

The Way



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

*Check out our new website design.
Kudos to Richard for a great job.*

Suncoast Area Website:

www.suncoastna.org

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.

Mistakes or Learning Experiences?

The creator designed us to learn by trial and error. The path of life we walk is very wide. Everything on the path is sacred ---what we do right is sacred--- but our mistakes are also sacred. This is the Creator's way of teaching spiritual people. To criticize ourselves when we make mistakes in not the spiritual way of life. To learn from mistakes is the spiritual way of life. The definition of a spiritual person is one who makes 30-50 mistakes each day and talks to the Creator after each one to see what to do next time and what is to be learned from the mistake.

Thus a mistake can be turned into a learning experience.

This is the way of the spiritual person.

Author Unknown

Inside This Issue

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"Today I got out of all trouble,
Or rather I have cast out all trouble,
For it was not outside but within and in my opinions".

Marcus Aurelius

One of the unexpected gifts of living the program is the ability to separate what is real from what is only in my perceptions. If my troubles are only in my head then changing the way I think can make them go away. And the longer I'm clean the more I realize that *all* my troubles are in my head; in the way I think about what is happening around me; the way I think about life. So to cast trouble out of my life I need only cast trouble out of my opinions. Today I can see troubles as opportunities for growth and be grateful for a life with so much diversity. *Anonymous*

**Like the new letterhead and
newsletter name?**

**Let us know what you think at
News@suncoastna.org**

We will print all letters.

Help us be responsible caretakers of NA funds.

The Literature Committee is asking that unused meeting lists be returned to them for recycling. Also groups are asked to note on GSR reports how many new meeting lists they received and how many are unused at the end of the meeting list cycle (every two months).

This is an effort to determine whether we are printing to many lists and, if so, to cut down on waste and printing costs by printing less.

A Vision for NA Service

All of the efforts of Narcotics Anonymous are inspired by the primary purpose of our groups. Upon this common ground we stand committed.

Our vision is that one day:

- Every addict in the world has the chance to experience our message in his or her own language and culture and find the opportunity for a new way of life;
- Every member, inspired by the gift of recovery, experiences spiritual growth and fulfillment through service;
- NA service bodies worldwide work together in a spirit of unity and cooperation to support the groups in carrying our message of recovery;
- Narcotics Anonymous has universal recognition and respect as a viable program of recovery.

Honesty, trust, and goodwill are the foundation of our service efforts, all of which rely upon the guidance of a loving Higher Power.

From THE NA WAY e-magazine March 2011

Heard it in a meeting:

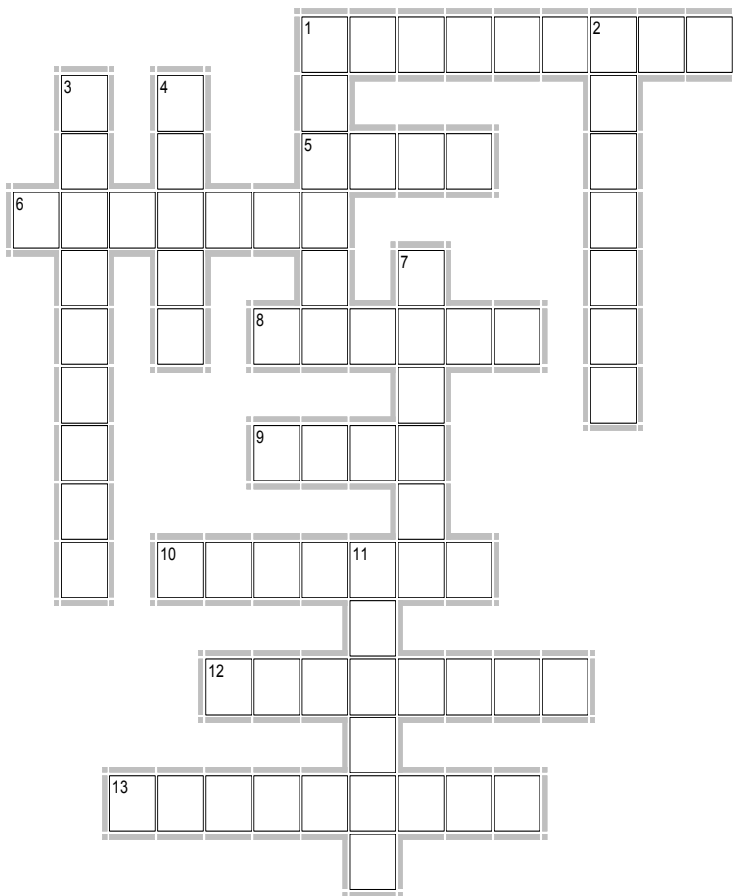
Please submit to: news@suncoastna.org

Put Heard it in a meeting in the subject line

Feel, Deal, Heal!

**Thoughts are not things and feelings are not facts;
they only have the power we give them.**

Even if I'm on the right track, if I don't move I'll get run over.



Step 1 "We admitted that we were powerless over our addiction, that our lives had become unmanageable"

Across

1. ___ is a physical, mental and spiritual disease that affects every area of our lives.
5. Recovery doesn't exempt us from ___.
6. Our ___ is progressive, incurable and fatal.
8. Obsession is the never ending ___ of thoughts.
9. We realize that we cannot use drugs and ___.
10. ___ had to replace denial.
12. We are responsible for our ___.
13. When we admit we're ___, we never have to use again.

Down

1. In NA, we deal with every ___ of our addiction.
2. Compulsion is the irrational ___ to continue using.
3. The ___ part of our disease is our total self-centeredness.
4. In NA, staying ___ has to come first.
7. Victory lies in the admission of ___.
11. Long-lasting change in recovery happens ___.

(Answers on page 2)

EclipseCrossword.com

**Clean Time Celebrations
May and June 2011**

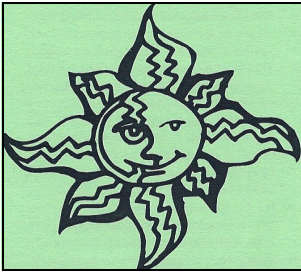
For inclusions or corrections
Please e-mail news@suncoastNA.org

CORRECTIONS:

Richard G. 4/15/1994 17 years
Kathy W. 4/22/2009 2 years



Doug	Friday Night Clean	2 years	5/24/2009
Leah P.	Steps to Change	2 years	5/27/2009
Drew K.	Why Not Now?	3 years	5/13/2008
Molly	Tradition Twelve	2 years	5/26/2009
Herb	Tradition Twelve	2 years	6/4/2009
Renee	Tradition Twelve	5 years	6/14/2006
Jeanette P.	Daily Fix	28 years	6/15/1983
Ted P.	Daily Fix	20 years	6/28/1991



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)



The Helpline Needs Help!
 Please help our helpline remain available to addicts needing meeting times, meeting locations or just another addict on the other end of a phone.
Helpline meets

More Gratitude Less Attitude
 Meets Monday thru Sunday, 6:15pm-7:15pm
 Central Christian Church
 926 15th Street West, Bradenton
 "My Gratitude Speaks Dinner"
 Second Tuesday of Every Month
 Please Bring Your Favorite Nosh.



Bay Area FRCNA FUN raiser with On-Site REGISTRATION!!
Presented in the spirit of unity between our Area and our Region

\$5.00 Admission includes-
Karaoke Contest1st Prize:
 FRCNA Registration
Speakers: Regional Committee Members Past & Present
Please come and also enjoy:
 \$5.00 Baked Ziti Dinner Desserts \$1.00 - Beverages \$1.00
 OR
 \$7.50 in Advance - Admission & Dinner

Date: May 14th, 2011
Time: 6:00pm - 10:00pm
St. John's Church
1676 S. Belcher Road, Clearwater

Contact: Ramon 727-213-7419

NA is not associated with this facility.

Fellowship Development Committee ("FDC")
meets
 The 2nd Sunday of each month, from 2pm to 3:30pm
 Whitfield Presbyterian Church,

This newsletter is looking for submissions (articles, news, activities, etc.) and people to help out. Please contact News@suncoastna.org or come to FDC (See Above)
Get Involved!



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