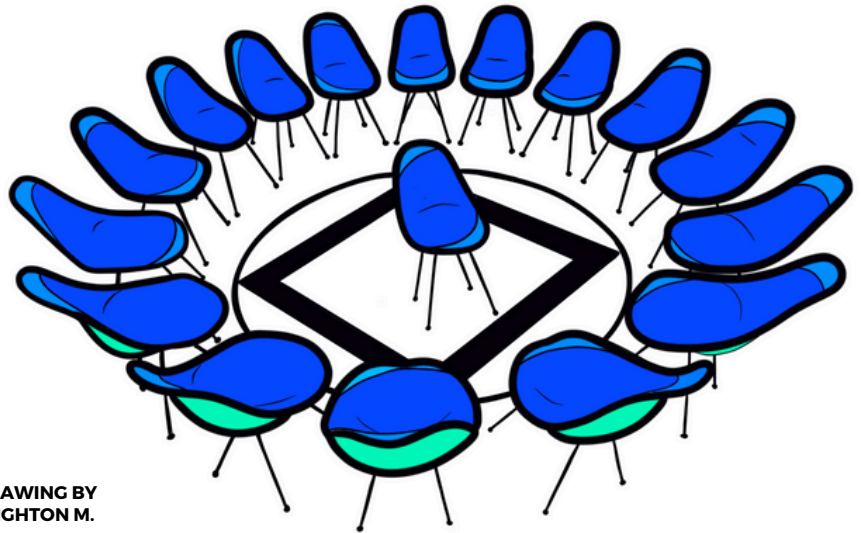


THE HOPE NOTE

SERVICE & THE NEWCOMER

"The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away."

— "What Is the Narcotics Anonymous Program?" Basic Text, 9



DRAWING BY
LEIGHTON M.

THE EMPTY CHAIR

"Everyone has seen them. That chair, planted in the middle of the circle, or, in the middle of tables connected together in a square. But what's the meaning? What's the symbolism behind it?"

It's actually quite simple. It's for the addict who hasn't made it to our meetings yet. The one who is still on their road headed our way. It shows that we are waiting for them. That we are here. And, that we will always have an open chair for them. As long as we keep the coffee going and the doors open, we will always be able to have a space where we can share our message, "that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live."

— Brooke S.

Many have said;
Take my will and
my life
Guide me in my
recovery
And show me
how to live.

EVENTS

August 29th — September 1st
NA WORLD CONVENTION
(Located in Washington, DC)

You can find listed events at
nacentralohio.org

WHAT DOES THE EMPTY CHAIR MEAN TO YOU?

"There is always room for the newcomer and always space in our hearts for those who passed on."

— Robert S.

"For this addict, the empty chair represents the promise of freedom from active addiction. It's empty because someone has not found it yet, or someone never even knew it existed, or someone knew and took their will back."

— Anonymous

OPEN AREA SERVICE POSITIONS

1. Area Vice Secretary
2. Regional Committee Member Alternate

WHAT CAN YOU DO?

There are infinite ways to get involved in Service. Please reach out to your home group's GSR or any area service committee member to find out more!

"We learn that service to others will get us out of ourselves. Our work can begin with simple actions:

- Making coffee
- Cleaning up
- Setting up for a meeting
- Opening the door
- Chairing a meeting
- Passing out literature

Doing these things helps us feel a part of the fellowship."

— What Can I Do?" Basic Text, 57

MEETINGS THAT NEED SUPPORT

The area as a whole needs our support right now. Please check the schedule on our website nacentralohio.org for current meetings in the area and have fun getting to different ones!

Also, keep an eye out for "Creating Stronger Home Groups" & GSR Service Learning Days!

NA Service Prayer

God, grant us the knowledge that we may serve according to Your Divine precepts. Install in us a sense of Your purpose. Make us servants of Your will and grant us a bond of selflessness that this may truly be Your work, not ours, in order that no addict, anywhere, need die from the horrors of addiction.

FROM OUR OWN MEMBERS

"To the next recovering addict:

Just trying to get a day clean seemed so unrealistic when I first walked through those doors. I'm forever grateful for the predecessors waiting on the other side. I was a lost, empty soul full of fear.

But there was something about the other addicts who were clean and had been clean. I wanted that smile. That laughter. Most of all that Freedom. They told me if I wanted what they had to offer and was willing to make the effort to get it, then I was ready to take certain steps.

Of course I had no idea what that meant. But I knew I was sick and tired of being tired and sick. So I became willing. Willing to show up for me. I attended meetings everyday all day my first year. Doing what I thought was just what we do. Chair the meeting. Help set up the meeting. Make coffee. Take out trash. Those little things I later learned were actually great big things. I was being of service to my self and others.

I'm grateful for having a sponsor early on. Without her love and guidance, I would have never been in this position. She knew service saved her life and could save mine if I let it.

From the very beginning of my recovery, I was taught to be of service. I've held many positions over the past 5 and a half years, all of which have only benefited my life. I couldn't imagine what my recovery would look like without those important parts. After all, 'God, Self, Service and Society' are the base. The broader the base, the higher the point of Freedom. It's more than true for this addict. Love you."

— Regina H.

"In our lifetimes, there are plenty of times that we are newcomers to a situation. The one all addicts share is when we step into recovery for the first time. There's no rule on what constitutes a newcomer and that lack of rules is something I appreciate about NA.

I had a little over two years when I lost someone who was, frankly, a reservation for me. As I talked to the police in the aftermath of my loved one's passing, a part of my brain was planning where to go and what to look for. That loved one had been insistent that I was not an addict and shouldn't go to NA meetings, but it was NA that kept me clean, especially in those early days of grieving.

There are countless days where my thoughts of using are shut down by, "If I use, I can't be of service in the ways that I am now, and then what happens to this meeting or these obligations?" Other addicts responded to my commitment to service by offering me other service positions until I got burnt out.

I'm still recovering from that substitute for substances. I'm learning to have more faith in the program and myself, as well as how to better apply the spiritual principles found in our Steps, Traditions and Concepts. I'm grateful for the choices I get to make in NA today and grateful for the autonomy that it's helped me realize I have. I couldn't be me without all of you."

— Anonymous



LET'S CELEBRATE!

*God, grant me the serenity to accept the things I
cannot change, the courage to change the things I
can, and the wisdom to know the difference.*

Just for today

ANNIVERSARIES

In Narcotics Anonymous we celebrate clean time. Not to brag or boast but to show everyday clean is a miracle.

August 18th
Mandi S. – 6yrs



FOR ANNIVERSARIES TO BE FEATURED,
PLEASE EMAIL YOUR FIRST NAME, LAST
INITIAL, AND MILESTONE!
SEND TO:
COASCNANEWSLETTER614@GMAIL.COM

Q & A!

Going to world?

We would love to feature your experiences! Send us what you think was the most impactful or fun thing for you at the convention!

HOW TO SUBSCRIBE

Please email coascnanewsletter614@gmail.com to subscribe and receive an emailed copy of this newsletter. You can also pick up a hard copy from the area office. It will also be available for download on nacentralohio.org. Please know your anonymity is the of the utmost importance and will be handled with care.

Resources

Area office:

1313 E. Broad Street,
Columbus, OH 43205-1503
(614) 252-1700

World website:

<https://www.na.org/>

Central Ohio website:

<https://nacentralohio.org/>

Need help? Call

The Central Ohio HOPE Line!

(614) 252-1700

NEVER ALONE NEVER AGAIN!

Talk to another recovering addict any time!