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# PLUGGED IN

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A Newsletter for the Suncoast Area of Narcotics Anonymous

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## Welcome!

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Welcome to this new edition of Plugged In! We are your new editorial team. We are following a theme for the next twelve months — the 12 steps. We invite you to consider the coming month's theme when you make your submissions. Our new "Ask a Sponsor" column fits this step-work theme particularly well — ask away!

Grab us at meetings or email us and tell us what you think, what ideas you may have, and if something we published was meaningful and useful to you. We want to tell stories, hear poetry, encourage one another in our recovery, and give each other insight into how to work a more meaningful program.

Talk to us!

-Ethan C. and Cole Y.

## Our Members Share

### Prayer of Gratitude

God, Higher Power, Benevolent Forces of the Universe,  
Whatever is kind and loving and greater than myself

Thank you for another day to be alive and facing life on its own terms to the best of my ability without using

Thank you for all the strength, courage, hope, faith, sense of humor, sense of purpose, sense of direction, patience, acceptance, love, tolerance, compassion, forgiveness, serenity, joy, persistence and guidance you give me each day to get through the day without going back to my old habits and picking up

Thank you for another day without the obsession and compulsion to use, another day free from active addiction, and another day of recovery

Thank you for all you do for other addicts like myself to help us even find freedom from active addiction and recovery

Thank you for all you do for everyone in this world and beyond, especially the little children and those of us who can't take care of ourselves. Thank you for keeping us safe from harm and for helping us to become happy, joyous, and free

Thank you for having mercy on their souls and giving peace to all those who have passed before us...

...Thank you for all you're doing for those of us who are facing illness or pain or fear and giving us knowledge of your will for us and the power to carry it out. Thank you for guidance and strength.

Thank you for friendships old and new and for all the love I've received throughout my life and continue to receive. I hope I've returned it in kind

Thank you for a lifetime of good health, physically, emotionally, and spiritually, and for continuing good health. Thank you for another day being vertical and mobile without much pain. Thank you for treatable conditions and good doctors

Thank you for an income, reliable transportation, a roof over my head, food in my stomach, and money to pay my bills.

Thank you for all you're doing to remove resentment, anger, and fear from my heart, my soul, and my life, and for replacing those character traits with acceptance, love, and faith.

Thank you for helping me to do the next right thing and for helping me to live by spiritual principles in all my affairs

And thank you for providing me with enough and more again today. All I ask from you is knowledge of your will for me and the power to carry it out. All I need is guidance and strength

Thank you for listening to the prayers of a not-so-humble, but trying to be "right sized" man

Thank you for all you do to enable the world to unfold and manifest itself in benevolent ways

And thank you for the miracle of another day alive and facing life on it's own terms without using

Thank you for granting me serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference...

## Ask A Sponsor

*Tired of your sponsor always being right? Want a second opinion? Each month we will be interviewing an area sponsor. This month's subject is **Tim G.***

### **I'm thinking about getting into a relationship. What should I do?**

**-Josh W.**

When I first came to Narcotics Anonymous I heard, "don't get into a relationship for the first year." Someone else said, "Wait til you work your Ninth Step. The one I truly believe is you should get into four relationships: first, with a home group; second, with a sponsor; third, with God; and fourth, with yourself. I didn't even know who I was when I got here. Today with the help of a support group and God I can make better decisions.

### **What is the most impactful thing you've done for your recovery?**

**-Steven**

Well, It depends on what year you ask. I have always been part of service because my sponsor and sponsorship family was and is a part of service. The first year, I fellowshiped really well. Three and four meetings a day and coffee shops and restaurants with recovering addicts talking about recovery. They told me at my one year, "Some get one, few get two. Be part of the few, do the work!" The Twelve Steps of Narcotics Anonymous have been the most impactful thing to date in my recovery and now it is becoming the Twelve Tradition of Narcotics Anonymous. On a daily basis I learn how to apply the steps and the traditions in my life... One day at a time.

### **How do I make healthy choices?**

**-Smith**

I would have to say it depends on what choices you're talking about.

I make a healthy emotional choices daily to remain in recovery by reading literature, being kind to myself, and attending meetings.

As for healthy spiritual choices, I pray and ask God for help, and talk to other recovering addicts daily, because my God speaks through others.

When it comes to physical choices I step in and out of healthy choices. The thing is I don't beat myself up and I know that I can make better choices. I don't "should" myself or others today.

### **What's the best advice I can give to someone who's relapsed?**

**-Jamie S.**

Well first I would have to say I don't give advice. Advice is something we think, experience is something we've done.

With that being said, I always try to go up to the addict that is coming back or the newcomer and welcome them, give them a hug, and let them know that we need them here, and I share what I did when I first got here. I attended at least one meeting a day for 90 days, I got a home group, I got a service commitment, I got a sponsor and worked all 12 steps. That is how it works for me. That is how it works for me and anyone who has significant clean time.

But first and foremost I am welcoming. Because I know I had to do every last drug I had to do before I could surrender to the fact that I needed to do something different. And today I am so grateful for the addicts that came before me and gave me suggestions.

...Thank you God. Thank you Higher Power. Thank you Benevolent Forces of the Universe. Thank you whatever is loving and kind and greater than myself.

**-Chris C.**

## **Get involved! Racks**

*Each month we will feature a different subcommittee, this month's is Racks, brought to you by Christopher P.*

The Suncoast area of Narcotics Anonymous has information pamphlet racks in twenty seven locations dispersed between Sarasota and Manatee county. It is the responsibility of the Racks Subcommittee of FDC to make sure these racks are stocked.

This subcommittee takes literally the idea of "carrying the message to the addict who still suffers". The distribution of the NA approved IPs to libraries, post offices, probation offices, etc... is all done by volunteers with a heart for service and an understanding that the information they are making available has the very real potential to save a life. In addition to the volunteers, who do the bulk of the work, the committee is made up of a chair and co-chair who have the responsibility of ordering the literature, recruiting volunteers, and getting the needed supplies to said volunteers.

We are always in need of those addicts who have the willingness to check one location once a month and to give back what has so freely been given to us.

### **The Key**

I was dying from the inside out; My Soul was drowning in a sea of self-pity and doubt; alone and broken; lost and soaking; in sorrow choking; on my own misery; I was incapable of being humble; my honor and integrity crumble; as I mumble...

## Announcements:

The World Convention of Narcotics Anonymous, WCNA 37, will be held from 8/30/2018 - 9/2/2018 at the Orange County Convention Center - West Concourse 9800 International Drive, Orlando, FL 32819. More information can be found at <https://www.na.org/?ID=wcna-index>.

The Florida Region Convention of Narcotics Anonymous, FRCNA XXXVII, will be held from 7/5/18 - 7/7/18 at the Hilton Tampa Downtown, 211 N. Tampa St. Tampa FL, 33602. More information can be found at <https://www.frcna.com>

## Celebrate!

**Michelle B** 2/29/11 7 years

**David L.** 4/10/17 1 year

**Betty S.** 2/25/17 1 year

**Kate O.** 4/23/10 8 years

**Jeff** 10/25/17 18 mths

**Jeff S.** 5/6/17 1 year

**Warren K.** 12/1/17 18 mths.

**Tanya H.** 9/22/17 18 mths.

**Rachel B.** 7/9/11 7 years

**John S.** 7/4/06 12 years

**Dani C.** 6/21/13 5 years

**Jessica B.** 7/2/17 1 year

**Bonnie R.** 5/10/13 5 years

**Sharon G.** 5/6/17 1 year

**Andrew** 10/8/16 18 mths

**Nancy H.** 5/1/12 6 years

**Stan G.** 6/6/16 2 years

**Corey K** 1 yr.

**Wayne T** 13 yrs.

**Craig S.** 19 yrs.

...through the lies stacked on lies; how long can I swim; as the light inside begins to dim; fading into darkness; my body but a carcass; how'd I ever start this; road I'm traveling; on my knees; I beg and I plead; my soul bleeds; the person I used to be; is a distant memory; surrounded by the demon; the only thing he's screaming; one more one; gripped by desperation; trembling with hesitation; I whisper to the void; I'm done; through surrender I was saved. The road already paved; the broken help the broken in an unbroken chain; to redemption; to love; here and above; step by step we climb; out of the grit and grime; out of the self-imposed prison in our mind; together we found the key; to peace and serenity; the key that sets us free; recovery; Be Love.

**-Levi**

## Submissions:

Submissions are welcomed. Please share your recovery in the form of essays, poetry, or artwork by emailing [newsletter@suncoastna.org](mailto:newsletter@suncoastna.org).

Next month's theme will be the Second Step. So while all submissions are welcome, submissions focusing on Faith and personal experience with the Second Step will be particularly helpful.

[newsletter@suncoastna.org](mailto:newsletter@suncoastna.org).

## How do you feel when people say "sober," or otherwise disregard our clarity statement? -Jessica

In keeping with the focus of unity found in the Twelve Steps and Traditions of Narcotics Anonymous, we ask that you use the NA language of recovery. That means we refer to our disease simply as addiction.

We identify simply as addicts. We refer to our time as clean time or recovery.

This is not to be different, better than, or controversial. This is done because in our First Step, we shifted the focus off of specific drugs, and onto the disease of addiction. So that the recovery process is then possible. This leaves us with the single focus of the unity called for in our First Tradition.

That being said, please come as you are and say what you need to say, and keep coming back. For me, I needed to learn how to stay here and that was being a part of and learning to care and share the NA way so that any addict seeking recovery need not die.

I am grateful to be clean and a member of Narcotics Anonymous. Thank you for allowing me to share my experience, strength, and hope... and I do believe that an addict, any addict, can lose the desire to lose and find a new way to live.

*Ask a Sponsor will be a recurring feature. Next month's guest is **Josh W.** Please submit your questions to [newsletter@suncoastna.org](mailto:newsletter@suncoastna.org).*