
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.

Our Members Share

Sink or Swim

The pain from my past
Remains heavy and thick
Me and the Devil were taking turns sailing my ship
Storm over my life so dark it seemed as if
The Sun decided to quit
Only thing left to do was take another hit
Happiness turned upside down real quick
My last option was to have faith and dive in
All of a sudden a light almost too dim
I can't give up now
I swear I heard a voice say
"All you have to do is swim"
This is my one chance to choose to live

-T

The Twelve Steps of Insanity

1. I believed I could control my drug use, and that I was master of my own life.
2. I believed that I was all-powerful, the center of the universe, and that I was sane, rational, and okay in every respect.
3. I decided to run my own life, looking out for #1, Me, and expected my will to be carried out at all times.
4. I made a thorough and searching inventory of everyone else and found them lacking
5. I admitted to no one, including myself, that there was anything wrong with me.
6. I sought through drugs to remove all my responsibilities and to escape the responsibility that is life.
7. I got high to remove all these shortcomings.
8. I made a list of all persons who had harmed me; whether real or imagined, and swore to get even.
9. I got even whenever possible, except when to do so would injure me.
10. I continued to find fault with the world and the people in it and swore my way was always right.
11. I sought through lying, cheating, and stealing to improve myself at the expense of others, seeking

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 **Jeff S.***

At what point in your recovery should you start working the steps?

-Katie W.

Well with the help of a sponsor, and a willingness to be active in recovery, I feel the sooner, the better. Meetings and the fellowship are no doubt pillars of recovery but the real meat and potatoes of recovery lie in the steps. That's where we learn to change old behaviors and truly learn who we are as addicts. Typically I get sponsees into stepwork upon completion of reading the first 107 pages of the Basic Text which could take a few weeks to a month. There's no real time limit (again in my opinion) but I feel that the sooner I get into the steps, the sooner I can start seeing the spiritual miracles and progress of my recovery.

What's your opinion on moving into a halfway house in early recovery?

-Christopher P.

I think that it's a great choice to make in early recovery. Granted that it's been my own personal experience, I still suggest to others the benefits of living in such an environment. All phases of recovery require accountability, but early recovery, to me, is a period in which it's extremely important to have six or seven other people in recovery around you really helps to add a level of security and accountability in my opinion. Sure there are going to be people who might not have the same desire to stay clean as others, but overall I believe it's a solid more and I strongly recommend getting into one in early recovery.

How do you keep such a positive attitude nearly all of the time?**-Anonymous**

Well, for starters, before recovery, I had no semblance of a life, much less one that was remotely manageable. I lived day to day dreading waking up and I was in a completely hopeless and in a woe-is-me state. So far, in recovery, there have been periods where I haven't been the brightest light in the room, but in the words of an old-timer, "everyday is truly a miracle." I still find myself going out to my parking lot and standing in awe of owning a car, at having a job that I've been at for over a year, that I've lost the desire to use drugs and these things are what help mold my positive attitude on a daily basis. In short, gratitude is what keeps me so positive.

How do you stay clean if you're dating in the rooms and your partner uses?**-Tim G.**

Boundaries,. Two addicts together and one is using is almost a definite recipe for two relapses. I'm not saying cut all ties and disown your partner, but strong healthy boundaries can keep you clean. If living together, it might be necessary to figure out a another living situation. And to also keep working on your recovery and making sure you put it first. My sponsor told me that in these situations the best thing I can do is to continue working a program and to stay clean. This is to show the other person that not only do I love myself enough to stay strong, but also that it is possible to get and stay clean. Meet at a meeting, don't enable, but ultimately boundaries have to be made in order for me to stay clean if my partner in the rooms is using.

*Ask a Sponsor is a recurring feature. Next month's guest is **Wanda F.** Please submit your questions to newsletter@suncoastna.org.*

only to get drugs and stay high.

12. Having had a complete moral, physical, emotional, mental and financial breakdown as a result of this kind of thinking and living, I tried to drag everyone I loved down to my level and to practice these principles in all my affairs.

-Submitted by Rob**Untitled**

Recovery has taught me that life isn't easy. Life on life's terms can really suck whether you're an addict or not. It's an equal opportunity thing. It's taught me not to play the victim and to persevere on through.

Recovery has also taught me I am a miracle and deserve the gifts I receive from doing the work I put in!

-Michael K.

Celebrate!

Jeffery H. 9/9/17 2 years

Nancy C. 7/11/17 2 years

Ron P. 8/4/13 6 years

Bruce V. 18 months

Brian S. 7/26/02 17 years

Jim L. 9/22/14 5 years

Preston C. 1/29/18 18 months

Andre P. 8/9/14 5 years

Dan T. 10/29/13

Monica R. 7/10/17 2 years

Kelly T. 2/22/18 1 year

Kassy G. 9/18/18 1 year

Jen J. 9/24/16 3 years

Submissions:

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

Announcements

Solution in the Steps Is hosting **Getting Saucy with the Steps**

Thursday, September 19, 7:00 PM.

Pasta will be provided. Bring a sauce to be judged.

Friday Night Lights Has changed location and time to:

8:00 - 9:00 PM

6502 14th St. W.

Bradenton, FL

Sunset Serenity Meeting Thursday night on Bradenton Beach has been Discontinued

Narcóticos Anónimos

Crees que tienes problemas con las drogas? Nosotros podemos ayudarte Grupo de Narcóticos Anónimos Tigres y Mariposas reuniones todos los Jueves comenzando el 25 de Julio a las 8:00 PM. Donde Club Gratitude Dirección 530 Payne Parkway, Sarasota FL 34237 Días Jueves

Get Hooked on Recovery meeting on Wednesday evening at 8:00 PM is still in effect. Please come out and show support! This is an outdoor, scenic venue with a pavilion in case of rain and fire pit during seasonal coolness. Announce at homegroups when possible.