

Written For Addicts, By Addicts



# Plugged In - Bi Monthly Newsletter November 2017 Artwork and Title By Emily J.



Make submissions at  
[newsletter@suncoastna.org](mailto:newsletter@suncoastna.org)

Please leave out specific names of  
substances.

Your admission to the newsletter is your  
approval for us to print it. Edits will be  
made when and where necessary. If you  
would like to be part of the newsletter,  
contact the chair or any member of FDC  
(**Fellowship Development  
Committee**).

# Delving Into **FDC**\* - dissecting it's roots.

\***Fellowship** - Friendly association, especially with people who share one's interest.

\***Development** - Forward or onward movement toward a destination.

\***Committee** - A group of people appointed for a specific function. Typically consisting of members of a larger group.

All together there are **6** sub committees that make up FDC. They are as followed :

- Rack Coordinator
- Help Line
- Newsletter
- PR (Public Relations)
- H & I (Hospitals & Institutions)
- Web Servant

These subcommittees operate to serve it's members and the public of information regarding NA, think of it as the area's local news station for NA, although we are not in the media or stand as a public figure. ***Tradition II*** - Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Our FDC guidelines begin on page 18 in our area's policy. Beginning with the ***12th Concept*** - In keeping with the spiritual nature of Narcotics Anonymous, our structure should always be one of service, never of government.

The body of FDC is also backed up by the ***5th Tradition*** and the ***12th Step*** which both mention carrying the message of NA.

In fact, the **FDC** has a big job to do. We must carry on our works to deliver the message of hope and freedom from active addiction to those who are interested in knowing NA. And we must do so by not promoting - which means that we must think of the good of NA when carrying the message to the public.

***Tradition 6*** - An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose. **FDC** does most of it's work with the outside enterprises that this Tradition speaks of.

**FDC** is foreign to some of NA's members, and there is no misunderstanding as to why this is true. FDC is still fairly new if you compare the time it has existed to the time NA has existed. Narcotics Anonymous as we know it, was established in July of 1953, while FDC was orchestrated only less than a decade ago.



## *Our Members get intimate with us by sharing their journal entries.*

If NA had a spirit animal, it would be a Phoenix. We embody this creature every day that an addict stays clean. We rise from the ashes of a past self that was no longer serving our lives. Our literature says, "resentment is the way most of us react to our past." It is the reliving of past experiences, again and again in our own minds. We have conditioned ourselves to substitute our own version of reality for actual reality. Our program is set up to shatter those false images. But only if we are willing to let them go. To truly allow this program to work we have to fully abandon all previous notions and start fresh. Like the blank slate we came into this world as. This conscious contact with a power greater than ourselves is not some thing we can go out and attain like a new jacket to add to our wardrobe. It is a stripping away of the layers of bullshit that we have allowed to bury our spirit deep down. Once we fully surrender to this way of life, we find that this connection was inside us all along, waiting to be set free. Our literature also says, "Anger is the way most of us deal with our present." It is our reaction to and denial of reality. When that harsh reality sets in that "I'm an addict" many of us struggle to accept it. Desperately seeking other options. We are incapable of seeing the beauty in that acceptance. We see only the past that we cling to and are scared to let go of. Once this admission has been made in mind body and spirit, then we can finally be grounded in reality. The reality is that being an addict isn't a curse. Being an addict is a blessing. If reality is that I'm an addict, then reality is there is something I can do about my insanity. There are steps in place to help me handle me. Most people go through their whole lives never knowing what is "wrong" with them. So in this area, we are the lucky ones. We have a starting point. The reality is, IM AN ADDICT! Lastly, it is also said that, "Fear is what we feel when we think about the future. It is our response to the unknown; a fantasy in reverse." It's funny how we work, our known world had become such a twisted and tangled image of a life that we couldn't take it anymore. We surrendered and asked for help. Yet after this we are immediately thrust into this fear of the future. This unknown path that we have never walked before. Suddenly we begin to romanticize all the problems forgotten. This is also a false reality that we create in our head. And this is also why this is a "Just For Today" program. It doesn't matter what next year holds. What matters is what is real. And the only thing that is real is the now. This moment we are in. Not what happened last year or what may happen tomorrow, but now, today. If we can keep ourselves grounded in reality we need never fear the future. The future is another false image we create in our mind based off what we know, or think we know, right now.

Almost always, the future we imagine when we first get clean, or try to get clean, is not in any way what ends up coming to fruition, so it's pointless to even waste our energy. If you are new or an old-timer and you're reading this now, stop, take a breath, be amazed that you've made it through all that you've been through. The fact that you can take one more breath. We earned this breath and we've earned our seat.

Find your gratitude in that realistic fact and keep coming back!

**Derrick H.** This was part two of a To Be Continued entry, The Triangle of Self Obsession, One Addicts View.

\*If you seek the truth look deep within, perception is key to a change of self.

\*Life is a waterfall  
We're one in the river  
And one again after the fall  
Swimming through the void  
We hear the word  
We lose ourselves  
But we find it all?

\*Make friends with the one you see in the mirror, as a result you may see life a little clearer, perception is key, change your view and you to shall see.

**Jake M.**

The Beast is me

...I once looked into the eyes of a beast and told him no more.  
...From time to time that beast still comes knocking at my door,  
To remind me of the man I was before. ...As the beast still remains dormant  
behind the door,  
As long as it stays locked he has  
not the power he had before.  
...I once looked into the eyes of a beast and saw he was me,  
But he has no power as long as  
I am clean.

**Anonymous**



The Florida Regional Service Meeting will be held on the weekend of November 17-19th at the Rosen Shingle Creek in Orlando.

## *Anniversaries in the Suncoast Area*

Fresh Start Group - Tonya H. 1 year (unknown date), Reggie H. 5 years 9/9/12, Dave W 1 year 9/6/16

Friday Night Clean - Shannon S. 1 year 9/28/16

Girls Gone Good - Daniele C. 9 years 8/8/08, Jessica C. 3 years 9/26/14

Life Boat - Patty K. 3 years 8/27/14

Living The Literature - Ann W. 30 years 10/19/1987

Serenity in the Morning - Tim G. 6 years 9/15/11

Women in Recovery - Jessica A. 7 years 8/2/10

Women's Perspective - Dodie 19 years 8/19/98, Charlotte M. 3 years 8/14/14