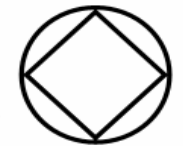




UNITY
"personal recovery depends on NA unity"



The Central Ohio Area of Narcotics Anonymous Newsletter

Upcoming Event: Addithon

Continuous Recovery Meetings Starting
Noon on December 24th
until
Midnight on December 25th
Just for Today Club
1008 E Livingston Ave
Main speaker at 8:00pm on 25th
All groups that can are asked to donate
meat or a covered dish.
Groups wishing to sign up to chair
meetings times should contact:
RONA M. @ 614.251.8014

Help Wanted

Unity is a newsletter designed for the
fellowship of Narcotics Anonymous in
central Ohio. That means the experience
and ideas we publish should come from
the fellowship. Give us your input. We
want you to share your experience,
strength and hope on staying clean.

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.

What is an NA group?

When two or more addicts come together
to help each other stay clean, they may
form a NA group. Here are six points
based on our traditions which describe an
NA group:

1. All members of a group are drug addicts, and all drug addicts are eligible for membership.
2. As a group, they are self-supporting.
3. As a group, their single goal is to help drug addicts recover through application of the 12 Steps of NA.
4. As a group, they have no affiliation outside NA.
5. As a group, they express no opinion on outside issues.
6. As a group, their public relations policy is based on attraction rather than promotion.

In stating the six points that differentiate
an NA group from other kinds of groups,
we place greater emphasis on *drug*
addiction than almost anywhere else in
our service literature. This is because NA
groups cannot be all things to all people
and still provide the initial identification
drug addicts need to find their way to
recovery. By clarifying our groups' sole
membership requirement and primary
purpose in this way, once and for all, we
free ourselves to focus on freedom from
the disease of addiction in the bulk of our
service literature, certain that our groups
are providing adequate grounds for
identification to those seeking
recovery.

FOR THE NEWCOMER
Recovery: our first priority

"We have to keep our recovery first and
our priorities in order."
Before coming to NA, we used many excuses to
justify our use of drugs. We used these same
excuses for not seeking help for our drug
problem. We had to realize that these things
kept happening because we kept using drugs.
Only when we made recovery our first priority
did these situations begin to change. We may be
subject to the same tendency today, using
excuses for not attending meetings and being of
service. Our current excuses may be of a
different nature: "I can't leave my kids." "My
vacation wore me out." "I have to finish this
project so I can impress my boss." But still, if
we don't make recovery our first priority,
chances are that we won't have to worry about
these excuses anymore. Kids, vacations, and
jobs probably won't *be* in our lives if we relapse.
Our recovery must come first. Job or no job,
relationship or no relationship, we have to attend
meetings, work the steps, call our sponsor, and
be of service to God and others. These simple
actions are what make it possible for us to have
vacations, families, and bosses to worry about.
Recovery is the foundation of our lives, making
everything else possible.
Narcotics Anonymous Basic Text, p.79

An Addict Shares their Experience with
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." I was introduced
to the steps and fighting the theme all the way.
I was demoralized, dead spiritually, holding
on to the rock of images, ideas, hopes, and
dreams. Learning step one, I know was the
hardest, long, dragged out episode of my life,
Lasting about 15 years. It was after several
attempts to do it my way; having bright ideas,
jails, and treatment centers did I truly
surrender to the process. It was not easy. By
learning to trust in the intelligence that causes
me to breathe, I have, and ONLY then have I
experienced any of the steps. They are in order
for a wonderful and unexplainable reason. I
am responsible to carry the message of hope
to anyone suffering from addiction. I am not
in charge; the spirit will put those people,
situations, and things to do right before me.
Only through the application of these steps, on
a 24 hour bases will I ever be able to see. As
long as the ties that bind us together are
stronger than those that would tear us apart,
we will all experience the love for one
another, and that in which causes us to exist.
Be kind to one another you brothers and
sisters.....smiles to all and Thank You

<p>Our Own Story</p> <p>“When we honestly tell our own story, someone else may identify with us.” Many of us have heard truly captivating speakers at Narcotics Anonymous conventions. We remember the audience alternating between tears of identification and joyous hilarity. “Someday,” we may think, “I’m going to be a main speaker at a convention, too.” Well, for many of us, that day has yet to arrive. Once in awhile we may be asked to speak at a meeting near where we live. We might speak at a small convention workshop. But after all this time, we’re still not “hot” convention speakers—and that’s okay. We’ve learned that we, too, have a special message to share, even if it’s only at a local meeting with fifteen or twenty addicts in attendance. Each of us has only our own story to tell; that’s it. We can’t tell anyone else’s story. Every time we get up to speak, many of us find all the clever lines and funny stories seem to disappear from our minds. But we <i>do</i> have something to offer. We carry the message of hope—we can and do recover from our addiction. And that’s enough.</p> <p>Just for today: I will remember that my honest story is what I share the best. Today, that’s enough.</p> <p><i>Narcotics Anonymous Basic Text, p. 95</i></p>	<p>Tradition 12</p> <p><i>“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.”</i></p> <p>Anonymity is one of the basic elements of our recovery and it pervades our Traditions and our Fellowship. It protects us from our own defects of character and renders personalities and their differences powerless. Anonymity in action makes it impossible for personalities to come before principles.</p> <p><i>From A Guide to Local Services in NA</i></p> <hr/> <p>“Goodwill is best exemplified in service; proper service is ‘Doing the right thing for the right reason.’”</p> <hr/> <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>Show and Grow Up</i></td><td>SUN 7 PM</td></tr> <tr><td><i>Hearts I</i></td><td>SUN 7 PM</td></tr> <tr><td><i>The Never Alone Zone</i></td><td>MON 7 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>New Start Group</i></td><td>WED 8 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>Let’s Dump It All</i></td><td>FRI 7 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>Show and Grow Up</i>	SUN 7 PM	<i>Hearts I</i>	SUN 7 PM	<i>The Never Alone Zone</i>	MON 7 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>New Start Group</i>	WED 8 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>Let’s Dump It All</i>	FRI 7 PM	<i>Hope, Not Dope</i>	FRI 7 PM
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<p>WORLD SERVICE BOARD OF TRUSTEES BULLETIN #28</p> <p>Freedom From Prejudice</p> <p><i>This article was generated by the World Service Board of Trustees in April 1993 in response to the needs of the fellowship. It represents the views of the board at the time of writing.</i></p> <p>More frequently than ever, the World Service Board of Trustees is being asked to comment on the issue of prejudice within NA. It would be easy for us to write a paper which simply says: Prejudice is wrong. Cut it out! However, we believe that there is no imposed solution. Only we, as individual members of Narcotics Anonymous, can resolve this problem. It presents each of us with the challenge to practice more fully those principles which make our recovery possible--the spiritual principles found in our Twelve Steps and Twelve Traditions. Each of us is responsible for carrying the NA message without regard to age, race, sexual identity, creed, religion, or lack of religion. Most of us have felt the pain of prejudice at different times during our lives. Even so, we often delude ourselves into believing that we are personally free from all prejudice. This type of denial allows us to pass judgment on the quality of another member's recovery or sponsor, tune out when certain members share, or avoid particular people or groups of people. We may make snide or "humorous" remarks about someone's race, sexual preference, age, gender, body shape, culture, or spiritual beliefs. We may avoid members who are physically ill or are taking prescribed medication. Whether subtle or blatant, all forms of prejudice harm our unity and prevent us from fulfilling our primary purpose. We do not and cannot recover alone. Some members can remember being unwelcome in other fellowships. Some of us recall sitting alone with a White Booklet waiting for another addict to show up at a meeting so that we could have our own NA group. Another addict, <i>any addict</i>, was exceedingly welcome. As we have become prosperous, laden with choices of where to recover and with whom, we have allowed the defect of prejudice to assert itself and, more sadly, to live in our hearts. While it is possible for us to walk through the doors of NA with the defects of character which promote attitudes of hostility toward others, over time these defects make recovery difficult if not impossible. As a defect, prejudice shares some of the same characteristics as our disease. It is based in fear, self-centeredness, suspicion, and intolerance. These qualities represent our disease rather than the spiritual process of recovery in NA. Our program is carried from one addict to another without regard to anything but the desire to recover from our disease -- <i>Continue next month</i></p>
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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.