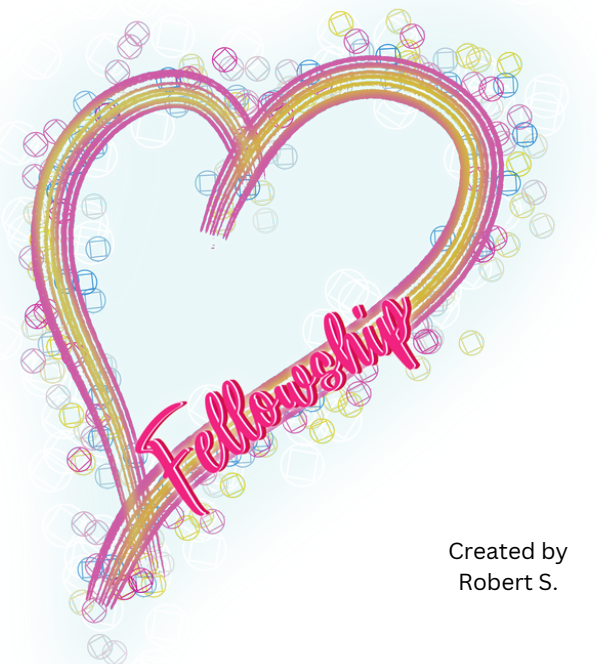


# THE HOPE NOTE

## THE POWER OF LOVE

"The spirit of love that we express in NA is the most powerful thing we have."

Living Clean: The Journey Continues



Created by  
Robert S.

## LOVING ONE ANOTHER

"Love is an action word. Loving action takes many forms. Sometimes it's a warm hug; Sometimes it's telling someone the cold, hard truth. But when we act from love, with intention of loving it shows. It matters. We can feel it, and the people who surround us feel it."

'Love', Living Clean: The Journey Continues  
p. 209

"Accepting love, whether gracefully or begrudgingly, is in itself an act of love."

'Letting Love In', Spiritual Principle a Day  
p. 276

**We experience  
real love and  
real friendship.**

-We Do  
Recover  
pg 91

## DESCRIBE THE LOVE YOU FEEL FROM THE FELLOWSHIP IN THREE WORDS.

"Freedom from addiction."  
-Byron B.

"Living new life."  
-Anonymous

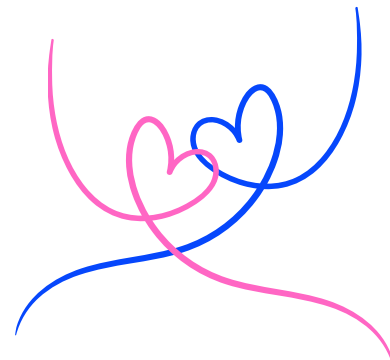
"Unapologetically honest.  
Endless."  
-Heather K.

## EVENTS

September 15th-  
Area Service Committee

September 22nd-  
Unity Day

You can find listed events at  
[nacentralohio.org](http://nacentralohio.org)



## OPEN AREA SERVICE POSITIONS

1. Area Vice Secretary
2. Area Vice Treasurer
3. 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, p. 57

## MEETINGS THAT NEED SUPPORT

The area as a whole needs our support right now. Please check the schedule on our website [nacentalohio.org](http://nacentalohio.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

5 questions asked to members who attended The World Convention in Washington, DC ... and their responses.

**Donna M.**

*Was this your first time at an NA World Convention?*  
"No."

*What did you find surprising about DC?*  
"How loud it was."

*What was your most exciting memory from World?*  
"How well it was done. With their banners and artwork, no detail was missed."

*What was the most powerful thing you learned?*  
"The WSO (World Service Office) is hurting financially. After COVID they never rebounded. I feel like I came away reminded of our primary purpose 'to carry the message to the newcomer.'"

*If you could tell a newcomer one thing that you took away from World, what would it be?*  
"Unity of people and our purpose."

**Beth T.**

*Was this your first time at an NA World Convention?*  
"No, I went to the 2018 Orlando Convention."

*What did you find most surprising about DC?*  
"There was nothing surprising."

*What was your most exciting memory from World?*  
"Spending time with my tribe."

*What was the most powerful thing you learned?*  
"In the jewelry room there was a tribute to Leslie H. I broke down and a guy from Ecuador gave me a big hug. It was pretty amazing."

*If you could tell a newcomer one thing you took away from World, what would it be?*  
"Have fun in recovery and keep coming back. It does get better!"

**Fred P.**

*Was this your first time at an NA World Convention?*  
"No, I have been to every world convention in the United States since 1996."

*What did you find most surprising about DC?*  
"How many rats there were at night. Unbelievable!"

*What was your most exciting memory from World?*  
"The Unity Day and the executive director gave a phenomenal lead!"

*What was the most powerful thing you learned?*  
"The power of love."

*If you could tell a newcomer one thing you took away from World, what would it be?*  
"Taking a picture with 5 people from different countries (Ireland & Poland). We didn't speak each other's languages but we could communicate thru the NA language. It truly is a worldwide fellowship."

WORLD  
EDITION!



**Ursula A.**

*Was this your first time at an NA World Convention?*  
"This was my 3rd time at an NA World Convention."

*What did you find most surprising about DC?*  
"I was surprised at how welcoming the convention staff were."

*What was your most exciting memory from World?*  
"Being with so many loving and caring individuals who were there to celebrate NA & recovery."

*What was the most powerful thing you learned?*  
"That an addict, any addict, can lose the desire to use and find a new way to live. Especially an addict with less than 24 hours clean."

*If you could tell a newcomer one thing you took away from World, what would it be?*  
"That we do recover!"



# 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.

September 1st-  
Erica M. 8 yrs

September 18th-  
Jason I. 8 yrs

September 21st-  
Jason M. 5 yrs

September 26th-  
Brie R. 6 yrs

September 30th-  
Chris T. 10 yrs



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

## Q & A!

### How did you learn to trust again?

We would love to  
feature your  
experiences!  
Send us your  
stories!

## HOW TO SUBSCRIBE

Please email [coascnanewsletter614@gmail.com](mailto: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](http://nacentralohio.org). Please know your anonymity is 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!