

# PLUGGED IN

A Newsletter for the Suncoast Area of Narcotics Anonymous

## WE WANT YOU



### FOR HOSPITALS & INSTITUTIONS

The Hospital's and Institutions committee of Suncoast NA needs YOU! We are currently doing a volunteer drive for support at all facilities, especially **Manatee and Sarasota Jail**. The time commitment can be as little as just **one hour a month** to carry a meeting into a facility with little or no access to outside meetings!

Go to [suncoastna.org](http://suncoastna.org) and click the **Hospital and Institutions** page to apply for the jails or contact us at [Handl@suncoastna.org](mailto:Handl@suncoastna.org) with any questions or for information on other facilities that currently need support.

Please also come see us in person at our **committee meeting** the second Sunday of each month 1:30 pm at **833 Magellan Drive**|| Sarasota FL.

### 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 Jimmy "Shoes".*

**How do you think the fellowship has diversified since you got clean?**

**-Tim G**

As it says in our reading, anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion. As a gay man who in the beginning was not comfortable sharing honestly because of being judged, I can say, over the last couple of years, I have seen the acceptance grow, diversity welcomed, and addicts change. The fellowship along with the addict is growing and changing. Today it feels much easier to be who I am. Unity is real, and I am grateful for the relationships unity has allowed me to build.

## Our Members Share

### ***Goodbye Letter to Drug of Choice***

My love, it seems so long ago that I first tasted your sweet kiss. How you wrapped your arms around me. I had never known the warmth that overcame me every time I laid my eyes on you. Just knowing you were going to be around made me melt. From the first time you seduced me, you were mine for the taking, as I was yours. An affair that I would surely never give up. Nobody could make me feel more beautiful or more alive. It was like love at first sight. I would do anything for you, just to have you one more time. Many of my intimate moments were yours. Things I would never share with anyone, I could talk freely about with you. Never had I felt this freedom. At first it seemed as though you only came around once in a while. You would pop up at a party or at work, but wherever it may have been, it was like I could sense you. I began to seek you out on every occasion I could. Little by little, I was not happy with the casual sex that once quenched my thirst. I would have to have you more often, or I could never be happy. You began to take advantage of me. The more I longed for you, the more you would make me give you. At first it was my money that you seemed to want, but I was soon to find out it was life you would take from me. The life of my first love and the life of my last love. I felt I had given you everything and yet you still wanted more. Nothing was enough for you. Not my morals or my trust. I couldn't get away from you. No matter how much I resisted, the collar just got tighter. My whole life revolved around you. I lost everything. Including my freedom. My dreams of becoming a teacher went up in flames as I stood before the judge. It was although you were laughing in my face. What had I done to deserve all this pain and sorrow and disappointment?! I had never been so faithful to anyone as I was to you, yet it is you who has ruined my life. I am at the bitter end; I can go no longer. The feeling of ecstasy you once gave me is gone. I'm done letting you control me. My life is too important. You will never know my kids. I won't allow it. I am putting an end to this madness before it's too late. You ruined my childhood. You stole my youth. But you will not get my future. I am way too smart to let you take any more of my happiness. So adieu I say to you, for I will finish school and I will prove that I can succeed. Little by little, I will achieve all the goals you stole from me. My boys will again sleep under the same roof as

### **How do you deal with fear?**

**-Fran**

Prayer! The opposite of fear is faith. The program has taught me to identify the havoc fear causes in my life, surrender to it, and let it go. For me, this is only possible through the application of principles, such as honesty and humility, and developing a relationship with my higher power.

### **How did you know when you were done using?**

**-John**

I remember the drugs stopped working, at least in my mind, but I did not have the courage of willingness to stop. The police, prosecutor, and judge made the decision for me to go to a DOC rehab facility. I read all the literature and found many reasons the program would not work for me. After about 18 months abstinent and completely miserable, my HP introduced me to a person that walked me through the steps. This process changed my life. While working steps five, six, and seven, I had a spiritual experience and I knew that I never had to use again. I try not to forget that this miracle is a daily reprieve and continue to attend meetings, talk with my sponsor, do service, and apply the principles in my life.

me, and they will forever have their mother back. I refuse to let you depress me further. I am moving on whether you like it or not. So give up. You disgust me. I will forever hate you. Yet, I will always keep in mind how sneaky you are and I will never forget the pain you caused me or the people you took from me. I will always stay one step ahead of you, so you can never control me ever again.

**-Elise W.**

### ***Money in NA***

Money matters and, in NA, money matters a lot. NA World Services has published two Informational Pamphlets (IP's) about money:

- IP #24 Money Matters: Self Support
- IP #28 Funding NA Services

IP #24 is the main IP about money and it replaced the old IP "Hey, What's the Basket For?" IP #24 talks about why we give, and it talks about how much to give without stipulating a specific amount. It also talks about our service structure: Area, Region and World, and the importance of money in getting our message out. It is the basic and comprehensive discussion of money in NA in a pamphlet.

IP #28 Funding NA Services came out in about 2010 and speaks directly about sources and uses of money at the NA World Service level. For the first time in an NA Informational Pamphlet, there were instructions on how to donate to NA World Services directly.

At the group level, we know we need money to keep the doors open and to provide an atmosphere of recovery in our meetings. Imaging a meeting without coffee. Once we go to the Area level, it starts getting complicated. Most addicts who have attended and participated in Area Service meetings will agree that the most animated disagreements typically occur over money. This only continues and increases at the Region and World levels.

Members will sometimes talk about World Services in terms of what they spend money on and what they should or should not be doing. One current issue that can bring the mission of NA World Services into focus is how much funds to allocate to world-wide literature. At

**Have you encountered any consequences from your addiction which have persisted into recovery, such as barriers to employment? How have you approached these?**

**-Dave F.**

Yes, felony convictions unfortunately do not go away. Finding work was and continues to be a challenge. After many unsuccessful job interviews, I was offered an \$8 per hour sales position, which I reluctantly accepted. Over eight years later I still work for the same company. I am grateful that the program has taught me how to become a productive member of society. I am currently researching how to become a licensed professional in Florida, I face many challenges in this pursuit, but I am trying to make decisions out of faith and not fear. Rejection scares me, but today, because of the work I have done in the steps I am willing to put myself out there and try!

**Do you have any advice on relationships with a partner who is not in recovery?**

**-Robin L.**

My experience in this area goes back to early recovery. I had unrealistic expectations of someone I loved using. I...

## Announcements:

**FRCNA:** The Florida Region Convention of Narcotics Anonymous, FRCNA 38, "Shattering the Illusion," will be held from 7/4/19 - 7/7/19 at the Rosen Centre Hotel, Orlando Florida. More information can be found at <https://www.frcna.com>

### New Meetings:

Sunday 9:00 AM Green book at Greenbrook. It is a literature study, focusing on the Green and Gold text. It's an outdoor, non-smoking open meeting at the Greenbrook park in Lakewood Ranch

There is also an unnamed new meeting at Parrish United Methodist on Monday nights from 6:30 - 7:30 PM.

## Celebrate!

**Chloe** 1 year.

**Jalena F.** 1 year.

**Ralph C.** 4 years.

**Hillary D.** 18 months.

### Submissions are welcome!

Please submit any original content in the form of essays, poetry, or artwork, to [newsletter@suncoastna.org](mailto:newsletter@suncoastna.org)

the recent World Convention, it was shared that NA meetings are conducted in 82 languages. It was also shared that the Basic Text has been translated into 18 languages. There was much applause when each of these achievements was announced, but a closer look at these numbers reveals that there are 64 languages in which NA meetings are held, but have no Basic Text in that language. Can you imagine not having a Basic Text that you can read? Those of us that remember some of the history of NA will recall that there was a rapid growth in NA in the US after the Basic Text was published in 1983.

How then do these money matters at the World affect our local recovery? Some would say they don't affect us, some would say that World is going to do what they do, we need to focus on our programs, working with newcomers and building our local fellowship. Regardless of what opinion each of us has, NA is changing. Are we willing to change with it?

**Respectfully submitted,**  
**Kent C**  
**Tampa Funcoast**  
**10/14/18**

... told myself the unmanageability came not so much from him using – that was not happening around me – but from the lying, cheating, and manipulation that goes along with using. The pain became so unbearable! Eventually I had to leave. Acceptance of the fact that we had a lot to work through took a long time. I became willing to look at my part. I began to be honest, to trust myself, and eventually, to trust him. After lots of pain and turmoil, we agreed using was not good for our relationship and began to both live without the use of drugs. Relationships clean or using are difficult. When I am able to ask for help, listen for answers, and see my part, things are good. When I get self-centered I think I know best for both of us, I know it's time to look at the steps and my Higher Power for guidance.

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