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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

### Birth in Reverse

Staring into the flame

Recalling the beginning

He wondered my smile

And I explained the story of my birth in reverse

I was a wanderer, through the expanse

Neither here

Nor there

When the violence of conception jarred me

Into chaos

And being

Appearing as a phantom

The walking dead

A wraith

So lonely... so confused... and locked in time...

The peace of the grave wrapped me

In darkness

Rest for bones grown weary

I felt the pain of dying

Excruciating

Paralyzing

I drug myself into the womb  
 The warmth and softness comforted me  
 I was nurtured  
 Turning over in the safety of space  
 My eyes began to open  
 My heart began to beat  
 To the rhythm... or Earth...  
 I was born of soft flames and gentle fires, I told him  
 Now I burn  
 And I am ALIVE

**-Dani C.**

### Untitled Poem

Scattered thoughts of yesterday's gone  
 I thought there was no end but I was wrong  
 There came a choice that had to be made  
 Turn to the light or the devil had to be paid  
 With a glimmer of home and staggering steps  
 I pushed forward from the darkest depths  
 On to a new path no need to walk alone  
 This once strange place I can now call home  
 The past is behind and the story is anew  
 I can't, we can, and together we get through

**- Jake M.**

## 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 **Dan T.***

**How much clean time should I have before I start sponsoring people?**

**-Jeff S.**

This is something I definitely talked with my sponsor about when I was new before I started. I believe as long as you've worked some steps, that you can sponsor. If someone sees something in you that they want then you shouldn't deny them.

**How has service affected your recovery?**

**-Tim G.**

I know that I got into service right away and it helped me gain some self-esteem. Since the beginning I've been involved and it always helps me get out of self, which is the biggest thing that gets in the way in recovery. Service has always kept me connected which is very important to me.

**What is the most important thing you found in selecting a sponsor?**

**Woody W.**

I've had a few different sponsors and the first couple I selected because I knew I needed a sponsor. Since, I believe the most important thing I want to see is the person needs to be living the NA program.

**Why do I have to write all these steps?**

**-Chuck**

For me, the program is about changing into a better me. The only way I've found to do that is to write the steps so I can learn the principles behind them and learn to apply them in my life.

**What has been your most humbling experience in recovery?**

**-Christian K.**

I've definitely had many humbling experiences in recovery but the "most" would have to be when I walked into that first meeting and admitted that I was an addict. Which is something I wouldn't admit for many years.

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

*I wrote this poem when I was in prison in 2002. I had been introduced to NA in 98, however hadn't yet become willing enough. Nonetheless... the following poem is about sponsorship. Dedicated to Rachel B.*

**A Stranger's Hand**

I come from a place so scary and dark, hidden in shadows where no one can see.

Where only my secrets and demons park. And I allow evil to dwell inside me.

I don't wish to be here all alone, yet it is a prison I have built to keep pain out. I have hardened my heart as if it were stone and I have the stifled feelings that I wish to shout!

I want to break free and live in the light. To feel safe, happy and maybe even love. But where do I begin to make things right and to trust in the guidance that comes from above?

I believe "it's" out there without seeing it because I was carried through the hell of my life. I want to be strong enough to rely on the spirit, to not live in danger, turmoil and strife.

So I take hold a stranger's hand, one that enjoys her world and faces her fears. She will walk me into an unknown "land" and offer her shoulder when I need to shed tears.

Her life is led by the spirit and filled with love. "Life isn't easy" she will often say but trust in the guidance that comes from

## Celebrate!

**Patty K. 8/27/14 4 years**

**Donna S. 9/3/11 7 years**

**Patrick A. 9/23/17 1 year**

**Tim G. 9/15/11 7 years**

**Betty S. 2/25/17 18 months**

**Peri B. 8/18/17 1 year**

**Andre P. 8/9/14 4 years**

**Jessica A. 8/2/10 8 years**

**Josh B. 1 year**

**Shannon 8/18/16 2 years**

**Deborah 1 year**

**Ethan B. 9/10/17 1 year**

**Steve P. 8/27/33 35 years**

**Jennifer J 9/24/16 2 years**

## Submissions:

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

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

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

above. And you won't run from life or what comes your way.

Sponsorship *is* the key to working and learning to live the steps!

**-Helen S.**

## Announcements

### Peace in the Morning hosts: Fall Festival

Turtle Beach Pavilion

Siesta Key | 8940 Midnight Pass.

12:00 PM - 5:00 PM November 18th

Food + Speakers + Music + Epic Games + Corn hole + Volleyball + Horseshoes + Face-painting + Karaoke + Fun for kids

Bring a dessert or a side dish to share

\$5 suggested donation. No addict turned away

Narcotics Anonymous is not associated with this facility

### FRCNA 38: Shattering the Illusion

July 4 - 7 2019

Rosen Centre Hotel | Orlando, FL

### Meeting updates:

**Friday Night Lights** us updated their meeting format as follows:

1st week: Step-working Guide | 2nd week: Open Discussion

3rd week: Step-working Guide | 4th week: Speaker

**Girls Gone Good** meeting has disbanded and will no longer be meeting

**New meetings!** A new meeting is being formed on Monday nights from 6:30 - 7:30 at Parrish United Methodist. They are looking for home group members and group name suggestions.

**Lost and Found:** Mondays 7:00 - 8:00 PM Open discussions, open meeting; Harvest House, 2100 Mango Ave, Sarasota FL

**Green book at Greenbrook:** Sunday 9:00 AM; Green and Gold lit study outdoor at Greenbrook park in Lakewood Ranch