

Suncoast Area of Narcotics Anonymous
November & December 2011
Newsletter

CLEAN TIMES



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

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.

Do some Service and be part OF

The purpose of the Fellowship Development Service Committee (FDC): The reason we exist.

Our purpose is based on NA's 5th Tradition, "Each group has but one primary purpose - To carry the message to the addict who still suffers," and the 12th Step "We tried to carry the message to the addict who still suffers".

Everything we do in NA Service must be motivated by the desire to successfully carry the message of recovery - That an addict, any addict can stop using drugs, lose the desire to use, and find a new way to live.

The Suncoast Area Fellowship Development Committee is the working body for our combined group service efforts, and it is directly accountable to the Suncoast Area Service Committee and the groups it represents in it's actions, "The final responsibility and authority for NA Service rests with the NA Groups." (2nd Concept of NA Service).

Our group service efforts include Hospitals & Institutions, Newsletter, Hotline and Activities and Literature Racks, Website and Ad Hoc committees formed for a specific, temporary service.

The FDC meets every 2nd Sunday at Whitfield Presbyterian Church 7045 North Tamiami Trail, between Sarasota and Bradenton. H&I meets at 1:00PM, before the FDC meeting at 2:00 and the ASC meeting at 4:00.

Everyone is welcome to come to FDC and ASC and see how it works. Maybe you'll stay, Do Some Service and Be Part OF.

Inside This Issue

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Page 2 Reader Submissions & Heard It In A Meeting

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Page 4 Meeting Announcements, Crossword Answers and Upcoming Events

I Am Your Disease

I hate meetings, I hate a Higher Power, I hate anyone who has a program of recovery. To all who come into contact with me I wish you death and suffering. Allow me to introduce myself: I am the disease of addiction. Cunning, baffling, and powerful. I have killed millions and I am pleased. I love to catch you with the element of surprise I love pretending that I am your friend and lover. I have given you comfort; have I not? Wasn't I there when you were lonely? When you wanted to die, didn't you call me? I will give you instant gratification and all that I ask for in return is spiritual suffering and death. I've been there for you always. When things weren't going right in your life, you invited me. You said that you didn't deserve good things, and I agreed with you. Together we were able to destroy all things good in your life. I am such a hated disease and yet I do not come uninvited. So many have chosen me over serenity and peace More than you hate me, I hate all of you who have a 12 step program. Your meetings, your Higher Power they all weaken me and I can't function in the manner I am accustomed to. When you live, I only exist. When you only exist, I may live. If you need me, I will be here for you until I turn my back on you again, friend.

Submitted by Tiffany C. - Author Unknown

NA SLOGANS

- HIP POCKET RECOVERY (LITTLE WHITE BOOK DAYS)
- MEETING MAKERS MAKE IT
- GIVE UP, CLEAN UP, MAKE UP, KEEP UP
- 90 MEETINGS IN 90 DAYS
- KEEP COMING BACK
- AN ADDICT ALONE IS IN BAD COMPANY
- LET GO LET GOD
- DIAL IT DON'T FILE IT
- YOU ARE ONLY AS SICK AS YOUR SECRETS
- NO ADDICT SEEKING RECOVERY NEED DIE
- THE LIE IS DEAD
- JUST FOR TOOAY
- HIP, SLICK, AND DEAD
- CLEAN UP OR COVER UP
- JAILS, INSTITUTIONS, AND DEATH
- ONE PROGRAM, ONE DISEASE
- WORK THE STEPS AND LIVE
- HAPPY, JOYOUS, AND FREE
- THIS TOO SHALL PASS
- DOPELESS HOPEFIEND
- FAKE IT UNTIL YOU MAKE IT
- HIGHER POWERED
- IF GOO SCARES YOU AWAY DRUGS WILL BRING YOU BACK
- HUGS NOT DRUGS
- GET IN THE MIDDLE AND YOU WON'T FALL OFF
- COME EARLY STAY LATE
- YOU SPOT IT YOU GOT IT
- BE PATIENT; GOD IS NOT THROUGH WITH ME
- KEEP IT SIMPLE
- IF IT WORKS DON'T FIX IT
- RELAPSE IS NEVER AN ACCIDENT
- DONT USE NO MATTER WHAT
- GOD WORKS ANONYMOUSLY
- WHAT IS SAID HERE STAYS HERE
- GROUP CONSCIOUS: A LOVING GOD AS WE UNDERSTAND HIM
- A MEETING A DAY
- CULTIVATE AN ATTITUDE OF GRATITUDE

Heard it in a meeting:

Please submit to: newsletter@suncoastna.org Put "Heard it in a meeting" in the subject line

"If I can't set aside time for prayer and meditation
how will I ever find time for the fear and remorse "

"Trying to pray is praying "

"My level of serenity is directly proportional to my level of acceptance."

**We are still trying new letterheads and
newsletter names.**

Make suggestions or just let us know what you think at News@suncoastna.org

We will print all letters unless otherwise requested.

Step 4 “We made a searching and fearless moral inventory of ourselves”

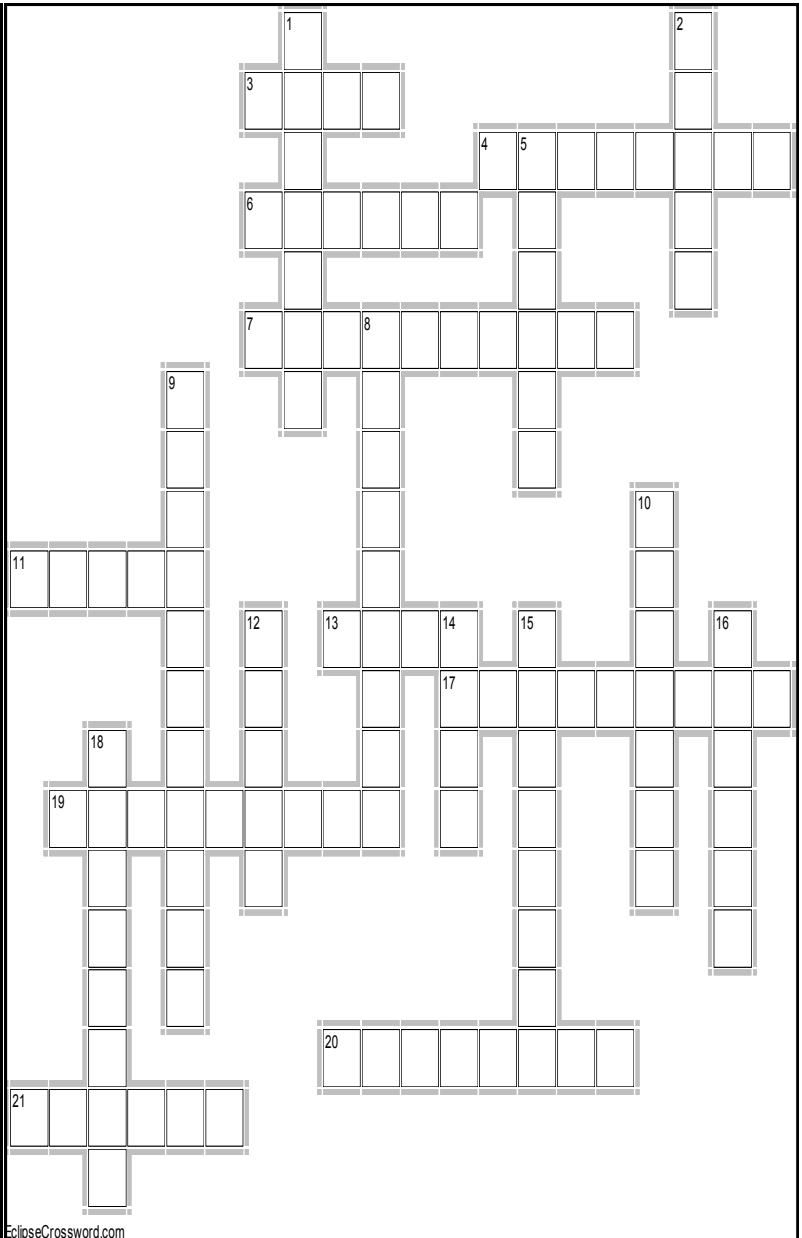
Across

- 3. What we currently know to be ___ we put on paper.
- 4. We try to free ourselves of old, useless ___.
- 6. Each layer of the "onion" represents another layer of ___.
- 7. ___ action on the 4th Step is important.
- 11. The way to write an inventory is to ___ it.
- 13. Once we begin the words seem to ___.
- 17. We do not recover physically, mentally or spiritually ___.
- 19. Anything we think about is ___ material.
- 20. The stress once trapped inside of us is ___.
- 21. Through this process, our lost ___ may reawaken.

Down

- 1. An inventory initiates a process of change and ___.
- 2. We're building self ___ in the process of working Step 4.
- 5. We take stock of our ___ and liabilities.
- 8. We want to be at peace with our own ___.
- 9. We make a list of our ___.
- 10. We explore how we felt about ignoring our deepest ___.
- 12. We have found that fear is a lack of ___.
- 14. Let's face it; this step takes a lot of ___.
- 15. Naming our ___ is important.
- 16. The solution to our problem is a profound ___.
- 18. We begin to stop being the person we ___.

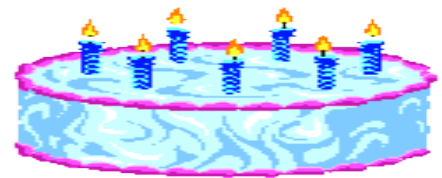
(Answers on page 4)



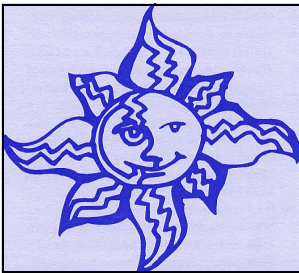
EclipseCrossword.com

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

**Clean Time Celebrations
November & December 2011**



Doug C.	Keep It Simple	5 years	11/1/2006
Todd R.	Wharf Rats	18 years	11/10/1993
Charlene	Keep It Simple	4 years	11/10/2007
Kim K.	Why Not Now	8 years	11/11/2003
Tiffany C.	Fresh Start Group	3 years	11/20/2008
Dan W.	Keep It Simple	23 years	11/20/1988
Justin	Tradition Twelve	3 years	12/18/2008
Bryan M.	Principles Before Personalities	3 years	12/20/2008



SUNCOAST AREA 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 at FDC Every second Sunday at 2:00 PM

Recovery Ranch has Moved!
Now located at
Faith United Church of Christ
4850 SR 64 Bradenton
Friday 7:15 pm to 8:15 pm

LITERATURE PRICE INCREASE - IN EFFECT

NA World Services had postponed any across-the-board price increase for ten years, since January 2001. Given rising production costs and the current economic climate, we implemented the price increase which became effective 1 July 2011. This is a five-percent across-the-board price increase on all of our inventory items, except the Basic Texts, all gift editions, Miracles Happen, and self-support IPs #24 and #28. The items that fall into the price increase are all: key-tags, medallions, booklets, pamphlets and book-length recovery literature. Again, the price of the Basic Text remains the same.

This increase applies to WSO-Chatsworth, WSO-Europe, and WSO-Canada.

Our current financial model perpetuates a reliance on the sales of NA literature to fulfill our service efforts. Our aim is for services to be paid for more by member contributions rather than a reliance on the sales of literature, especially our primary recovery text. We realize that any price increase is inconvenient at best; however, production and cost of goods charges do not stand still. We are all familiar with the reality that the cost of most things goes up over time.

NA is not exempt from this reality.

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Fellowship Development Committee (FDC)
meets
The 2nd Sunday of each month,
Hospitals & Institutions 1:00—2:00
Fellowship Development Committee 2:00 - 3:30
Area Service Committee 4:00-5:00
Whitfield Presbyterian Church,
7045 North Tamiami Trail, Sarasota

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

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 too many lists and, if so, to cut down on waste and printing costs by printing less.

