

# PLUGGED IN

A Newsletter for the Suncoast Area of Narcotics Anonymous

## Welcome!

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.

# 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 [Handi@suncoastna.org](mailto:Handi@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**.

## Our Members Share...

### **N.A. Is My Lighthouse**

Wherever I go I look to see if there's a tower signaling me

A ray of Hope a light so bright it cuts through even the darkest  
of nights

Built to show the ships at Sea where they are on their Journey

A Guiding Light upon a cape with shelter from storms so boats  
can escape

Though winds may howl and the ocean roar behind the beacon  
is what Sailors adore

A peaceful bay a quiet port a good night's rest where Waters  
aren't torrent

When I started this journey many years ago I was lost at sea  
caught up in the flow

Then came the storm and I thought I was done I prayed to God  
get me through just this one

When I opened my eyes a light had appeared it guided me in  
and silenced my fears

Then the storm finally broke and as the fog began to clear  
people came up saying glad you are here

They gave lots of hugs and unconditional love along with the

## 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 **Sean M.***

**How can I cultivate a spirit of non-defensiveness when I feel I'm being criticized?**

**-Ethan C.**

I am constantly working on responding rather than reacting when feeling criticized. I try to breath and invite love into the situation I'm in and remind myself that this person is not trying to hurt me and I need to stay open-minded.

**What experiences have most shaped your spirituality?**

**-Cayla P.**

One of the techs in rehab asked me everyday how my faith was. Which I really thought was a religious question and I was not a fan. She asked me for at least a month straight everyday. Finally, I snapped and she asked me if I didn't have faith in myself, why was I staying. It was the first time I ever had faith in myself.

**What is the biggest hurdle you face daily in your recovery?**

**-Monica.**

Growing spiritually and staying open-minded.

knowledge of my God up above

They suggested I not sail alone again but if I must journey to  
take at least one of them

Now back in the boat surrounded by friends with God as my  
compass the light never ends

By charting the course one day at a time the waters are smooth  
and my life's more benign

So when storms come in I know what to do with friends in the  
fellowship I will make it through

And that is why I look to see if there's a tower signaling me

**-Kris U.**

### ***A Tree of People***

I'm sitting here thinking about all the friends I have in my life  
today... I'm truly grateful. Something a sponsor of mine told me  
years ago popped into my head. He explained it as: the people  
in our lives are like a tree.

We are the trunk of the tree. We have people that enter our  
lives that are like the leaves. As the seasons turn or the wind  
blows a little too hard, these people tend to fall off. There are  
others that are like branches. These people tend to be in our  
lives for longer than those people who are leaves. But after a  
period of time, branches always end up getting too heavy and  
fall off, or a huge storm may come along, and they may get  
blown down. I've had many of these people in my life. The last  
group of people is the roots. These people, we really need in our

### **Can a defect become an asset?**

**-Helen M.**

I love the line in the green and gold that defines a character defect as simply a character trait that has been blown out of proportion. So I guess in that sense, if I can bring that trait back down to a more desired state it could be an asset. How can one have assets without defects, though? The two balance each other.

### **Why is unity important?**

**-Chris B.**

Unity is the thing that makes all of this possible. I could not do this on my own. The First Tradition says it all.

### **Which step has been the most impactful in your recovery?**

**-Katie W.**

All the steps have given me some kind of useful tool. Step One gave me the surrender needed to start this process, which is one of my favorite principles. At this point I think Step Twelve is the forefront of my practice today. Trying to apply these principle in all of my affairs while trying to carry the message to the next addict. This step gives purpose to my life.

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

## Announcements:

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The Florida Region Convention of Narcotics Anonymous, **FRCNA 38**, will be held from 7/4/19 - 7/7/19 at the Rosen Centre Hotel, 9840 International Drive, Orlando, Florida, 32819. More information can be found at <https://www.frcna.com>

New meeting: Sunday 9:00 AM, **Green Book at Greenbrook**. It is a literature study, focusing on the green and gold text. It is an outdoor, non-smoking open meeting at the pavilion at Greenbrook Park in Lakewood Ranch

New meeting: **Peace in Parrish**, Monday nights from 6:30 to 7:30 at Parrish United Methodist Church

lives so they can hold us up when the strongest storms of life come along. These people continue to keep us up whenever we want to self-destruct.

I've had many people come into my life that I thought were roots when they were really only branches, and even though it didn't feel good when they left my life, I'm grateful they were a part of my process. Today I have lots of people in my life that are roots... I'm truly grateful for these people. Even though life gets busy and we don't get to talk all the time or spend time together that much, I know that these people are always there if I need them. It's awesome that when I do get to spend time with them, it's like we talk every day. I'm truly blessed to have all these types of people in my life, even those who are only around for short periods.

When I look back, I have learned something from everyone that has crossed my path. I look forward to continuing this journey with all the people I have in my life and I'm looking forward to seeing who else comes and joins us along the way.

**Dan T.**

## Submissions:

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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 First Step. So while all submissions are welcome, submissions focusing on Surrender and personal experience with the Second Step will be particularly helpful.

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

Your submission to the newsletter is your approval for print. Edits for grammar, language, and clarity will be made when and where necessary. Please leave out specific names of substances.