

Suncoast Area Narcotics Anonymous Newsletter Fall 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 T 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.

"We have found that the way to remain a productive, responsible member of society is to put our recovery first. NA can survive without us, but we cannot survive without NA."

Narcotics Anonymous (Basic Text), pg. 102

Practicing principles

How we live the program

Many NA slogans refer to the concept of "living the program." Those slogans are as numerous, varied, and colorful as our membership. In meetings around the world, at any given moment, we might hear, "I try to practice these principles in all my affairs to the best of my ability," or "Just for today, I'm living in the solution," or "I know I have to work my life around my program and not my program around my life."

Learning to live the program of Narcotics Anonymous is as much a part of the foundation for our recovery as not picking up drugs a day at a time. But what does living the program *really* mean?

The stories in this issue are testaments to the power of this simple program. Over and over again, with each member's experience, we see that living the program is more than just a chapter in our Basic Text or the title of a pamphlet.

Living the program is about courage, and faith, and willingness to go the distance no matter what. Living the program is about being faced with life's most incomprehensible horrors and not giving up. Living the program allows us to actively participate in life and all that it brings.

NA offers us a choice of how we want to pursue our newfound life. Staying clean and working the steps gives us the freedom to make that choice. We have all been given a second chance to live a life that can transcend any dream we've ever had. It is up to us whether we want to take that chance and live.

"Just for today I will be unafraid, my thoughts will be on my new associations, people who are not using and have found a new way of life. So long as I follow that way, I have nothing to fear."



Inside This Issue

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And Events

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

A simple way

The following text on Tradition One is excerpted from *The Voice of NA*, Volume 2, February 1968. *The Voice of NA* was our fellowship's first newsletter. In its first issue, the editor wrote, "We hope this newsletter will enlarge on one of our basic beliefs—that the best hope for any addict is the practice of personal freedom in abstinence and the maintenance of a simple spiritual program."

Maintenance of recovery is based on a spiritual foundation whose main aspect is service to others. Haphazard methods can bring no lasting results. Lack of a unified group purpose for our common welfare could soon end in individual effort with self-seeking reward as its goal. . .

What are we willing to give or give up that will have meaning in life or living? Our pride of self in accomplishment? Our bias that says, "I'm different?" Our closed mind that says, "Mine is the right and only way?" Are we willing to give others the right to their voice and opinion and see if experience proves them, one way or the other? Are we willing to try new ideas wholeheartedly? Are we willing to apply to others and the group the same tolerance and patience we show ourselves when we fall short of our personal ideals? Are we willing to do in concerted effort what we cannot do alone? When things do not go well, even when we have tried well, do we scatter to lick our wounds and nurse our grudges, or can we pick up the pieces and, with more understanding, build in a better way?

We are neither saints nor geniuses but if we pool the talents, great and small, that we all do possess, we can change the course of our history and the lives of many we have yet to meet.

Your Fellowship Development Committee ("FDC")

There has been more discussion on the activities of FDC lately than ever. Previously the Newsletter published two articles on FDC during 2009, the time when the committee got started. This is an update of the past year's progress and the current challenges.

The purpose of FDC is to enhance our Area's ability to carry the message to the addict who still suffers. The basic, fundamental way that FDC does this is through teamwork. Prior to FDC, the subcommittees that were involved with various aspects of public relations; Hospitals & Institutions, Helpline, Web Page, Public Relations and Newsletter, all met separately, at separate times and locations, prepared separate reports and operated separately from each other. With FDC, all of these subcommittees were merged and each month they meet together and work towards coordinating their activities to better utilize the resources available. In the Suncoast Area, FDC has been meeting now for a year.

In addition to the regular, ongoing activities of the various subcommittees (now called service areas), FDC made these additional accomplishments during the past year:

1. Put on the first annual FDC Learning Day on Saturday, December 12, 2009. This included presentations by each of the various service areas of FDC as well as a presentation by the Public Relations Coordinator for the Florida Region.
2. Helped streamline and reduce the time required for the monthly Area Service ("ASC") meeting by combining five previous subcommittee reports into a single FDC report.
3. Completed a detailed budget review for FDC based on previous expenditures for the respective subcommittees and on anticipated expenditures for the new service structure.
4. Using a team approach, made several presentations to treatment facilities and other interested, outside organizations.
5. Finally and most importantly, we are learning how to work together. This has been a process. During the past year there were disagreements, debates and changes culminating in a motion during the May 2010 Area Service Meeting to do a spiritual inventory of FDC and the Area as a whole. That inventory began at the July FDC meeting.

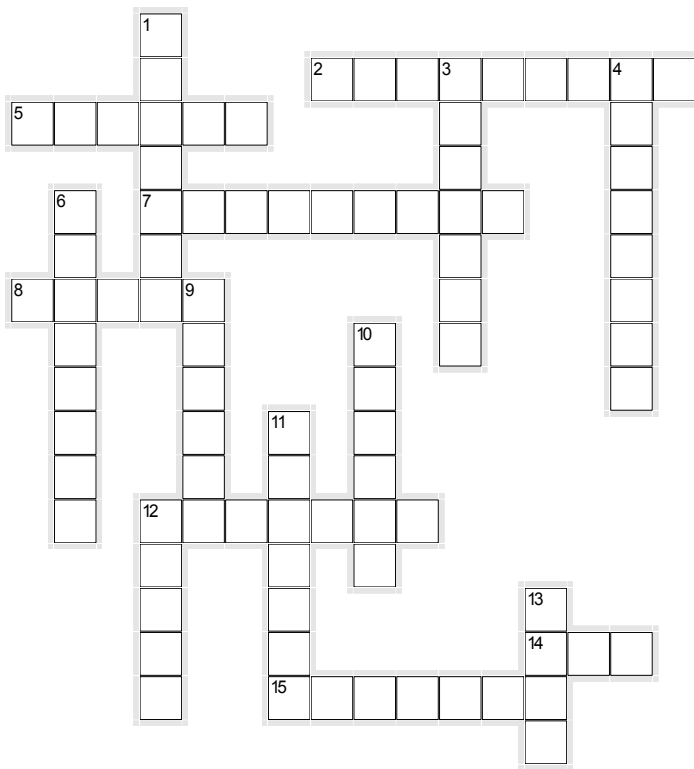
FDC has been in place at the Florida Region for several years and they also experienced challenges in implementing the service structure and learning to work together. This was explained in a presentation made to FDC by two Region delegates; the Florida Region Chairperson and H&I Coordinator. A lot was shared in that presentation but one of the main points was that once the Region adopted FDC and started working in the team based service structure, they have not wanted go back to the old structure.

Open Positions with FDC

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

- **Vice Chair Fellowship FDC**
- **Hospital & Institution ("H&I") Coordinator**
- **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 Facility)



Step 11– “We sought through pray and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the

Across

- 2. Conscious contact is a conscious ____ of our link to a Higher Power.
- 5. We no longer see God's will for us as something we have to ____.
- 7. We no longer have the luxury of consciously ____ (2 words).
- 8. By surrendering control, we gain far greater ____.
- 12. Treating our Higher Power as something to be ____ will rob us on a grand scale.
- 14. Step 11 allows us the opportunity to find our ____ spiritual path.
- 15. Sometimes we prayed for our wants and got ____ once we got them.

Down

- 1. The principle of faith will help us practice the principle of ____.
- 3. ____ count in recovery.
- 4. We learn to be careful of praying for ____ things.
- 6. We leave our ____ behind as meditation becomes a reality.
- 9. We ____ our selfish motives and pray for guidance.
- 10. We need only make sure that we have a system of ____ that works for us.
- 11. In quiet moments of meditation, God's will can become ____.
- 12. The 11th Step involves a ____ discipline of prayer and meditation.
- 13. Many of us find that when we get to NA, we needed to "change ____."

(Answers on page _4_)

EclipseCrossword.com

Clean Time Celebrations
September, October & November 2010

Tradition 12

Tiffany 9/20/2008 2 yrs.

Recovery Ranch

Ann W. 10/19/1987 23 yrs.

Mid-day Wake Up Call

Denise P. 10/05/1992 18 yrs.
Farrell Z. 1 0/25/2002 8 yrs.

Eye Opener

Kat B. 12/10/2008 2 yrs.

Thursday Night Live

Henry E. 10/15/2008 2 yrs.
Wendy W. 10/21/2008 3 yrs.

Friday Night Clean

Francisco D. 10/28/2007 3 yrs.
Karen N. 10/12/2008 2 yrs.
Ken N. 10/22/2008 2 yrs.

Principles Before Personalities

Deborah B. 10/14/2008 2 yrs.

Time 4 Recovery

Dee H. 10/11/2005 5 yrs.

Unity and Serenity

John V. 10/07/1996 14 yrs.

CALL group

Mike B. 10/11/2005 5 yrs.

Keep It Simple

Marie 10/08/2006 4 yrs.
Chris 10/03/2007 3 yrs.
Dan W. 11/20/1988 22 yrs.
Charlene 11/10/2007 3 yrs.
Doug C. 11/11/2006 4 yrs.

Why Not Now

Kim K. 11/11/2003 7 yrs.



Corrections? Contact news@suncoastna.org

Calling all artists!

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



Thursday Night Live Needs Support!

Thursdays 7:30pm – 8:30pm
 Recreation Center, 2800 Newtown Estates,
 Sarasota

Never Alone Group Needs Support!

Meets Monday thru Friday, 10am – 11am
 The Gratitude Club
 530 Payne Parkway, Sarasota

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

Why Not Now - Young Peoples Group Needs Support!

Meets Saturdays 6:30pm – 7:30pm
 Church of the Cross
 5051 26th Street West, Bradenton

Time 4 Recovery: Meeting Has Been Closed

Previously met Saturdays 9:00am – 10:30am
 The Tri Center, 1819 5th Street West, Bradenton

New Meeting

The Cross Fire Group

1st and 3rd Sat of the Month 5:30pm – 6:30pm
 Christ United Methodist Church, Room #4
 5512 26th Street West, Bradenton

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:

“I realized that the still sick and suffering addict could be me, after years of clean time; it could still be me!”

“We didn’t do it like this up north.”

Please submit to:

news@suncoastna.org

Put Heard it in a meeting in the subject line

