

WHAT IS A “HOME GROUP”?

In some NA communities, it has become customary for members of the fellowship to make a personal commitment to support one particular group—their “home group.” Though this custom is not universal, many believe its practice can benefit the individual member as well as the group. For the individual member, it can provide a stable recovery base, a place to call “home,” a place to know and be known by other recovering addicts. For the group, it ensures the support of a core of regular, committed members. A strong home group can also foster a spirit of camaraderie among its members that makes the group more attractive to and more supportive of newcomers. The home group provides many opportunities for us to involve ourselves in the NA Fellowship, making it a great place for us to start giving back what Narcotics Anonymous has so freely given us. In committing to our home group, we make a personal commitment to NA unity. That commitment not only enhances our own recovery, it helps ensure recovery is available for others. Our home group also gives us a place in which to participate in NA’s decision-making processes. While the home group concept is the accepted norm in some NA communities, it’s unknown in others. There are many, many ways of talking and thinking about the bond established among addicts in their groups. Do what seems most suitable in your own NA community.
 From the *The Group Booklet*

Suggestions to Follow When Faced with Illness

Recovery does not guarantee us freedom from living life on life’s terms. In NA we can learn to accept the reality of life, which sometimes brings us illness or injury. We’ve learned in NA that we can apply spiritual principles to help us get through these difficult times. Some of our members have found the following list of suggestions helpful in dealing with the impact of illness on their recovery.

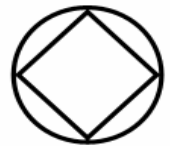
- Go to as many NA meetings as possible.
- Work closely with your sponsor.
 - Read NA literature.
 - Reach out. Ask for support.
 - Write about your feelings.
- Practice the Steps and Traditions.
 - Pray and meditate.
- Share your thoughts and feelings honestly and openly.
- Identify yourself as a recovering addict to health care professionals.
- Talk to your doctor or pharmacist before taking over-the-counter drugs.
- Arrange for an NA member to be with you during surgery or other medical treatment involving drugs.
- Honestly evaluate your condition and explore alternatives to medication.
- Continue on your path of recovery in Narcotics Anonymous.

From the *In Times of Illness* Booleet



UNITY

"personal recovery depends on NA unity"



The Central Ohio Area of Narcotics Anonymous Newsletter

**FOR THE NEWCOMER
Consequences**

Ever been tempted to do something even when you knew the results would be disastrous? Ever thought about how much it was going to hurt to do what you were tempted to do, then proceed to do it anyway? It is said that there are consequences to every action. Before we got clean, many of us simply didn’t believe this. But now we know exactly what it means. When we act, we know there will be consequences to pay. No longer can we decide to do something in ignorance when we know full well that we won’t like the price we’ll have to pay. There’s a prize and a price. It’s okay to act despite the consequences if we’re willing to pay the price, but there’s always one to pay.

Service Office Volunteers Needed

NA members willing to be trained in the office and serve 1-2 hours per week please call the office at (614) 252-1700 or stop by to set up an appointment. *Great service opportunity.*

Step 11

“We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.” Though each of us defines “emotional balance” a little differently, all of us must find it. Emotional balance can mean finding and maintaining a positive outlook on life, regardless of what may be happening around us. To some, it might mean an understanding of our emotions that allows us to respond to our feelings. It can mean that we experience our feelings as intensely as we can while also moderating their excessive expression. Emotional balance comes with practice in prayer and meditation. We get quiet and share our thoughts and hopes and concerns with the God of our understanding. Then we listen for guidance, awaiting the power to act on that direction. Eventually, our skills in maintaining near-balance get better, and the wild up-and-down emotional swings we used to experience begin to settle. We develop an ability to let others feel their feelings; we have no need to judge them. And we fully embrace our own personal range of emotions.

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| <p>Sponsorship, Revised IP #11 One of the first suggestions many of us hear when we begin attending NA meetings is to get a sponsor. This pamphlet is intended to serve as a brief introduction to sponsorship. Our Basic Text tells us that “the heart of NA beats when two addicts share their recovery,” and sponsorship is simply one addict helping another. The two-way street of sponsorship is a loving, spiritual, and compassionate relationship that helps both the sponsor and sponsee. This pamphlet includes the following information about sponsorship: WHO is a sponsor? WHAT does a sponsor do? WHAT does a sponsee do? HOW do we get a sponsor? WHEN should we get a sponsor? WHERE do I find one?</p> | <p>Tradition 11 <i>“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.”</i> The existence of a public relations “policy” implies the importance of a public relations “program” in carrying out our fellowship’s primary purpose. As NA groups, service boards, and committees, we deliberately and energetically cultivate good public relations, not as an incidental result of our normal activity but as a way to better carry our message to addicts. Public anonymity helps keep the focus of our public relations on the NA message, not the PI workers involved. From <i>A Guide to Local Services in NA</i></p> | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>COACNA XVIII - POINT OF FREEDOM “Uncover, Discover, Recover” Often when attending N.A. Conventions, members ask, “Why should I register?” They do not understand the convention incurs a great deal of expense. These expenses include the leasing of space in the hotel, the cost of printing programs, flyers, tickets, and other items in the registration packages. Other expenses are related to planning, such as rental of meeting spaces, telephone expenses, copying and supplies. The monies collected also help support The Central Ohio Area as it seeks to carry the message to addicts still suffering.</p> | <p><i>Do you have a sponsor?</i></p> <p><u>Meetings Needing Support</u></p> <table border="0"> <tr> <td><i>Sunday Diversity</i></td> <td>SUN 4 PM</td> </tr> <tr> <td><i>Hearts I</i></td> <td>SUN 7 PM</td> </tr> <tr> <td><i>Just Afternoon Group</i></td> <td>MON-FRI 12:15 PM</td> </tr> <tr> <td><i>Southside Serenity</i></td> <td>MON 7:30 PM</td> </tr> <tr> <td><i>Principles B4 Personalities</i></td> <td>MON 8PM</td> </tr> <tr> <td><i>The Triple R Group</i></td> <td>TUES 7 PM</td> </tr> <tr> <td><i>The Next Write Thing</i></td> <td>TUES 9:20 PM</td> </tr> <tr> <td><i>We Care Group</i></td> <td>WED 8 PM</td> </tr> <tr> <td><i>We Do Recover</i></td> <td>THUR 6:30 PM</td> </tr> <tr> <td><i>Never Alone Never Again</i></td> <td>THUR 7:30 PM</td> </tr> <tr> <td><i>Strength, Trust, And Unity</i></td> <td>THUR 7:30 PM</td> </tr> <tr> <td><i>Hope, Not Dope</i></td> <td>FRI 7 PM</td> </tr> </table> <p>See schedule for meeting locations</p> | <i>Sunday Diversity</i> | SUN 4 PM | <i>Hearts I</i> | SUN 7 PM | <i>Just Afternoon Group</i> | MON-FRI 12:15 PM | <i>Southside Serenity</i> | MON 7:30 PM | <i>Principles B4 Personalities</i> | MON 8PM | <i>The Triple R Group</i> | TUES 7 PM | <i>The Next Write Thing</i> | TUES 9:20 PM | <i>We Care Group</i> | WED 8 PM | <i>We Do Recover</i> | THUR 6:30 PM | <i>Never Alone Never Again</i> | THUR 7:30 PM | <i>Strength, Trust, And Unity</i> | THUR 7:30 PM | <i>Hope, Not Dope</i> | FRI 7 PM |
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| <p>2006-2008 Fellowship Issue Discussion Questions IT’S ALL ABOUT CARRYING THE MESSAGE</p> |
| <p><i>Continued from last month</i></p> <p>11. How can groups and areas work together to help in these efforts? How can local service efforts be targeted to reach those missing from our meetings? NA communities worldwide and NA World Services work together in a spirit of unity and cooperation to carry our message of recovery... Our Service System</p> <p>12. In what ways can we bring recovery principles into our service meetings? 13. How can our current service system better allow for new ideas and creative approaches? In what ways can we improve relationships and communication with other service bodies (committee to committee, area to area, area to region, region to area, zone or world services, etc.)? 14. What are some ways we can evaluate our service efforts? What value is there in following up on these efforts? How can we improve our follow-up efforts? 15. What aspects of the system may need changing? What steps can be taken to help build a more productive and responsive service structure? 16. Who is missing from our service structure? How can we better cultivate, support, and encourage leadership within the service structure? How can we help to get people the information, tools, and support they need to be successful in their service efforts? 17. How can NA communities expand their resources (members, tools, and finances) and better use those resources? How do your group contributions help to carry the message at all levels of the service structure? 18. How can we make service more interesting, stimulating, and rewarding? And perhaps even fun?</p> |
| <p>Did you know? The Central Ohio Newsletter subcommittee is participating in a newsletter exchange program with The Hole in the Wall Group at the Oregon State Penitentiary. This is an actual group registered with their local ASC, instead of an H&I panel. If anyone is interested in reading The Hole in the Wall Group newsletter, copies are available at the service office.</p> |

For more information on service opportunities or upcoming events, please call the Area Service Office at (614) 252-1700. The Area Service Office is located on the second floor of 1561 Old Leonard Ave.