

JOIN AND SUPPORT A HOME GROUP

Our 2nd 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 service position expresses your gratitude for the gift of recovery that N.A. has provided. 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.

Tradition 7

"Every NA group ought to be fully self-supporting, declining outside contributions."
By encouraging our group to pay its own way, the Seventh Tradition gives our group the freedom to share its recovery as it sees fit, not obligated to outside contributors. Further, it gives our group the freedom that comes from inner strength, the strength that develops through applying spiritual principles.
From *A Guide to Local Services in NA*

The Serenity Prayer

Many have asked ... how does the Serenity Prayer work? Understanding the relationship of the Serenity Prayer to the first three steps can help to answer this question. Once we realize the connection, the Serenity Prayer becomes a powerful tool in our lives. Let's take a look:

- *"God grant me the serenity to accept the things I cannot change..."* - First step surrender and accept ourselves.
- *"...The courage to change the things I can..."* - The second step of us doing things differently to change the outcome from insane results.
- *"... and the wisdom (results) to know the difference."* - This is the third step of us doing the mature and responsible thing not our will.

Meetings Needing Support

<i>Sunday Diversity</i>	SUN 4 PM
<i>Show and Grow Up</i>	SUN 7 PM
<i>Just Afternoon Group</i>	MON-FRI 12:15 PM
<i>The Never Alone Zone</i>	MON 7 PM
<i>Southside Serenity</i>	MON 7:30 PM
<i>Principles B4 Personalities</i>	MON 8PM
<i>The Triple R Group</i>	TUES 7 PM
<i>The Next Write Thing</i>	TUES 9:20 PM
<i>New Start Group</i>	WED 8 PM
<i>We Care Group</i>	WED 8 PM
<i>Just A Little Light</i>	THUR 5:30 PM
<i>Never Alone Never Again</i>	THUR 7:30 PM
<i>Let's Dump It All</i>	FRI 7 PM
<i>Hope, Not Dope</i>	FRI 7 PM
<i>Pickerington NA Group</i>	SAT 8 PM

See schedule for meeting locations



UNITY

"personal recovery depends on NA unity"



The Central Ohio Area of Narcotics Anonymous Newsletter

THOUGHTS for the Newcomer
Self-worth and service

When most of us arrived in NA, we had very little self-worth left to salvage. Many members say that they began to develop self-esteem through being of service early in their recovery. Something just short of a miracle occurs when we begin to have a positive impact on others' lives through our service efforts. Most of us don't have a lot of experience, strength, or hope to share at thirty days clean. But we do offer something to that addict just coming into the rooms of NA, struggling to get twenty-four hours clean. The very newest NA member, the one with only the desire to stop using and none of the tools, can hardly imagine anyone staying clean for a year, or two years, or ten. But he or she can relate to those people with thirty days clean, picking up a keytag with a look of pride and disbelief emblazoned on their faces. Service is something that is our unique gift—something that no one can take away from us. We give, and we get. Through service, many of us start on the sometimes long road back to becoming productive members of society.
Narcotics Anonymous, Basic Text p. 212

An addict shares her experience with ...

Step 7 -- *"We humbly asked Him to remove our shortcomings."*

The seventh step is one of those steps that I allowed to cause me confusion and indecision. The step appears vague for a number of reasons. Shortcomings are the manifestations of my defects of character, since I struggled with my sixth step, there seemed to be something missing from my seventh step. Acceptance and humility are two main motivations for all the steps – especially the seventh step. We have to accept we are humans. The fact that we are not infallible, we become aware of our shortcomings and are okay with who we are. Coming to love ourselves as good, kind people is a tremendous accomplishment, and the seventh step is on the path to achieving that goal. Step seven is one of those steps that takes lasting, honest work. We can't try to conceal or hang on to any of our shortcomings. No matter how much we want to hide behind our defects. By taking responsibility for myself, I am slowly becoming the person my Higher Power intended me to be.

Am I an Addict?

Only you can answer this question.


This may not be an easy thing to do. All through our usage, we told ourselves, "I can handle it." Even if this was true in the beginning, it is not so now. The drugs handled us. We lived to use and used to live. Very simply, an addict is a person whose life is controlled by drugs. Perhaps you admit you have a problem with drugs, but you don't consider yourself an addict. All of us have preconceived ideas about what an addict is. If you can identify with our problems, you may be able to identify with our solution. If you are an addict, you must first admit that you have a problem with drugs before any progress can be made toward recovery.

Addiction is a disease which, without recovery, ends in jails, institutions, and death.

Many of us came to NA because drugs had stopped doing what we needed them to do. If you want help, you can find it in the Fellowship of NA. We were searching for an answer when we reached out and found NA.

Although our minds told us that we would never make it, the people in the fellowship gave us hope by insisting that we could recover. Surrounded by fellow addicts, we realized that we were not alone anymore. Recovery is what happens in our meetings.

Our lives are at stake. We found that by putting recovery first, the program works. "The ultimate weapon for recovery is the recovering addict."

ASK IT BASKET with Captain 

Question: Do I have enough clean time to do service work?

Answer: Many service commitments do have a suggested clean time requirement. They are just suggestions. However, in my experience, I have yet to see an addict who is willing to do service work be turned away. The spiritual principles that I practice to stay clean, especially, honesty, open-mindedness, and willingness are what I use to do service work. I am honest about what I can do and what my limitations are. I am open-minded enough to follow the suggestions and ask questions of those who are doing service work. I also look for the answers to my questions in the vast library of NA service guidelines. I practice willingness by making the commitment to show up and then doing the responsible thing by actually showing up. Many addicts in recovery have expressed to me "... I wanted to help when service opportunities were announced, but I didn't feel I had enough recovery to participate." My suggestion is that if you want to help, call the service office, ask your sponsor or a friend, but please let someone know because we need you help and you will not be turned away.

"Please remember...it is not the quantity of time you have in the program but the quality of your recovery..."

Part 2: World Services Bulletin #13:

"Some thoughts regarding our relationship to Alcoholics Anonymous"

As a quick reminder, this continues the discussion from the June issue of *Unity*... recently, a motion was put forth at our Ohio Region Service Committee meeting to encourage World Services to develop an information pamphlet based on bulletin #13... It has become clear that our common identification, our unity, and our full surrender as addicts depend on a clear understanding of our most fundamental principles: We are powerless over a disease that gets progressively worse when we use any drug. Any drug we use will release our disease all over again. We recover from the disease of addiction by applying our Twelve Steps. Our steps are uniquely worded to carry this message clearly, so the rest of our language of recovery must be consistent with our steps. We cannot mix these fundamental principles with those of our parent fellowship without crippling our own message. Both fellowships have a Sixth Tradition for a reason: to keep each one from being diverted from its own primary purpose. Because of the inherent need of a Twelve Step fellowship to focus on one thing only, so that it can do that one thing supremely well, each Twelve Step fellowship must stand alone, unaffiliated with everything else.

It is in our nature to be separate, to feel separate, and use a separate set of recovery terms, because we each have a separate, unique primary purpose. The focus of AA is on the alcoholic, and we ought to respect that fellowship's perfect right to adhere to its own traditions and protect its focus. in a way that keeps our message clear. A glance at AA's success in delivering recovery to alcoholics over the years makes it abundantly clear that theirs is a successful program. Their literature, their service structure, the quality of their members' recovery, their sheer numbers, the respect they enjoy from society—speak for themselves. Our members ought not embarrass us by adopting a "we're better than them" posture. As a fellowship, we must continue to strive to move forward by not stubbornly clinging to one extreme or the other. We could all help by identifying simply as addicts, and using the words "clean," "clean time," and "recovery," which imply no particular substance and by referring to only our own literature at meetings, thereby avoiding any implied endorsement or affiliation. Our principles stand on their own. Let's carry our own message clearly. There's a lot of work to be done, and we need each other if we are to be effective. Let's move forward in a spirit of NA unity.

For more information on service opportunities or upcoming events, please call the Area Service Office at (614) 252-1700. The Area Service Office is located on the second floor of 1561 Old Leonard Ave.