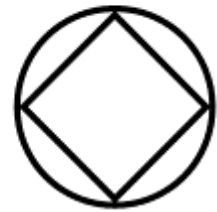




UNITY



"personal recovery depends on NA unity"

The Central Ohio Area of Narcotics Anonymous Newsletter

Volume 1, Issue 6

January 2006

Thoughts for the Newcomers: *The Thirty Day Wonder*

Many of us have been “thirty-day wonders.” We were desperate and dying when we showed up at our first NA meeting. We identified with the addicts we met there and the message they shared. With their support, we were finally able to stop using and catch a free breath. For the first time in a long, long time, we felt at home. Overnight, our lives were transformed; we walked, talked, ate, drank, slept, and dreamed NA. Then, NA lost its novelty. Meetings that had been a thrill became monotonous. Our wonderful NA friends became bores; their uplifting NA talk, drivel. When our former friends called, inviting us back for some of the old fun, we kissed our recovery goodbye. Sooner or later, we made our way back to the rooms of Narcotics Anonymous. Nothing had changed out there, we’d discovered—not us, not our friends, not the drugs, not anything. If anything, it had gotten worse than ever. True, NA meetings may not be a laugh riot, and our NA friends may not be spiritual giants. But there’s a power in the meetings, a common bond among the members, a life to the program that we can’t do without. Today, our recovery is more than just a fad—it’s a way of life. We’re going to practice living our program like our lives depend on it, because they do. Tell yourself *just for today*: I’m no “thirty-day wonder.” The NA way is my way of life, and I’m here for the duration.

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.

Please send your contributions to:

Central Ohio Area Service Office
1561 Old Leonard Avenue; Columbus, OH 43219

Attn: Newsletter Committee

Or via email to: grossman.51@osu.edu

An addict shares their experience with ... Step 1; “*We admitted that we were powerless over our addiction and that our lives had become unmanageable.*”

The 1st Step on NA requires us to admit our powerlessness over our addiction because our lives have become unmanageable. When I came to NA and began working the 1st Step, a total transformation occurred in my life. I began to feel alive again. No longer did I have to live in chaos and negativity. My life had undoubtedly changed for the better, and for that I am forever grateful to the program of NA. Before coming to NA, I lived a destructive lifestyle full of lies, anger, hopelessness and guilt. I discovered the 1st Step on NA, which began my progressive journey of recovery. I finally admitted my disease of addiction and became willing to follow the simple guidelines of this proven program. I learned that I had to become honest with myself, my addiction, and with my complete powerlessness. I had to surrender my will, my patterns, and my self-centeredness to begin anew. I was finally tired of always feeling inadequate and unworthy; and, most of all, I was tired of living a meaningless existence. I came to realize that surrender, acceptance, honesty, open-mindedness, willingness, and trust were essential for the process of recovery to begin. Surrender is the foundation that all other spiritual principles and growth derive from.

Daily, I had to surrender my powerlessness and unmanageability to set the stage for personal growth to transpire. As I practiced applying these spiritual principles, I gained a new freedom and peace that I had never dreamed possible. I honestly started working and applying the 1st Step to my daily life. I discovered that I wasn’t alone in this fight for ongoing recovery. I didn’t have to face this by myself. The loving Fellowship of NA had my back. I was filled with hope, and a true desire for change. As my recovery progressed, I began to feel alive like never before. I began to learn how NA works. I noticed that other members were living happy, successful lifestyles.

And if they could do it, then I knew that I could too. I dedicated my life to grow spiritually, mentally, physically, and re-align myself with my Higher Power. I obtained the drive and strength necessary to continually move forward in my recovery. My journey began, and I haven’t stopped growing since I began working the 1st Step.

Upcoming Region and World Events

Saturday January 21st, 2006 11:30 AM to 7 PM

IWANA Presents Area Service Workshop
 Speakers On All Area Service Positions
 First Presbyterian Church; 96 South Monroe St.
 Corner of W. Market St. & S. Monroe St.
 Tiffin, Ohio

Monday January 28th, 2006

Doors Open at 5:30 PM Speaker at 7 PM

NA'S own Monday Night R.A.R.E.
 invites all Our Family to Help Us
 Celebrate our First Anniversary!
 12 N. DIAMOND ST; MANSFIELD, OH
 Speaker from Columbus, OH

February 10th -12th, 2006 TACNA IX in Toledo

HILTON TOLEDO
 3100 GLENDALE AVENUE

Feb. 24-25-26; 2006 Twelve Step Retreat

Hosted by the Northern Columbiana County NA Groups
 East Liverpool Motor Lodge

Sharing Our World: Young People and Staying Clean

In starting this article, I would first like you to know that I am qualified to write it. I am seventeen years old and I have been clean for 27 months. During the course of my clean time, many people have commented and commended me on my courage, and said, "I know it's much harder for you young people!" Well, I would like to know what's so hard about it? Hopefully, we all know that this disease, respects no race, religion (or lack of), background, sex, social status, or age. That means it can hit anyone, including young people, and including just about anyone with access to anything that chemically changes the way we think, believe, and feel. I stay clean by working the Twelve Steps, attending meetings, reading literature, and maintaining a spiritual program. School, peer pressure, and all those issues have nothing to do with it all. Everyone has trouble of some sort when it comes to staying clean. All of us had using places and using people. Mine happened to be at school. For some of us it was the streets, the bars, place of employment, or even our own bedrooms. As for peer pressure, everyone has it. The longer I stay clean, the less peer pressure bothers me. My program does not seem to need courage to stay clean. What courage I have, God gives me. Next time you see a young person around, remember that he or she is really no different from yourself. We all have the same disease and we all recover if we use the program, the Steps, the literature, and above all, God. *Its that simple.*

Area Service Committee Meetings**

ASC Meeting: 2PM; 3rd Sunday of the month.
 Area Convention: 2PM; 2nd SUN of the month at Columbus Hotel
 Area Office: 6PM; 1st Monday of the month.
 H&I: 6PM; 2nd Sunday of the month.
 Newsletter: 6PM; 2nd Tuesday of the month.
 Outreach: 12NOON; 2nd Saturday of the month
 Public Information: 12NOON; 2nd Saturday of the month

***All service committee meetings are at the Service Office; 1561 Old Leonard Ave; Columbus, OH unless otherwise noted.*

LOVE IS ... A HAND EXTENDED BY SOMEONE NEW TO ALL OF THIS, ONLY TO HAVE IT PUSHED ASIDE FOR A HUG.

Outreach Subcommittee

Meetings Needing Support

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

The Next Write Thing Tuesday 9:20 PM Step Writing
 Hilliard Presbyterian Church; 3600 Leap Rd; Hilliard (West)

We Care Group Wednesday 8:00 PM Discussion
 Salvation Army; 600 S. Front St.; Columbus (South)

Never Alone, Never Again Thursday 7:30 PM Rotating Format
 St. Mathew's; 233 S. State St; Westerville (North)

I Can't, We Can Saturday 9:30 AM Ask-it-basket
 1561 Old Leonard Ave – Recovery Alliance Building

Volunteers of America 624 Harmon Ave (West)

New Start Group: Wednesday 8 PM

Let's Dump It All: Friday 7 PM

Show Up and Grow Up: Sunday 7 PM

Many addicts have asked ...

what responsibilities does an NA group have?

The first and most important responsibility of any NA group—its "primary purpose," according to the Fifth Tradition—is "to carry the message to the addict who still suffers." And the single most important thing a group can do to fulfill that primary purpose is to conduct meetings that provide a welcoming atmosphere in which NA recovery can be effectively shared between addicts. Groups conduct the details of their meetings in very different ways, but all of them seek the same end: to make recovery from addiction available to any addict in the community who seeks it. As the foundation of the worldwide NA service structure, groups have another responsibility: to help their members develop an understanding of the Twelve Traditions and the Twelve Concepts for NA Service. By doing so, groups take part in the continuing evolution of the Fellowship of Narcotics Anonymous as well as providing for themselves an understanding of how the highest ideals of our fellowship can be applied in their activities.

Narcotics Anonymous



More info on meetings or events is available by calling the Area Service Office at (614) 252-1700. Area Service Office is located at 1561 Old Leonard Ave.