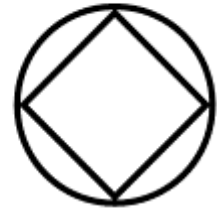




# UNITY



*"personal recovery depends on NA unity"*

The Central Ohio Area of Narcotics Anonymous Newsletter

Volume 1, Issue 4

November 2005

## Central Ohio Area Convention of NA

### Point of Freedom: *Joy is in the Journey* January 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup>

**Many addicts have asked why does NA have conventions and for that matter what is a convention?**

Narcotics Anonymous areas host conventions as a way to bring NA members from all walks of life together in a celebration of recovery. Many members, who have never left a three or four block radius, get the opportunity to meet and fellowship with other recovery addicts from all across the world. It is through this type of fellowshiping that the unity within NA is strengthened. Our symbol denotes broadening our base to strengthen our point of freedom, therefore by hosting conventions we are in essence broadening our base. As recovering addicts, we are grateful for where we have been and where we are going and

that gratitude shows when we care and share the NA way. It is through fellowshiping, workshops and main speaker meetings that our message is shared with other recovering addicts outside of our local area.

Often when attending NA Conventions, members ask, "Why should I register?" Many of us do not understand that the convention occurs a great deal of expense long before the event ever occurs. Things like leasing hotel space, printing programs, flyers, tickets, and other items in the registration packages all cost money. As a member of our Fellowship we hope you will feel privileged to register early and help us carry the message

## Thoughts for the Newcomer

### Clean Tips

**If it's not yours,  
don't take it.  
If it's not true,  
don't say it.  
If it's not right,  
don't do it.**

## Two Addicts Share their Experience with 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."*

The practice of meditation has had a profound effect on my life. I can't imagine my life without it now. I have had some deep and profound experiences during meditation. For the most part, Step Eleven acts as my vehicle for living the principles found in the steps when I'm God-centered, when insanity enters my life, I am restored to sanity before I act out. Being spiritually centered opens me up to recognize what my HP wants me to do and where He wants me to go. My sponsor told me that the depth of my recovery would be contingent upon my spiritual maintenance. I have found that to

be true, and I maintain my spirituality through prayer, meditation, and being of service.



The eleventh step is the most beautiful of all steps. Up to this point we have put trust in a Power greater than ourselves. We've asked a lot of things of our HP and we have moved obstacles out of the way, most of all our fear of the unknown. WE are now ready for a relationship with God. In all relationships the most important thing is communication and that is what the eleventh step is about. As most addicts we don't communicate well and that is the nature of the disease, it's self-consumptions do not want to listen but that is what this step asks of us. We sought through prayer we can and have done this so far. Prayer is nothing but talking to God and we're good at this so far as we ask for our HP to mend us, we put trust in our HP, made

amends, we ask to be ready and we ask to remove. The hard part is to be silent and listen. If we want a conscious contact with God as we understand him. We must be silent as in all relationships and there are times you must listen to the other party, and this is that time. The voices will try to disrupt you, acknowledge them and let them pass. You will know when God has spoken to you; he gives only Good Orderly Direction. My experience has led me to do this only in the AM before my brain gets busted with the daily activities. Just as learning to walk it takes practice, the problem lies in my addiction doesn't want this. If I do this on a daily basis the knowledge of God's will for me and the power to carry that out. My life is so much easier when I don't have to be in charge, all I have to do is to follow the Good Orderly Direction I receive and it keeps my life so simple this is truly the miracle.



**Upcoming Region and World Events**

**Gratitude Night**

Nov 19th -- Sidney, OH

**Midwest Zonal Forum**

Dec 3rd -- Troy, OH

**Holiday Dance**

Dec 17th -- Cairo, OH

**New Year's Party**

Dec 31st -- Sidney, OH

**New Year's Party**

Dec 31st -- Columbus, OH

**COACNA XVII**

Jan 6, 7, 8<sup>th</sup> -- Columbus, OH

**Toledo Area Convention IX**

Feb 10, 11, 12th -- Toledo, OH

*For more info check out fliers on [Hwww.naohio.org](http://www.naohio.org)*

**COACNA XVII**

*Central Ohio Area Convention of*

*Narcotics Anonymous*

*Fundraising & Programming Subcommittees*

**Speaker Jam**

**Saturday November 19, 2005**

*12:00 Noon until the last speaker shares their experience, strength and hope!!!*

Location: Holy Spirit Church

E. Broad St & Yearling Rd (on corner)

Workshops will be held all day. The Main Speaker starts at 8:00 pm. There will be food served!!!

**Hey! What's the Basket For?**

Many members ask this question because we are told that membership in NA costs nothing. NA groups are self-supporting, declining outside contributions. So how does the basket work? From the money members put into the basket, the group pays its meeting expenses: NA pamphlets and books, recovery tags and tokens, refreshments, and rent. When the group is financially sound enough to meet its monthly expenses and establish a prudent reserve, it passes the excess group donations on to the ASC to help further our primary purpose.

**Area Service Committee**

Many addicts have questions about how the Area Service Committee helps to carry the message of recovery to the addict still suffering. The Area Service Committee coordinates many services including answering phone calls, selling literature, and being a service center at the service office, carrying the message to addicts in isolation through the Outreach and Hospitals & Institutions subcommittees, coordinating fundraisers and events like the Add-a-thon and New Year's Eve party through the Activities subcommittee, and providing information to professionals and treatment centers through our Public Information subcommittee. Many addicts also have questions about how to get involved with one of these areas of service. To get involved, simply attend the regularly scheduled subcommittee of interest. The time and place of all the subcommittee meetings can be found on the back of the area schedule pamphlet.

**Outreach**

**Meetings Needing Support**

***Southside Serenity*** Monday 7:30 PM Rotating Format  
Parsons Apartments (South) 1949 S. Parsons Ave.

***New Beginnings*** Tuesday 8PM  
Desert Island Club 501 Josephine Ave off Sullivant (West)

***We Do Recover*** Thursday 7:30 PM Rotating Format  
Ohio Youth Advocate Building 1445 Summit (Short North)

***Talking Heads*** Friday 8:00 PM Discussion  
Maynard Ave Methodist @ 2350 Indianola Ave (Campus)

Volunteers of America 624 Harmon Ave (West)

***New Start Group:*** Wednesday 8 PM

***Let's Dump It All:*** Friday 7 PM

***Show and Grow Up:*** Sunday 7 PM

**H&I Subcommittee News**

Have you seen the updated H&I *Help Wanted* flyer? The flyer has weekly, every other week, or monthly commitments at treatment centers, workhouses, and prisons throughout the central Ohio area. How does one get involved? An addict may attend an H&I meeting as an observer with 3 months clean and share at an H&I meeting with 6 months clean. Interested members are encouraged to attend the H&I subcommittee meeting on the 2<sup>nd</sup> Sunday of the month at 6 PM at 1561 Old Leonard Ave.

**Narcotics Anonymous**



**More Information on meetings or events is available by calling the Area Service Office at (614) 252-1700.**



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