Nikki B.-5 Years

Amanda H.-1 Year



New Beginnings

Jared G.-2 Years

Katie A.-2 Years

No Matter What Club

Tray B.-3 Years

Peace in the Morning

Chad-2 Years

Doug-2 Years

Patty-18 Months

Principals B4 Personalities

Billy B.-18 Months

Taran-18 Months

Recovery By The Books

Sandy S.-8 Years

Donald W.-6 Years

Andy B.-7 Years

Solution in the Steps

Jessica-1 Year

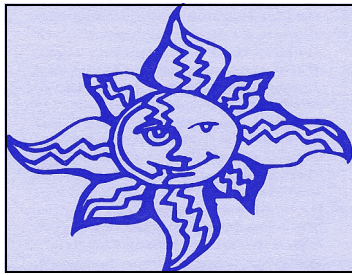
Women in Recovery

Kimberly S.-4 Years

Women's Perspective

Lori-30 Years

Carolyn-6 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)



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—3773 Wilkinson Rd. Sarasota, FL 34233-Tues.-8:15pm-St. Wilfred's Church

* + * + * + *

New Meetings

Together We Can- Special Interest L,G,B,T NA Meeting - Saturdays 1:30 pm UCC Congregational 3700 26th St W, Bradenton, FL 34205 (all addicts welcome)

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— Meeting will be returning on March 15th Tuesday 7-8 PM and the Sun morning beach meeting will be returning as well at 10:15am.

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

Admission of Defeat— New Time and Location— St. Wilfred's Church, 3773 Wilkinson Rd. Sarasota, FL Thursday 8:00 PM

* + * + * + *

The Florida Regional Convention of Narcotics Anonymous is looking for speakers for consideration to speak at the upcoming FRCNA convention July 7th-10th in Orlando, Florida.

Email: frcna@naflorida.org for more information.

"SELF-SUPPORT IS A SPIRITUAL PRINCIPAL, AND LEARNING TO SUPPORT OUR OWN SPIRITS IS A CRITICAL PART OF OUR DEVELOPMENT."
-LIVING CLEAN-

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

Our Area Service Committee and FDC Committee are in need of trusted servant like YOU!!!

To find out more and what positions are available go to suncoastna.org and come to the monthly service meetings to get involved.

* + * + * + *

"SERVICE IS THE BACKBONE OF NARCOTICS ANONYMOUS"

* + * + * + *

There are many volunteer opportunities to serve listed on our regional website. Go to naflorida.org and click on “help wanted”

DON'T FORGET

The Conference Agenda Report is here.

Discuss this with your GSR at your next Business meeting.

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.