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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.

## I Felt the Ripple of my Disease

I felt the pebble of a thought get tossed into my mental pool, turning the tranquil stillness of the waters of my mind into a perturbed pool of movement. Luckily this pebble was just a pebble, with no resonating emotions to strengthen its minimal wake. These subtle waves were dispersed back into the depths from which they came. Without the reinforcing resonance of emotion to exponentially expand and churn these waters and waves, there is not enough energy in a single thought to cause much damage. Without that reinforcement, without that cascading effect of my emotional turmoil attached with the precipitation of imagination, the casual thought remains just that, a casual thought. Literally a pebble in the ocean, with no reactive butterfly effect amidst my inner workings. The fact is a thought arose, my reaction to that thought is what determines whether it grows in strength or withers and returns to which it came. From the turbulence my reaction and resistance causes, stems the tidal wave of unstoppable movement of my mind, while we can not fully prevent these thoughts from arising, we can prevent their reinforcement...

...No tsunamis today, and for that I'm Grateful!!

**-Derrick H.**

### **Northern Star**

This Steely-Hook has pierced so deep;  
And downward steadily pulls so hard.  
So why do I protect this morbid pain?  
This gash will surely leave its scar...

See, this heart is rooted by the greater good...

But its reality tarnished by an evil joy...  
I sit and watch myself from above,  
... like a boy with his wind-up toy..

The consequence so bright, so loud,  
So present, so obvious; YOU see...  
Yet I keep on going blinded by fear.  
Maybe too late, but one day I'll see...

So when the flame is snuffed and the light all gone,  
I welcome loneliness; my Northern Star.  
It's a darkness that I am accustomed to.  
I've never owned a whole-true, heart...

## **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 **Smith**.*

***How do you balance life, school, work, and recovery?***

***-Jessica P.***

For me, it has been a challenge learning how to balance all these areas of my life. There are, indeed, differences in the ways I approach these aspects of my life to maintain balance and sanity. I am a planner, so scheduling my meetings, sponsorship time (both for sponsees and with my sponsor), homework, and other life obligations is crucial for achieving some semblance of a balanced life. However, for me, I always have to stay attuned to my feelings and spiritual connection. This helps me to make adjustments as needed and to remember that my recovery must always still come first, regardless of all these other life obligations and commitments..

***When/how did you know you were ready to be a sponsor?***

***-Jeff L.***

That's a good question. I first knew I was ready to be a sponsor when I started to have a few ladies ask me to sponsor them. Then I talked to my sponsor about the process of becoming a sponsor and asked her if she thought I was ready. I actually felt like I had something to share and could help another woman find the same kind of freedom I had found. I think that internal realization was the real key for me knowing that I was ready to be a Sponsor

***Name three ways I can reclaim manageability in my life.***

***-Melissa S.***

...Three ways to reclaim manageability in my everyday life are to create a workable daily schedule, assess my commitments for viability and overcommitments, and taking responsibility for my part in my life and recovery.

**How has sponsorship (being the sponsor and being the sponsee) affected your recovery?**

**-Sean M.**

Love this question! Sponsorship has changed my life in the most profound and beautiful ways. I have learned how to be a friend through sponsorship. I have learned how to be gentle and kind, while also realizing how to be assertive and forthcoming. Being a sponsor has helped me truly understand and appreciate the concept that "one addict can best understand and help another addict." I can be myself with my girls. I do not have to pretend to be some guru or have all the answers. I can just be an addict trying to help another addict find recovery and realize they are worthy of this gift too. And what I love about being a sponsee is that I can, and do, feel unconditional love and acceptance from this woman. She helps me see my part in situations and guides me in making decisions for myself. This woman brings a sense of love, spirituality, and joy to my everyday life and recovery. She not only guides me through steps, she walks this journey of recovery with me. Indeed, sponsorship is the heartbeat of the NA program!

**Is it okay for your sponsor to choose which issues they help you with?**

**-Mary**

For me, I believe it is okay for a sponsor to choose which issues they can help a sponsee with. However, there is a right and wrong way when it comes to rationalizing the reasons why they can or cannot help their sponsee with a particular issue. For example, if a sponsor does not have experience with a certain issue, such as sexual assault or parenting, then they could choose not to help in those areas. But then that sponsor should help guide their sponsee towards a fellow member that they know and respect that has the experience to better help their sponsee in that area. When a sponsor chooses to not help a sponsee based on their own personal values and views, then, for me, it is not appropriate. Just because something is different than one's own beliefs, does not...

...So we Love and we die,  
or so they say..

And that Love sometimes  
seems so far...

Everyone one in a while I  
seem to forget,

I long for Love as my  
Northern Star...

**- Nathan B.**

**The Addict**

They say it's a sickness

I like the quickness

They say you shouldn't do  
it

I am me because of it

They say it ruins you

I wish I knew

They say I should stop

I felt like I was on top

They say I am dead

I can't get out of my head

They try to bring me back

I don't want to come back

They work hard on me

I want them to let me be

They say I won't make it

I change my mind

I want to live.

**-Angelina D.**

## Celebrate!

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**Haley 6/2/12 7 years**

**Ashley 6/15/14 5 years**

**Mikey D. 6/22/18 1 year**

**Nichole B. 6/12/11 8 years**

**Kate B. 12/9/17 18 months**

**Brian S. 7/26/02 17 years**

**Matt L. 6/7/16 3 years**

**Bonnie R. 5/10/13 6 years**

**Shannon G. 5/6/17 2 years**

**Katrina M. 6/1/13 6 years**

**Julia H. 7/14/18 1 year**

**Lan 7/15/18 1 year**

**Liz C. 6/12/89 30 years**

**John P. 7/7/6 13 years**

**Ken K. 7/7/89 30 years**

**Hillary D. 6/18/17 2 years**

**Lori M. 8/1/86 33 years**

**Dodie L. 8/19/98 21 years**

**Mary T. 8/15/13 6 years**

## Submissions:

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

... mean that we cannot open our minds and hearts to understand our sponsee's worldview.

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

## Announcements

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### Unity and Serenity Group Movie Night

Wednesday, August 21st, 2019

6:00 PM. 4635 26th St. West

Hope Lutheran Church

Meeting (Open Discussion) + Refreshments + Entertainment

Narcotics Anonymous is not associated with this facility

**Frontline Group** has moved locations as of 6/18/19. The new location is Our Lady Queen of the Martyrs. 833 Magellan Dr. Sarasota, FL

**Now What Group** is moving locations. Beginning 7/3/19, it will be held at Bee Ridge Presbyterian Church, 4826 Macintosh Rd. Sarasota, FL

**Saturday Basic Text Meeting** Has moved to 5656 Swift Rd. Sarasota, FL 34231

### H & I ANNOUNCEMENTS:

**Mothers and Infants** is looking for sponsors and people to take in meetings. You do not have to be a mother or infant to apply.

**Salvation Army** is in need of both male and female sponsors.

**First Step Detox** is in need of people to take in a meeting.

If you have the willingness to fill any of these positions, please come to H & I on the second Sunday of each month, 1:30 PM at Our Lady Queen of the Martyrs Church, 833 Magellan Drive