

Suncoast Area Narcotics Anonymous Newsletter December 2010



The Message of Narcotics Anonymous

“An addict, any addict can stop using drugs, lose the desire to use and find a new way to live.”

NA's Basic Suggestions

- Attend 90 Meetings in 90 Days
- Get a Home Group
- Get a Sponsor and work the 12 Steps
- Change People, Places & Things
- Call Other Recovering Addicts Daily
- Don't Use No Matter What
- Read NA Literature

Suncoast Area 24 hour NA Helpline:

Find a meeting, talk to another recovering addict:
(941) 257-5055

Suncoast Area Website:

www.suncoastna.org

Check out our new website design.

Kudos to Richard for a great job.

NA World Services Website:

www.na.org

Newsletter Contact:

Please forward contributions to: News@suncoastna.org
and complete the

Submission Release Form located at:

www.suncoastna.org/newslettercommittee

The opinions expressed herein are those of the individual contributors, and do not necessarily reflect the opinions of the Newsletter or NA as a whole. We welcome any feedback in accordance with the Second Tradition. Please indicate if you would like that feedback published.

Open Positions with FDC

The following positions are open for the 2010/2011 service year:

- **Public Relations Coordinator**
- **Rack Coordinator for outside facilities**

Interested parties should attend the FDC meeting at 2 pm at Whitfield Presbyterian Church, 7045 North Tamiami Trail, Sarasota, second Sunday of each month and also the Area Service Committee meeting at 4 pm the same time and location, following the FDC meeting. (NA is not affiliated with any Meeting Facili-

Just for Today

I sit in this chair and I am feeling so alone
I want to get up and run then realize, 'to what home?'
There seems I have no place I could really go
The next thing crossing my mind, I have to just say NO
Say no to what? There are so many things in my head
Wanting desperately to say no to the needle that I dread
I don't know if my desires are very good or really bad
It's hard to turn a blind eye to the friend I once had
Now it seems like this has somehow become routine
But not like before when drugs were all I seen
This time this experience is supposed to be for the best
All I can see now from this point is this really is Gods test
How ironic the tools of my addiction become my reality
The Lord working in mysterious ways, now he works through me
I close my eyes tightly, pray for the power to be strong
I ask him to help carry me like I should have all along
Bring peace to my soul dear Lord let me overcome this fear
Take away the urge to boot a pill and chase it with a beer
I know I can do this God, just help me find a way
Help me overcome myself, PLEASE help me Just for Today

Anneliese R

Inside This Issue

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Page 4 Meeting Announcements, *Heard it in a meeting*, Crossword answers and Events

Newsletter name and logo change?

Hi, I'm Robert, I am an addict and I'm the recently elected newsletter coordinator. I've never done newsletter editing before and my predecessor, Kent C., did such a good job that I'm not sure I can fill his shoes. But in the spirit of loving service I will try.

With this newsletter as with recovery, I need all the help I can get. This is OUR newsletter, the voice of the Suncoast Area of Narcotics Anonymous and WE need to contribute. Nothing in NA is 'me'. It is all 'we' and we can make this an interesting and informative newsletter if we all pitch in.

Before he left this area Kent was taking suggestions for a new logo and name for our newsletter. Ducks in the Attic has a story but time has obscured the meaning so perhaps it is time for a change. We'll have the "Ducks" story in the next issue to help you decide.

If you have any ideas for a new slogan/name or if you're an artist and can draw a reproducible (black and white, please) logo then please submit them. We'll publish them for a while then vote on which we think best represents our area.

Contribute and help make your newsletter great!

And don't forget the release form. It can be found at www.suncoastna.org/newslettercommittee .

Here are some suggestions we've received for a new name:

INSIDER VOICE	READERS VOICE	OUR VOICE
THE WORD	IT'S INSIDE	IT'S HERE
LETS HERE IT	TURN IT UP	THE NOTICE
ON YOUR MARK	OUR MARK	MAKE YOUR MARK
THE BIZ		

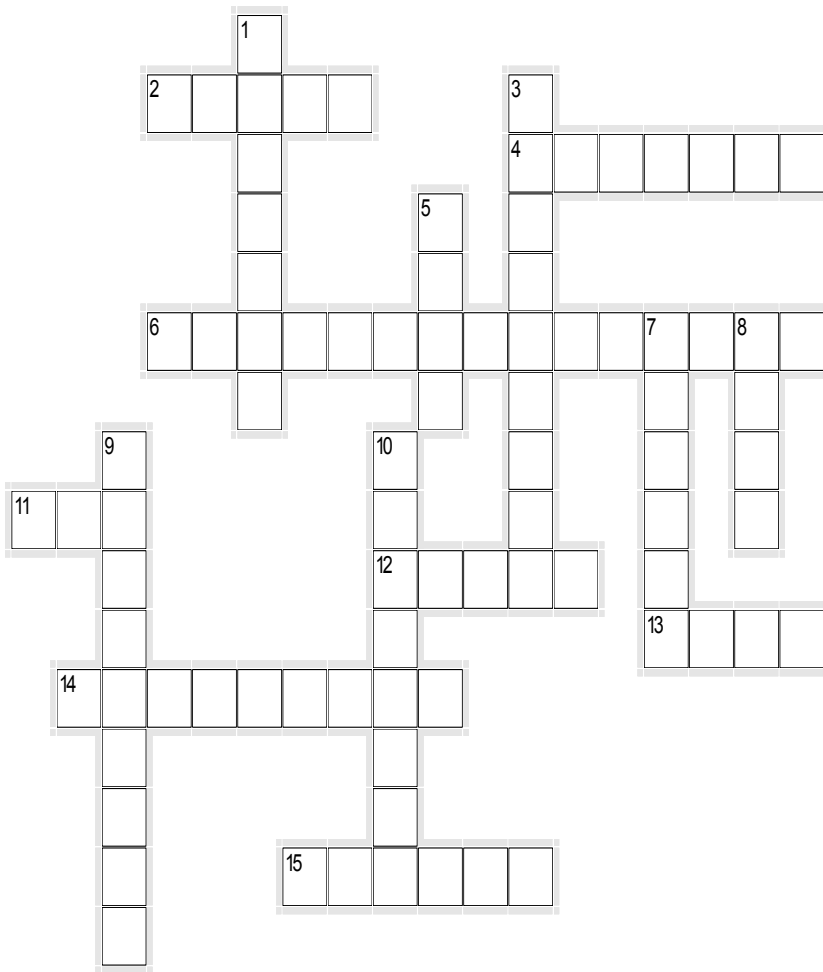
(Thanks Tiffany C.)

Keep 'em coming. We'll run them then we'll have a vote. Thanks for letting me serve, Robert Y

Broken Halo

By: Genielle W.

She uses her words to touch bleeding souls
It fills the void in hers, a gaping hole.
Pain drawn out through nimble fingers
In her heart the pain still lingers.
Fingers intertwined with a pen
In fear she wonders, will it ever end.
Words explode into a canvas journal
The pain in her damaged soul eternal.
She is not without fault, her halo broken
The gaze from her ice cold eyes, words left unspoken
On paper she bleeds out the truth no matter the token.
Her fiery hair is lifted by the first blow escaped
She destroys herself like a desolate landscape.
Because of this she is no longer hiding
But in the pain and fear she is still abiding.
Her very essence is engulfed in the pages
Emotion spills out in a fury of stages.
Such beautiful words created by her hand
Its time for her to take a stand.
Such courageous lines her hand did make
She tells a story you helped create.
And from the loneliness and hate never spoken
The angel is still unchanged, her halo is broken.



EclipseCrossword.com

Step 12 “Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts and to practice these principles in all our affairs”

Across

2. In a sense, Step 12 encompasses all the ____.
4. We will formally ____ each of the steps throughout our lives.
6. It is our purpose to share the message of recovery ____.
11. Our choice isn't whether to carry the message, but ____.
12. Sometimes the only message necessary is the ____ of example.
13. We need to get our own ____ out of the way.
14. We ____ our recovery by sharing it with others.
15. We can now do things that seemed ____ us before.

Down

1. ____ gives us many opportunities to practice spiritual principles.
3. ____ becomes the underlying force in everything that we do.
5. We cannot deny other addicts their ____.
7. The temptation to give ____ is great.
8. The message is meaningless unless we ____ it.
9. The nature of our ____ is as individual and personal as our spiritual path.
10. Taking on a service position in any ____ helps keep NA going.

(Answers on page _4_)

Charlene	Keep It Simple	11/10/2007	3 years
Dan W.	Keep It Simple	11/20/1988	12 years
Doug C.	Keep It Simple	11/1/2006	4 years
Bryan M.	Principles Before Personalities	12/20/2008	2 years
Justin	Tradition Twelve	12/18/2008	2 years
Kim K.	Why Not Now	11/11/2003	7 years
Kat B.	Eye Opener	12/10/2008	2 years

And some we missed in October:

Cheryl C.	Friday Night Clean	10/7/2009	1 year
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**Clean Time Celebrations
November and December**



Submit Clean Dates or corrections two months in advance for inclusion

Submit to: News@suncoastna.org

Calling all artists!

Do you think this newsletter needs a new name and logo?

Please submit artwork and ideas to news@suncoastna.org.

and complete the Submission Release Form located at: www.suncoastna.org/newslettercommittee

We'll publish them in the next few editions

And vote to decide the favorite.



SUNCOAST AREA MEETING ANNOUNCEMENTS

For directions to meetings go to: www.suncoastna.org
Or call the NA Helpline (941) 257-5055
For meetings outside the Suncoast Area, go to: www.na.org
(NA is not affiliated with any meeting facility)



Congratulations Jack G.
New FDC vice-chair.
Thank you for your service.

**Suncoast Area NA
Service Celebration**
Saturday December 11th, 2010
2:00 PM—5:00 PM
Dinner and Presentations by Service Coordinators
Whitfield Presbyterian Church
7045 N. Tamiami Trail

In The Now Needs Support!

Meets Tuesday 7:30pm – 8:30pm
Last Tuesday of the Month 7:30pm – 9pm
The Worship Place
5533 33rd St. East, Bradenton

Steps To Change For Freedom
Is a 'It Works: How and Why' Step and Tradition
study meeting
Meets Monday at 6:30PM at St. Johns Institutional Baptist
Church in Palmetto
See meeting list for the address

Friday Night Clean

First Baptist Church in Bradenton,
will be having a speaker meeting the last
Friday of the month.

BAWCNA Feel To Heal in Bangalore, India have in-
vited any woman who can possibly afford the trip to
attend their first ever convention January 28-31,
2011. Registration and more information can be ob-
tained by contacting the GSR at
anju_arjun@hotmail.com or by writing to feeltoheal@hotmail.com. This is an all woman's NA group.

Fellowship Development Committee ("FDC")

Has Changed Meeting Time and Location:

The 2nd Sunday of each month, from 2pm to 3:30pm
Whitfield Presbyterian Church,
7045 North Tamiami Trail, Sarasota

New Meeting More Gratitude Less Attitude

Meets Monday thru Sunday, 6:15pm-7:15pm
Central Christian Church
926 15th Street West, Bradenton

This newsletter is looking for submissions and people to help
out. Please contact News@suncoastna.org or come to FDC
(See Above)

Get Involved!

Heard it in a meeting:

"Better to shun the bait than to struggle in the
snare."

"Consider how hard it is to change yourself and you
will understand what little chance you have in trying
to change others."

"First thought wrong."

Please submit to:

news@suncoastna.org

Put Heard it in a meeting in the subject line



EclipseCrossword.com