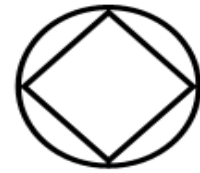




UNITY



"personal recovery depends on NA unity"

The Central Ohio Area of Narcotics Anonymous Newsletter

Our Symbol.....



Simplicity is the key to our symbol; it imitates the simplicity of our fellowship. All sorts of occult and esoteric connotations can be found in its simple outlines, but foremost in the minds of the fellowship are easily understood meanings and relationships. The outer circle denotes a universal and total program that has room within it for all manifestations of the recovering person. The square, whose lines are defined, is easily seen and understood, but there are other unseen parts of the symbol. The square base denotes Good will, the ground of both the fellowship and the members of our society. Good will is best exemplified in service; proper service is "Doing the right thing for the right reason." When Good will supports and motivates both the individual and the fellowship, we are fully whole and wholly free. Probably the last to be lost to freedom will be the stigma of being an addict. It is the four pyramid sides that rise from the base in a three-dimensional figure that represent Self, Society, Service, and God. All rise to the point of Freedom.

From the Basic Text 5th Ed. Page ix

Meetings Needing General Support

Sunday West Jefferson Group	Sun 5 pm
Marysville Sunday NA Group	Sun 3 pm
Hearts I Group	Sun 7 pm
Just After Noon Group	Mon-Fri 12:15 pm
New Attitudes Group	Mon 8pm
Women in Progress Group	Tues&Thurs 12 Noon
Urbancrest/GC Group	Thurs 7pm
Free At Last Group	Fri 7:30pm
Crossroads Group	Tues 7:30 pm
We Do Recover in NA Group	Thur 6:30 pm
Never Alone Never Again	Thur 7:30 pm
Marysville Thursday NA Group	Thur 7:30 pm
NA For All Addicts Group	Fri 5 pm
London NA Group	Tue 7 pm
Marysville Friday NA Group	Fri 8 pm
We Found It Here (Sunbury)	Fri 8 pm
Hope on the Horizon Group	Sat 12 Noon
Look It Up	Sat 1:00 pm
Briggsdale Text Discussion	Sun 7pm

Meetings Needing Support from Experienced Members

NA Meeting Group	Mon & Fri 7:30pm
Sunday Diversity Group	Sun 3:30 pm
Show Up and Grow Up	Sun 7 pm
Dopeless Hope Fiends	Sun & Tues 8 pm
Principles Before Personalities	Mon 8 pm
New Beginnings Group	Tues 8 pm
The Ties That Bind Us Together	Tues 6 pm
U Grow Girl	Wed 6:30 pm
New Start Group	Wed 8 pm
Let's Dump It All	Fri 7 pm

See schedule for meeting locations

"We Keep What We Have Only With Vigilance....."

A dictionary defines vigilance as:
Alertly watchful esp. to avoid danger

Am I vigilant today?

Please recycle this issue - pass it along to another member after you read it.

Tradition Two

For our group purpose there is but one ultimate authority-a loving God as He may express himself in our group conscience. Our leaders are but trusted servants; they do not govern.

The Second Tradition concerns the nature of leadership in N.A. We have learned for our fellowship, leadership by example and by selfless service works. Direction and manipulation fail. We choose not to have presidents, masters, or directors. Instead we have secretaries, treasurers and representatives. These titles imply service rather than control. Our experience shows that if a group becomes an extension of the personality of a leader or member, it loses its effectiveness. An atmosphere of recovery in our groups is one of our most valued assets, and we must guard it carefully, lest we lose it to politics and personalities.

Page 61- Basic Text 5th Ed.

Step 2

We came to believe that a Power greater than ourselves could restore us to sanity.

We begin to develop this relationship by simply admitting to the possibility of a power greater than ourselves. Most of us have no trouble admitting that addiction had become a destructive force in our lives. Our best efforts resulted in ever greater destruction and despair. At some point, we realized that we needed the help of some Power greater than our addiction. Our understanding of a Higher Power is up to us. No one is going to decide for us. We can call it the group, the program, or we can call it God. The only suggested guidelines are that this Power be loving, caring and greater than ourselves. We don't have to be religious to accept this idea. The point is that we open our minds to believe. We may have difficulty with this, but by keeping an open mind, sooner or later, we find the help we need.

Page 24-Basic Text 5th Ed.

Upcoming Calendar of Events

This calendar is continually updated by the Activities Coordinator. As new information is received on our Area Service events, it will be included in the calendar.

February 2009

Sunday February 15 - 2 PM **ASC Meeting**
Area Service Office, 1561 Old Leonard Ave

March 2009

Sunday March 15 -2 PM **ASC Meeting**
Area Service Office, 1561 Old Leonard Ave

Saturday March 28 - **H&I Learning Day** 2-5PM
Area Service Office, 1561 Old Leonard Ave

April 2009

Saturday - Sunday April 11 -12 **ORSCNA**
Ohio Regional Service Committee
Hosted by NWOASCNA

Saturday April 18 – **OCNA Fundraiser**

Bowling Party 9:45PM
HP Lanes, 2012 Innis Road
Download flyer at www.nacentralohio.org

Sunday April 19 - 2 PM **ASC Meeting**
Area Service Office, 1561 Old Leonard Ave

May 2009

Sunday, May 17 – 2PM **ASC Meeting**
Area Service Office, 1561 Old Leonard Ave

Friday-Sunday, May 22-24 **OCNA XXVII**
Ohio Convention of Narcotics Anonymous
Hudson, OH
Download registration flyer at www.naohio.org

How Do I get Involved.....

If you are interested in becoming involved with any of the subcommittees of NA Service such as H&I, Outreach, or the Convention, please contact our area office at 614-252-1700 or attend the subcommittee meeting listed on our NA Meeting Schedules.

Upcoming Local News and Events are available at <http://www.nacentralohio.org>

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