



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.

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

Taking A Spiritual Shower

Brush off the dirt, rinse away that hurt..

Most of us, take showers daily to rinse off the dirt grime and filth that collects onto our bodies throughout the day. This is part of a normal routine (I stress again, for MOST people) in our daily lives. If we go days without one, we start to emit a foul odor that is displeasing to those we are around. Not to mention the germs that build up in our nooks and crevices can be hazardous to our health if left unchecked.

But what a lot of people fail to understand is that our bodies need a daily spiritual shower as well. A chance to cleanse our souls of the day's build-up of anger, resentments, sadness, mistakes, successes, fears, pains, joys, etc.. All must be washed away at the end of the day.

A build up of these things can cause our emotions to dip into the bowels of guilt shame or remorse, even the things we deem as "good" need to be washed away to keep our ego in check. If we can do this at the end of the day just as with a physical shower, than we can truly allow tomorrow to be a new day. A hope of endless possibilities. If our soul carries the baggage of yesterday into the new day then we become spiritually burdened and those endless possibilities turn into dead-end streets.

A spiritual shower is essential in keeping our bodies in a comfortable state of homeostasis, which is what our body is always aiming to achieve. Meditation and prayer is the action of connecting to something greater than ourselves. To clear our minds and hearts enough to be able to receive information from this cosmos that we are a part of. If we have never taken one shower in our lives, or not very many, then needless to say, we're gonna be pretty filthy.

With years of the worlds shit covering us and caked in our hair and crusted into our fingernails, not an all around pleasant sight or smell!

Submission by Derrick H
(Continued on Page 2)





Our Local Members Share

Taking A Spiritual Shower (Continued)

Well same holds true with a spiritual cleansing. Once we have started this shower daily however, then there is less and less soul-grime build-up and our spirits can be rid of excess debris. We can know peace and serenity heading into a new day..

A tip for getting started for those that aren't familiar with meditation or whatnot, while taking your physical shower, let yourself feel the water washing over your body and let that water also wash away any dominating thoughts or feelings that have accumulated throughout the day. Let them all wash away and spiral down the drain. Don't just THINK about this while doing it, FEEL it working for you, follow a drop of water from the crown of your head and trickle down your arm carrying any dominating thoughts from the day with it, or let the water cascading over your back suck any emotions leftover from the day out and off of you, Cleansing your body, inside and out :)



Eventually, you will want to extend this to outside of the shower, but it's a good starting point. Just try it the next time you shower and give yourself a break that you deserve:)

-Derrick H.-

The Basic Text Tells Us

The Basic Text tells us to “act as if” until it becomes so. Even if we don’t believe in a god we pray anyway. Even if we’re terrified of crowds we extend a hand to the newcomer or attend an N.A. function offering our service to help on a committee. Each time we force ourselves to step out of our comfort zone and try something new, a new door appears before us, opens and reveals some new aspect of ourselves making us a little richer, a little more whole, a little more of the person we were meant to be.



Maybe our sponsor tells us to go to a meeting and share some of our own experience. I know when that happened for me, my hand went up and my mind went blank. It took a long time for me to even remember what I wanted to say, and an even longer time to get over the idea that everyone else had such profound thoughts and no one would be interested in the dull thoughts I had. My sponsor said to pray for honesty and that what came out of my mouth would be truth from the heart and a loving higher power and not from my head.

Our Local Members Share (Cont.)

When someone comes up to me after a meeting to say thanks and my experience helped them to connect I can't remember what it was I said.

Truth is, it only came through me. Sometimes while sharing in a meeting I will have one of those "ah ha!" moments where whatever I'm saying comes together, makes some sense and becomes a part of me. As soon as I've said "ah ha" that thought bursts like a bubble and slithers down inside me and the same breath it took to say "Ah" becomes a part of me and is lost to my analytical consciousness.

I just know that somehow I've changed in some small way and somewhere there was an "ah ha" moment that made a difference.

I am an Addict and an Alcoholic?

Hello my name is And I'm an addict and an alcoholic.

I have to be honest and admit that every time I hear this in a meeting I wince. Maybe not visibly on the outside but on the inside I want to scream. It's not because I'm above stating that I'm an alcoholic or that it's wrong, and half the time it's coming from someone who doesn't know any better. It's because I have been taught in my time in Narcotics Anonymous that the word Addict is ALL inclusive. All inclusive, meaning to include everything. It means that when I state that I am an addict I'm stating that I can be addicted to anything and everything on the planet in some way or another, alcohol included. My disease will have me addicted to something that a normal person (whatever that is) can not be physically addicted to. I can be addicted to Sex, Gambling, Shopping, Money, Fishing and anything else that makes me feel good.

The issue for me arises when someone states they are an addict and an alcoholic because the lines between All Inclusive seem to get blurred. So if you are an addict and alcoholic does that mean that you have two separate diseases? Does that mean that as long as I don't use drugs that I can drink alcohol? Does that mean as long as I don't drink alcohol I can use drugs? Does it mean that I cannot be addicted to Alcohol?

These are the questions my disease asks me when I hear that phrase and for this addict that is four questions too many. I will always be a newcomer but I have been around for some time. Now Imagine a brand new person coming in, never having been to an NA meeting before now. They are listening to the meeting when all of sudden they hear that addicts and alcoholics are two separate things. What happens when they leave that meeting thinking that alcohol is separate from addiction?

I'm not judging anyone who does this. I just feel that you should be aware of some of the effects this may or may not cause.

Alcohol IS a drug!
-Donald W-



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)

Recovery In The Jungle

One Keytag...

One Sunday when we were in the refugee camp at Calais, France, we were building a shelter for an Iranian family. One of the Iranian fellows congregating near us sat talking with me in his broken English. He offered me a smoke of his joint, which I obviously declined, and we continued to talk some more, with him saying that unless he made it to England he would kill himself, as he had no other options. Such is the desperate and hopeless nature of the Calais Jungle.

In my efforts to offer this wretched man some hope, I said he couldn't know what would happen, that you never know how life can change. "Look at my husband," I said, pointing to my husband as he built a shelter. "He was a heroin addict, homeless, in jails and hospitals, and now we have a family, health, and love in our lives." The man went quiet, and then asked me if I had heard of NA! I said I had, but he didn't believe me until I showed him my NA keytag—and then he started crying.

It turns out that this guy—this one man in 6,000+ living in the refugee camp whom I happened to talk to—had been six and a half years clean in Iran. He fled Iran and found himself in the arse end of humanity, his last hope, the Calais Jungle; and in desperation he relapsed. Now, at this darkest point when his faith was lost, his higher power reminded him that he is still involved, still a part of the NA Fellowship.

Six thousand people in that camp, and our ragtag little crew ended up talking to him. It blows my tiny mind. When has the phrase "never alone, never again" been more apt?

Since then, we have worked with other NA members from London, Brighton, and other locations in England and with several French NA members. We obtained Farsi literature and started meetings there in the refugee camp. Today a daily meeting with about 25 "local" members who live in the camp continues to meet.

-Amanda A, Lancashire, England -

...and twelve steps

What can I add to Amanda's testimony? The English NA members have been incredibly supportive, implementing the meeting and coming over several times from the beginning. Our outreach committee, Comité Aide aux Groupes (CAG), and individual French members have supported it, too, traveling there almost every Saturday. The support and coordination of the few Farsi-speaking NA members in Paris (including a guy who once lived in the Calais Jungle) are extremely valuable, as none of the Iranian members in the Calais Jungle speak French or English.

The first meeting took place Saturday, 28 November 2015, with three "local" addicts (camp residents) plus a dozen English and French addicts. One month later, there were 18 people at the meeting, including 15 Jungle locals! Most of them are Iranians, as the meeting is held in Farsi, but also because there are many thousands of meetings in Iran and so many people who know the NA program.

When we go over, we attend the meeting and we usually try to support them in some other ways, too—maybe some public information/relations service or helping to build a wooden shelter, for example. As we all know, this experience works both ways: for them, who sometimes feel so desperate, and at the same time full of determination; for us, whose the round-trip by car (seven hours) is always filled with laughter and sharing. And together, during the meeting, we all experience the strength of the program, the feeling of NA fellowship, and of a higher power binding us together, beyond culture and beyond language barriers.

This is the meaning that comes to us through the Twelve Steps.

-Arnaud A, Paris, France -

Recovery Word Find

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

Word Checklist

ACCEPTANCE
 ADMIT
 ANONYMOUS
 AWAKEN
 CLEAN TIME
 DEFECTS
 EXPERIENCE
 HUMILITY
 POWERLESS
 PROCESS
 PROGRAM
 RECOVER
 SHORTCOMINGS
 SPIRITUALLY
 STEPS
 TRADITIONS

If you solve the puzzle let the newsletter know for an honorable mention.

Last Issues crossword winner is Tony C.
 Way to go!!!

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

Call Group

Laura - 1 Year

Girls Gone Good

Nikki M - 3 Years

Jessica C - 18 Months

Bonnie R - 3 Years

Life Boat Group

Ronnie C - 1 Year

Men's Meeting

TJ - 2 Years

New Directions

Gordon - 13 Years

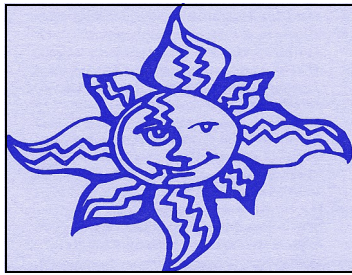
Peace In The Morning

Eric - 13 Years

Recovery By The Books

Kate - 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

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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

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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— 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

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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.

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"SERVICE IS THE BACKBONE OF NARCOTICS ANONYMOUS"

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

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.