
SUNCOAST AREA NEWSLETTER

Artwork and title created by Emily J.



Thank you to all of the recovering addicts who have made a submission to our area's newsletter, Plugged In. This has been our biggest submission month that we have had for some time. It really does take a team to create an authentic compilation of writings.

Did you know? Just as our area has it's own local Newsletter, so does our World Service office. To visit the online version of the Suncoast Newsletter, go to www.suncoastna.org. To visit the Narcotics Anonymous World Newsletter, go to NA.org.

You can also subscribe to get the JFT daily meditation sent to your email each morning at NA.org

One member shares his perspective on recovery ~

The chicken is the eggs way of reproducing itself. - Sandy B.

It's all a matter of your perspective. All of recovery hinges upon change. All of life, for that matter. There once was a land inhabited by millions of eggs. Their shells were painted different colors. Some were black, brown, yellow & white. The life of each egg will travel on different paths. Some will eventually end up getting fried, scrambled. Some will end up in cake batter, some even become addicts, with numbers escalating in addicted eggs. Out of their grouping, a small percentage would find their way into a "hatching process." Those eggs who were fortunate enough would find their way into a hatching process known as NA. These eggs would find themselves would find themselves in meetings, around other beings they didn't even know existed. These happy-go-lucky creatures walked about on 2 feet, covered in feathers, not egg shells. These eggs though it madness to actually want to shed themselves of the one thing they actually knew ... living inside of a shell. The feathered creatures told the shelled creatures it was going to take a lot of work to find the happiness that they had found without their hard covered shell of an "eggsistance." The eggs who were willing to choose a different perspective were told they would have to poke at the shell from the inside out. The poking and cracking of the shell would cause pain to the eggs, and because of this, some of them quit and gave up on the hard work. The eggs who decided to keep at the hard work, began to find their way out of their hard shell. One by one, each egg shell came off, and their new eggsistance began to emerge. Having "eggsperienced" an "eggspiritual" awakening, they spend the rest of their lives, outside of their shell, among others, who started out the same way they did, piece by piece, shell by shell.

- Written & submitted my Chuck D.



Other members share ...

Quite often I feel confused and scared
I don't know what to do, even though I do recall when things
seemed askew
Like any good routine of change, it
takes a lot of reps
So, the best thing I can ever do is
work the NA Steps
I seem to get much better and
somehow, I grow strong...
This was the easier softer way and
It has been all along

- Dana H.



Random thoughts from an addict ...

Getting clean was like a blank canvas. Fresh, empty, new and full of possibilities. I knew if I stayed clean I could have the life I always dreamed of. Nothing is impossible if you stay clean. When you see obstacles it's fear allowing to take over, when you see possibilities its faith stepping in and allowing things to unfold the way they are supposed to. Allowing my higher power to take my life and do what he has always set out has been the most rewarding thing I've done for myself in 20 years.

The only person standing in my way is myself. If I just get out of my own way then my life will unfold as it should.

Written & Submitted by Jessica C.

An enthusiastic writer compiles ...

We were born God conscious. We arrive in this world as a personification of the universal energy flowing through everyone and everything in existence. As time goes on though, we start to develop this identity of who "I" am. Very often, us addicts in adolescents develop this version of ourselves that fulfill a need for us at the time. We build on this image and create this solid wall of false identities and unfounded truths. Years go by and we have piled so much dirt and debris so high that we block out our sun. Our source of the cosmic connection. We are lost in a junkyard full of chaos and confusion. An ever growing triangle of self obsession. Us lucky ones get to a point, or a series of points most likely, where we have a moment of clarity. This gift from a power greater than ourselves allows us to stop and take stock of this mountain of chaos and insanity. In these moments we need to go from wishing our lives to be different, too taking action. This mountain is so immovable that it seems that only an atomic bomb can save us. This is where our program comes in. We light the fuse and have to let our false identities go up in flames. All views of ourselves and the world must be nuked so we can start fresh on building a solid foundation.

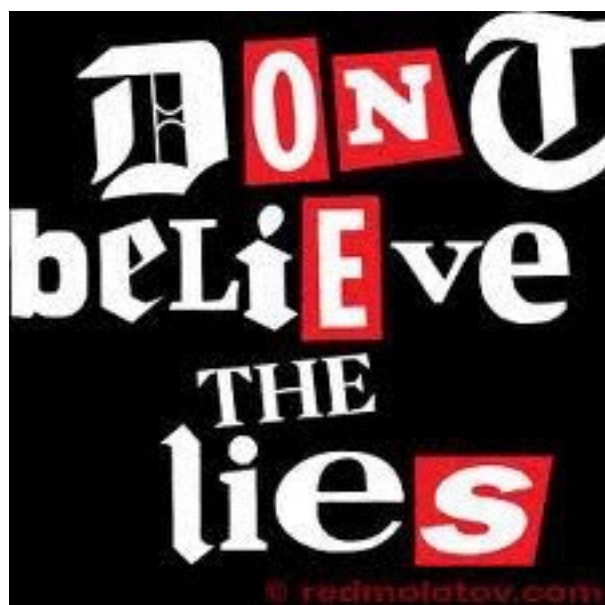
TO BE CONTINUED IN THE NEXT EDITION *Written & Submitted by Derrick H.*



Comatose the Lie

Turning back the pages of time, of my dope sick mind. Seemed to be no hope to cope without the dope. Mind is numb and tasteless. How far, how low below par must I go. Worthless, worried and wiped. Misdemeanor or felon, there really was no telling. I was addicted to a cause, without a pause. I was lacking sympathy without empathy, that past tense reasoning to co-exist, left me feeling endless, deep as the abyss. But now I can see, its funny how life can really be. When I finally started to then see what I've become, just like my mamma use to say to me. Now that I'm at ease, with no one left to please, my past in anguish has passed, it no longer lasts. I'm no longer amused at being abused. For it was my toxic complexity, full of self-envy, jealousy and rage that trapped me like an animal in a cage. It was at that very moment I admitted to my calamity - then self reflected to my independent dependency. Just by starting to love my life, honestly, it's all now to familiar, no longer having to plot or get caught with a lie. You see it's really quite simple. I ask myself do I want to overdose and die, or just comatose the lie.

Written & Submitted by BB, one of our members in a facility.





We really are lucky as a state to have some of the world's best recovery!!! And because of that, the World Convention of Narcotics Anonymous is having their convention in Orlando Florida in 2018!!! **WCNA-37 to be held in Orlando, Florida in 2018.** Visit NA.org for all of the details.

Florida Region of Narcotics Anonymous is having our annual convention in July 2017!! **FRCNA 2017** See our area website for all of the details!

Our areas website has a clean time calculator so you can keep track of the seconds, minutes, hours and days of your hard earned clean time!! suncoastna.org

Cosmic Bowling has been a complete success with many addicts attending! Our areas **Activity Committee** will be hosting a Cosmic Bowling night from **5/12 - 5/14 from 9:30 - 12:30 pm at Sarasota Lanes** off of Fruitville Road in Sarasota.

Our Activities Committee also has another fun event in the works, a "**Rib Off Spring Event**" Stay clean for more details.

I do apologize for not having clean time anniversaries in this edition. I did not receive them on time, before the Newsletter was due.

