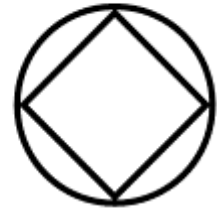




UNITY



"personal recovery depends on NA unity"

The Central Ohio Area of Narcotics Anonymous Newsletter

Volume 1, Issue 9

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

April 2006

Thoughts for the Newcomers: "A Simple Program - Basic Text, p. 188"

The program is simply sharing, working the Twelve Steps, attending meetings, and practicing the principles of the program. Our complicated lives can be made a lot less complicated if we concentrate on a few simple things—sharing our experience, strength, and hope with others, regular meeting attendance, and practicing the principles of the program in our daily lives. By sharing our experience, strength, and hope with other addicts, we provide a powerful example for newcomers to follow. The effort we put into helping others also helps keep self-centeredness, the core of our disease, at bay. Many of us pick one group, a "home group," whose meetings we attend faithfully. This regularity gives some routine to our lives, and lets others know where they can find us if they need us. Practicing the Twelve Steps in our daily lives makes the difference between a balanced recovery and simply not using. The steps give us some much-needed guidance in managing our everyday affairs. Yes, we are complex people. But the NA program simplifies our lives, enabling us to live a life free from active addiction. Our lives can be filled with serenity and hope when we live by the guidance of the simple principles of our program.

Meetings Needing Support

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

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

Just Afternoon Group Monday - Friday 12:15 PM
549 W. Town St.; Columbus (Central - West)

I Can't, We Can Saturday 9:30 AM
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

An addict shares his experience with ... Step 4

We made a searching and fearless moral inventory of ourselves. The fourth step, instead of being show and tell you know, has been a matter of really taking a look at who I am, and seeing the ways that I've separated myself from God. I see those things that I've done throughout my recovery that keep me from growing spiritually - the patterns I've fallen into, the mistakes I've made, and even some of the successes, which have kept me from surrendering. If you give me a quarter inch of success, I'll ride it for a mile and a half. I try one thing, and if it turns out OK, I'm going to try it a hundred times, just to try to make it come out OK again. Except I forget the first time it turned out OK it wasn't because of my doing, it was God's doing. I forget that. So my fourth step has become an exploration of me, and how I relate to God. It's become a lot about humility. You know we talk a lot about humility in the later steps, but there's a lot of humility in the fourth step, knowing who and what you really are. Only by knowing my patterns can I try to avoid them.

Upcoming Region and World Events

April 23th -29rd: 28th World Service Conference
Woodland Hills, California, USA

More info @ <http://www.na.org/conference>

May 26th-28th: OCNA XXIV

Holiday Inn; 116 Park Avenue West; Mansfield,
MAIL-IN REGISTRATION IS MAY 1st.

Copies available at service office or at www.naohio.org

**"The addict in me works the same
in my recovery as it did in my drug**

Upcoming Event

Ohio Convention of NA XXIV Fundraiser
Saturday April 22, 2006 9:30pm
At Mr. Bill's Lanes @ 3444 Cleveland Avenue
\$10.00 Adults; \$8.00 Children
For more info call 252-1700 or 267-0321

*"One more cup of coffee isn't going to hurt me,
but the next drug could very well kill me."*

Discussion from World Services: Targeted Literature

The World Service Conference will be held 23–29 April 2006, and in preparation, members around the world are reading and talking about the *Conference Agenda Report*. Based on workshops conducted around the world by members of World Services, the topics were identified as issues the fellowship as a whole felt needed new literature. The following was printed to generate discussion within the fellowship. Does the list below reflect our top needs for targeted literature? What can you think of that should be on this list that is not?

Priority (not necessarily in order)

- youth and recovery
- medication and recovery

Second ranking (not necessarily in order)

- the benefit of service to personal recovery
- the spiritual development of members with longer cleantime, and how to continue to engage them in the fellowship of Narcotics Anonymous

Third ranking (not necessarily in order)

- older members and recovery
- issues regarding gender

Tradition Four

Each group should be autonomous except in matters affecting other groups or NA as a whole.

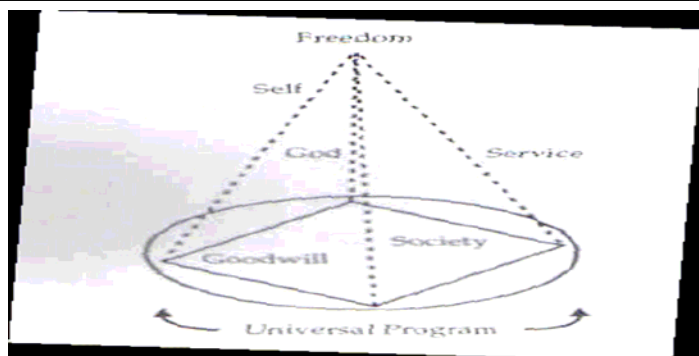
Each group does have complete freedom, except when their actions affect other groups or NA as a whole. If we check to make sure that our actions are clearly within the bounds of our traditions; if we do not dictate to other groups, or force anything upon them; if we consider the consequences of our action ahead of time, then all will be well.

From A Guide to Local Services in NA

JOIN AND SUPPORT A HOME GROUP

Our Second Tradition states, "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." Vacant trusted servant positions in our area include Secretary, Treasurer, Group Service Representative (GSR) and Alternate GSR. Acceptance of a trusted servant position expresses your gratitude for the gift of recovery that N.A. has provided in your life. As it states in *The Group Booklet*, "When members agree to serve as secretary or treasurer or coffee-maker, that acceptance of responsibility often helps advance their personal growth." Please, join a home group, and speak to your sponsor and your home group members about accepting a service position. Remember, we can only keep what we have by giving it away.

Our symbol



Simplicity is the keynote of our symbol; it follows the simplicity of our Fellowship. All parts are closely related to the needs and aims of the addict seeking recovery and the purpose of the fellowship seeking to make recovery available to all. The greater the base, as we grow in unity in numbers and in fellowship, the broader the sides and the higher the point of freedom.

From the preface of *Narcotics Anonymous, Basic Text*

COACNA XVIII: Uncover, Discover, Recover

The Central Ohio Area Convention Subcommittee has developed and begun to distribute registration forms for the convention coming up in January. The cost to register before the July 31st cut-off date is \$15 for basic, \$35 full, and \$5 for children. The Convention Subcommittee is asking that all home groups have a registration night once a month to help all members register for our upcoming Convention.

Many have asked ... what are "open" and "closed" meetings? "Closed" NA meetings are only for addicts or those who think they might have a drug problem. Closed meetings provide an atmosphere in which addicts can feel more certain that those attending will be able to identify with them. Newcomers may feel more comfortable at a closed meeting for the same reason. At the beginning of a closed meeting, the leader or chairperson often reads a statement explaining why the meeting is closed and offering to direct non-addicts who may be attending to an open meeting. "Open" NA meetings are just that—open to anyone who wants to attend. Some groups have open meetings once a month to allow non-addict friends and relatives of NA members to celebrate recovery anniversaries with them. Groups that have open meetings may structure their format in such a way that opportunities for participation by non-addicts are limited only to short birthday or anniversary presentations. Such a format allows the meeting to retain its focus on recovery shared one addict to another. It should be made clear during the meeting that NA groups do not accept monetary contributions from non-addicts.

From The Group Booklet, Revised

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.