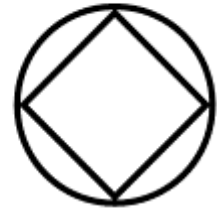




UNITY



"personal recovery depends on NA unity"

The Central Ohio Area of Narcotics Anonymous Newsletter

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Thoughts for the Newcomers: Make that call!

We need our fellow NA members—their experience, friendship, laughter, guidance, and more. Yet many of us hesitate to call our sponsor or visit our NA friends. We don't want to impose on them. We think about phoning someone, but we don't feel worthy of their time. We fear that if they ever got to know us—really know us—they'd surely reject us. We forget that our fellow NA members are just like us. The more we let others get to know us, the more we'll hear, "You're in the right place. You're among friends. You belong. Welcome!" We also forget that others need us. We're not the only ones who want to feel like we belong, who want to experience the warmth of friendship, who want someone to share with. If we isolate ourselves from our fellow members, we deprive them of something they need, something only we can give them: our time, our company, our true selves. In NA, addicts care for one another. What is at the other end of the phone is the love, warmth, and identification of the NA Fellowship. Make that call!

Many addicts have asked ...what is a home group?

Choosing and supporting a home group is an important part of recovery. A home group is a meeting where you are comfortable and one you will attend regularly. We call this our home group because it suggests a place where we fit in and belong. We develop a bond with each member as we grow together. We make a commitment to our home group, and if we are absent we will be missed. Our home group is also the place where we celebrate each year of clean time. We develop true friends and learn to respect each other. This can be very important in our recovery. As the members mature, we learn to practice the spiritual principles of NA in all our affairs. We also learn to share the responsibilities for the growth and well-being of the group. A home group is where you vote as a member of the group conscience on matters affecting NA as a whole as well as matters concerning your home group's well-being. Home groups also participate in carrying the message of recovery at an area level. In the spirit of unity, oneness of purpose, for the good of NA as a whole, it is important that we all do our part

An addict shares their experience with ... Step 2; *"We came to believe that a power greater than ourselves could restore us to sanity."*

Upon first reading this step, several things were immediately implied: this was going to be a process, not an event; restoration to sanity implied I was not sane; it always assumed that at one time in my life I was sane. My behavior at the time was not sane. I always thought I could handle it only to discover that my greatest enemy was my "strength," which was pride. And that admission was the first step to humility, which made progress possible. You taught me that the twelve steps were written in the past-tense – that they presume action, and that the action of each step is contained in the following one. If I was powerless, in order to do something, I must seek power somewhere. I was to pray to whatever God there is, even as an experiment. I was told that even though I don't understand electricity, I did not sit in the dark. At first, you, the group, were my Higher Power. You hugged me and did not pass through me – so I knew I was there. Gradually I awakened to the reality of a Higher Power working in my life. There were too many coincidences which led me to the NA's door for me not to believe that I had been cared for and watched over all along. Enough of my sanity has been restored that I no longer feel that it is my job to worry. I have learned that worrying is the property of the management, and I am not the manager. Today I pray to be restored to the sanity of never taking back into my own hands that which my powerlessness caused me to turn over to begin with. I no longer have to repeat the same mistakes expecting different results.

"Goodwill is best exemplified in service; proper service is 'Doing the right thing for the right reason.'"

Public Information

How does the public see us? How do we see us?

Want the answers to these questions?

The Public Information Committee needs dedicated people to help with poster drives, getting signs onto public transportation, meeting schedules and presentations to the community. The PI Subcommittee meets the 2nd Saturday of the month at 12NOON at the Area Service Office.

Upcoming Region and World Events**Feb. 24-25-26; 2006 Twelve Step Retreat**

Hosted by the Northern Columbiana County NA Groups
East Liverpool Motor Lodge
Order your room directly from the Motel: 1-888-454-7694
North of East Liverpool, OH off the Calcutta (Rt.170) Exit
from Route 11. Toward Calcutta then South on Dresden.

FYI: Carrying the Message Through H&I

With six months clean my grand sponsor told me it was time to get involved in H&I and he gave me a phone number to call. I called the number and talked with the locksmith of this institution about starting a Narcotics Anonymous meeting in this facility. I was willing to go and help out but unknown to me at the time was I would carry that commitment for the next eight years. This was only humble beginning in H&I. Experiencing the joy of giving back knowing that just a few short years earlier I was an inmate in the prison system and not knowing the freedom that can be found within the walls.

For the past eleven years I have maintained several H & I commitments to various institutions around the state of Ohio.

Have been given the opportunity to carry the message of hope and the promise of freedom to both male, female and youth offenders has brought an abundance of joy, peace and happiness into my life. Being able to share with death row inmates that surrender is the key to a new found freedom. Even though that person is behind the walls does not stop them from receiving the benefits from the program of Narcotics Anonymous. With big smiles heartfelt gratitude, from seeing that person who is able to attend their first NA meeting on the outside, better yet when a group of addicts carry a meeting on the inside the walls and fellowship with those seeking to learn a new way of life. This is freedom at its highest form and service at its best. Today my commitment to NA has been cemented by carrying this simple message to others who are just like me!

Meetings Needing Support

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

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: Wed 8 PM **Let's Dump It All:** Friday 7 PM

Show Up and Grow Up: Sunday 7 PM

Sharing Our World: My Experience as a Newcomer

I can barely remember starting in the rooms of NA, and one of the things I am still bothered by is that no matter how hard I look I cannot remember the first meeting I went to. But I can remember my early meetings, when I was still a mess from detox and on more than one occasion I would nod out right in the middle of a meeting. Not only was this embarrassing but I felt like it made people think I wasn't serious about recovery, yet even then I heard people of every type and/or color telling me "keep coming back" and even stranger to my damaged brain and soul "we love you man, and we want to see you get better". This blew my mind, because I didn't love myself, so how could anyone love me. The people in the rooms kept telling me that they loved me so I followed their suggestions and kept coming back. I admit I was not enthusiastic about meeting all these addicts. Maybe it was because I have always been standoffish, maybe it's because you all seemed to know me so well and I couldn't BS you, or when I would try to keep practicing old habits like dipping out of a meeting early you told me "don't leave before the miracle happens." When I was confused about where my higher power was or what it was you told me "use an acronym for doing the next right thing, like Good Orderly Direction." I would run into people who were hurting like me and didn't want to talk to anyone, it felt amazing to know when I saw them the next week at the same meeting maybe my kind words and semi-forced hug helped another newcomer. I was amazed I had offers to go to camp-outs and conventions and I didn't have to feel like the odd man out any more. These types of things helped me overcome that for every similarity I shared with the fellowship that I still had trouble with the differences. Every time someone would tell me to shut up and listen someone else would tell me that the old timer was just trying to get me to be quiet and hear what I truly needed to hear. Every time I saw someone put out for having to attend a meeting, I saw someone grateful for the life saving qualities I have found in the rooms. Every time someone complained that NA in Columbus wasn't the way they remembered, someone else was coming back from a relapse and happy to find that we still loved them. I was supposed to write about what I liked and disliked about NA but what I don't like is a speck of dust compared to what I do like. What I don't like about NA is that I can't find time to bring everyone closer together to share our common bond of recovering from the disease of addiction and not worrying about what color you are, how much money you make, what sex or sexual preference you are but only to help yourself by helping the next addict recover. NA has taught me that just for today I never have to use again. I love NA and the fellowship for the help I've received.

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.