

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.

Untitled Poem

Some days are better than others
The dark nights don't last forever
Let pain be your number one motivator
Don't let this world become your life's commentator
Your past will try to turn your heart cold
Don't believe it when you hear "It's too late your soul's been
sold"
Look society dead in its face and scream you refuse to
become one of its molds
Believe in yourself no matter what
Learn to let go of everything you once thought
Pray to a God that understands you and be open to being
taught
Stop trying to fight a battle that's already been fought
Fellowship is your only shot
Today is all that you've got

-T.

Defying Gravity

Fighting against that force pulling me down
 The weight of past decisions, future situations, and present
 thought
 Some might feel it a little, some might feel it a lot
 Trying to make moves, this way and that
 Eventually I realize I'm stuck in the same spot
 Spinning my wheels all over this world,
 Just to find I never left this state
 Stuck here under this crushing weight
 Just when I surrender, saying it's too much to bear,
 For this life that's been given to me I do not care,
 The fellowship shoulders are there
 To help me stand, before I implode
 To walk with me down this dark road
 A strength I can borrow til I find my own
 Freely shared by people I've never known
 Together *we* can stand where *I* fell
 An escapee from the burden of *I*
 A load-bearer for my own ego
 A support for wherever *we* go.
 A rise from our hell
 A freedom from not wanting to die
 A gift to keep the beast at bay
 Cuz Just for Today,
We can break free
We can soar high
We can *defy gravity* :)

-Grateful Recovering Addict named Derrick H.

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 **Wanda F.***

When experiencing self-loathing, how do you go through it and get to the other side?

-Danielle T.

I revisit my past self and take gratitude to where I am now. I use the experiences to silence the voices in my head. Service has also been very helpful.

How do you know the difference between a season, a reason, or a lifetime?

-Tim G.

You don't until it has ended. A reason has come with a need I've fulfilled. Seasons have come with opportunities to learn and grow. Lifetimes have been lessons that have helped me have a solid emotional foundation which I use to build relationships on, whether it's with my daughter, a friend or another addict.

Since being in recovery, when you're having a rough day or going through it, what's your "go to" mechanism? In other words, what helps you get through tough times since being in recovery?

-Caitlin O.

Changing perspective and relying on my higher power. Accepting that these are times he sees fit for me to become a better woman.

What has been your main "go to" as your defense against the first one?

-Monica

Sharing honestly with another addict and literature.

When did you start to experience emotional recovery?

-Lisa Z.

Once experiencing painful situations in recovery clean. I've been able to prove to myself that feelings aren't permanent as long as I apply the tools that have been given to me. Reminding myself of the dark places I've been before while experiencing similar emotions and simply wanting to try something different.

Untitled Poem

Trying to keep hold
 On the twisted road
 Ever turning
 One path leads to another
 Hitting the dead ends
 Smashing into them at one hundred miles per minute
 Then breaking through
 To find a waste land
 The vastness bewilders the mind
 My mind
 Shattered
 A thousand pieces laying in front of me
 Scattered memories
 A puzzle at my feet
 Trying to find the right pieces
 Most don't fit
 Screaming in pain
 Left to wander in this oblivion
 Does that fit
 Looking into a piece
 Held in my hand
 A part of a picture
 Other parts lost
 To be found in time
 From my shattered mind
 Now sitting
 The memories laying before me

Celebrate!

Denise 10/5/92 27 years

Amy B. 10/1/15 4 years

Johnny I. 9/7/17 2 years

Alecia B. 9/1/05 14 years

Cobryn H 10/17/16 3 years

Lindsey S. 9/28/18 1 year

Rachel R. 10/12/14 5 years

Caitlin O. 11/03/16 3 years

Submissions:

Submissions are welcomed. Please share your recovery in the form of essays, poetry, or artwork by emailing newletter@suncoastna.org

Pieces are coming together

As I sit here

Time keeps going

-Rob. T.

Announcements

Friday Night Lights meeting not meets at 8:30 PM instead if 8:00 PM. This will be reflected in upcoming print meeting lists. Please announce in homegroups.

Friday Night Lights meeting has changed location to 6502 14th St. W.. Bradenton FL.

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

Sunset Serenity meeting Thursday night on Bradenton Beach as been discontinued.

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:

Sarasota County Women's Jail is in need of volunteers to take in meetings.

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