

Home Away From Home

My home group is, first, the Fellowship of NA as a whole. I can go anywhere and find a meeting. When I walk in, there will be a comfortable, friendly atmosphere where I know I will be accepted for who I am and the disease I have, and that gives me a warm feeling inside. However, I do need a second home group for more stability, a place to be helpful and responsible to others with the disease of addiction. A home group is a place where I feel needed and wanted by others with the disease of addiction. A home group is a place where I feel needed and wanted by other humans. I get to meet other members – people I can count on – as well as get hugs and understanding. When the group needs support, we have a group conscience and pray to our Higher Powers for guidance and strength. We also ask the area service committee for ideas or input. Other addict members' input or advice comes from a variety of backgrounds, which helps a lot. Our primary purpose is to have a meeting place where the doors are open for the addict who suffers and those recovering from addiction. Our secondary purpose is to share our strength and hope—there is a way to recover from active addiction. Thank you, NA for the suggestions and a new way to live life. I also have to thank my Higher Power for the guidance and help I have today. Thanks for giving me hope. -- *Don J, Minnesota*

Taken from *The NA Way Magazine*; April 2002

The Principle of Giving

One of the primary principles I was taught when I came to NA was giving of my time and resources. Whether it's taking an addict to a meeting, chairing a meeting or putting a few dollars in the basket, it's a responsibility that I take seriously. I was reminded of the principle of giving when I attended area service this past month. I heard we were a little short on funds. I have to agree with some of the comments that were made, putting a dollar in the basket is not good enough today. I have been around long enough to know that I can afford to put in a few more dollars. In the past I have been on welfare and couldn't afford to give much; today is much different. As a responsible member of NA and a productive member of society, I know I can do better. When I can't contribute financially, I know there are many other ways to give back what this program has given me. There are meetings to chair, people to sponsor, and many other service related activities that I can give to. It's easy to get into the "I'm busy syndrome" but I must apply the principle of giving, its how this program works.

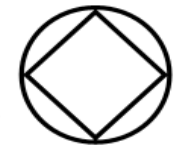
Meetings Needing Support

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| <i>Sunday Diversity</i> | SUN 4 PM |
| <i>Show and Grow Up</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>Ties That Bind Us Together</i> | TUES 6 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>Let's Dump It All</i> | FRI 7 PM |
| <i>Hope, Not Dope</i> | FRI 7 PM |
| <i>Heritage Group</i> | FRI 8:30 PM |
| <i>New Horizons Groups</i> | SAT 12 NOON |

See schedule for meeting locations



UNITY
"personal recovery depends on NA unity"



The Central Ohio Area of Narcotics Anonymous Newsletter

Nominations Open for our Central Ohio Area Service Positions
The Central Ohio Area Service Committee (COASCNA or "Area") meets the third Sunday of every month at 2:00PM at 1561 Old Leonard Ave. **Nominations are made at the May 20th, 2007 meeting. Elections are held at the June 24th, 2007 meeting.** The new officers begin their terms in July. Group service representatives from each group have the responsibility and authority to elect the officers based on their group's conscience. For this reason, it is important that all groups be represented by a GSR at area. As an addict in NA, you are invited to attend the Area meetings, whether or not you currently hold a service position. **Addicts with two years or more clean time are especially needed to learn to serve as officers.**

Service Opportunity
Answer Phones & Sell Literature
At Our Area Service Office
Take a 1-2 hour per week commitment. A great way to meet other recovering addicts and build your support group!
CALL (614) 252-1700

**Ohio Convention of NA XXV
The Silver Lining**
Memorial Weekend
May 25th - 27th
Downtown Marriott / McKinley Grand
320 Market Ave South
Canton, OH 44780

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| Registration (before May 1 st) | \$15 |
| Registration (after May 1 st) | \$20 |
| Banquet Ticket | \$30 |
| Sunday Brunch Ticket | \$20 |

**Poster Drive Workshop
Hosted by the
Public Information Subcommittee
Saturday May 19th, 2007**
2 PM - Information Workshop
4 PM - Speaker
5 PM - Fellowshiping
We will be providing the posters for each distribution team and covering the guidelines for placing the posters in public places throughout the community.

Workshop takes place at:
The Linden Lutheran Church (Gym)
1230 Oakland Park Ave (corner of McGuffey)
Columbus, OH 43224

My Recovery, My Program

We hear a variety of conversation, both inside and outside an. This plan consists of Twelve Steps, a list of twelve suggestions, principles, beliefs, actions, or combinations thereof. Whatever term I choose to use to identify the Twelve Steps is irrelevant. The word “program” works for this plan. The NA Twelve Steps make up a program that has been designed to help addicts face life on its own terms on a daily basis without the use of drugs. It has been designed to help the addict have the obsour meeting, about “program.” What is program? We hear about our program, your program, the NA program, and the other fellowship’s program. We hear people talking about belonging to a program, having a program, and working a program. But what is a program? The dictionary defines a program as “a plan of what is to be done.” I recently had an opportunity to hear a recovering addict express concern about how we sometimes get off-track in public-information speaker engagements. During these engagements, we are usually talking to potential newcomers or individual who know very little about NA or recovery from the disease of addiction. I believe our responsibility is to carry the message of NA to these events, not the message of our recovery from growing up in unhealthy family environments, or how we deal with our sex and relationship problems, or that we attend two or three other twelve-step programs. I have to remind myself that we are talking to people who are expecting to hear about recovery from the disease of addiction and remember that all I wanted when I came through the doors was to stop using drugs. The rest came later. I need to remind myself from time to time what it was like for me in the beginning. I remember when I got that first rush of gratitude for being clean, and how much the NA program meant to me.

I wanted to give it all to everyone I knew who needed it. I tired, too. I also remember that it didn’t work. None of those people followed me to a meeting. The same thing applies when sharing the NA message with a newcomer or any other interested person. We need to carry the NA message in a very clear and simple form and allow God to manage the timing of everyone’s recovery. I sometimes find myself getting confused about the difference between the NA program and my personal program of recovery. The use of the NA Twelve Steps is but a small part of my overall well-being. Though I identify the Twelve Steps as a small part, they are the most important part because they are the foundation of my well-being. They are the platform on which I choose to rebuild my life. Like all structures, unless it has a solid foundation, it will crumble in time. I have grown beyond just staying clean today. Through following the program of the Twelve Steps of NA, the obsession and compulsion to use have been removed from me. My style of living has improved and become healthier. Today I am clean and serene and working on becoming just a little bit better than I was yesterday. I work on my physical, emotional, mental, and spiritual well-being on a daily basis and in God’s time. This is my recovery program, of which NA is the foundation but which also includes many other tools on which NA has no opinion. NA teaches me to be honest, open-minded, and willing to use those tools that my Higher Power provides for me to deal with the daily ups and downs of life, both past and present. Through honesty, open-mindedness, and willingness we will grow. We can do together what I can’t do alone.

Anonymous

Just for Today, Information Pamphlet # 8

Tell yourself:
Just for today my thoughts will be on my recovery, living and enjoying life without the use of drugs.
Just for today I will have faith in someone in NA who believes in me and wants to help me in my recovery.
Just for today I will have a program. I will try to follow it to the best of my ability.
Just for today, through NA, I will try to get a better perspective on my life.
Just for today I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.
 When we came into the program of NA, we made a decision to turn our lives over to the care of a Higher Power. This surrender relieves the burden of the past and fear of the future. The gift of today is now in proper perspective. We accept and enjoy life as it is right now. When we refuse to accept the reality of today, we are denying our faith in our Higher Power. This can only bring more suffering. We learn that today is a gift with no guarantees. With this in mind, the insignificance of the past and future, and the importance of our actions today, become real for us. This simplifies our lives. When we focus our thoughts on today the nightmare of drugs fades away, overshadowed by the dawn of a new reality. We find that, when we are troubled, we can trust our feelings to another recovering addict. In sharing our past with other addicts we discover we are not unique, that we share common bonds. Talking to other NA members, whether to share the trials and tribulations of our day with them or allowing them to share theirs with us, is a way our Higher Power works through us. We have no need to fear if today we stay clean, close to our Higher Power and our NA friends. God has forgiven us for our past mistakes, and tomorrow is not yet here.

Meditation and a personal inventory will help us to gain serenity and guidance throughout this day. We take a few moments out of our daily routine to thank God, as we understand God, for giving us the ability to cope with today. “Just for today” applies to all areas of our lives, not just abstinence from drugs. Reality has to be dealt with on a daily basis. Many of us feel that God expects no more of us than to do the things that we are able to do today. Working the program, the Twelve Steps of NA, has given us a new outlook on our lives. Today, we no longer need to make excuses for who we are. Our daily contact with a Higher Power fills the empty places inside that could never be filled before. We find fulfillment in living today. With our Higher Power guiding us we lose the desire to use. Perfection is no longer a goal today; we can achieve adequacy. It is important to remember that any addict who can stay clean for one day is a miracle.
 Going to meetings, working the steps, daily meditation, and talking with people in the program are things we do to stay spiritually healthy. Responsible living is possible. We can replace loneliness and fear with the love of the fellowship and the security of a new way of life.
 We never have to be alone again. In the fellowship, we have made more true friends than we ever believed possible. Self-pity and resentments are replaced by tolerance and faith.
 We are given the freedom, serenity, and happiness we so desperately sought. A lot happens in one day, both negative and positive.
 If we do not take time to appreciate both, perhaps we will miss something that will help us grow. Our principles for living will guide us in recovery when we use them. We find it necessary to continue to do so on a daily basis.

For more information on service opportunities or upcoming events, please call the Area Service Office at (614) 252-1700.