

THE HOPE NOTE

Trust Goes A Long Way

"We find that trusting others with more experience is a strength rather than a weakness."

Basic text

What Can I Do?

Pg 57



Robert S.

Learning to Trust in a Higher Power

We began to see evidence of some power that could not be fully explained. Confronted with this evidence, we began to accept the existence of a power greater than ourselves. We can use this power long before we understand it.

As we see coincidences and miracles happening in our lives, acceptance becomes trust, we grow to feel comfortable with our Higher Power as a source of strength. As we learn to trust this power, we began to overcome our fear of life.

Basic Text

How It Works - Step Two

Pg 24-25

Learning to trust others

The members we consult may tell us: "If you want what we have, do what we do!" When we balk at the idea of relying on others, as many of us do, we're reminded that it wasn't long ago that we'd hand our money to a stranger, trusting they'd return with drugs. Despite our resistance, we find ourselves desperate enough to follow the lead of those who came before us.

SPAD

February 24th

EVENTS

October 11th-13th
Tar Hallow Spiritual
Retreat

October 19th
CCOACNA31 Speaker Jam
October 20th
Area service committee
meeting

You can find listed events at
nacentralohio.org

We trust in our

Higher Power

for the strength

to meet our needs.

Basic text

Just for Today - Living the
Program

Pg 97

OPEN AREA SERVICE POSITIONS

1. Area Vice Secretary
2. Area Vice Treasurer
3. Addithon Chair
4. New Years Chair

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 nacentralohio.org for current meetings in the area and have fun getting to different ones!

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

"Trust is an odd thing. Most people say you have to earn Trust. But I always gave Trust. Those in question showed me they were Trustworthy.

- Keith L.

Am I Strange?

Am I strange for liking service committee meetings like Area Service or a subcommittee meeting? They always get a bad rap from most people – they're too long, people talk too much, there's too much arguing going on. I consider it a great opportunity to make the NA fellowship in the Central Ohio Area (COASCNA) better and better over the months and years. Where else do you get so many different ideas and opinions and then talk through those to come up with what might work the best in this situation? Where else do you get to discuss and argue with other people and then give them a big hug afterward? I love the idea that so many people can come together and do their best to fulfill our primary purpose – to carry the message to the addict who still suffers. Sure, sometimes my head tells me, "If they would just do it my way, everything would be great." But that's when my heart kicks in and says, "Let God's will be expressed through the group conscience." It's just another way that I feel a part of this wonderful fellowship and that I get to practice these principles in all of my affairs. Come join us sometime – you won't regret it!

-Anonymous

A Member's Experience from the World Convention

I loved the WCNA. It was amazing to be with nearly 20,000 other recovering addicts in an atmosphere of love and unity. There were many great workshops about service work, fellowship development, and attracting new members. I loved running into old friends, discovering new ones, and meeting service enthusiasts in-person from across the US and World who I have served with virtually over the last 4+ years. Truly a remarkable experience.

Big congrats to all the of the special workers and trusted servants at NAWS for a well-planned and extremely well-organized experience. They coordinated a wonderful "shout out" session before the Unity Day speaker on Sunday, September 1st. There were about 8 facilities from around the world that virtually logged in to share their enthusiasm for recovery with the in-person and streaming attendees.

Ohio was able to have two shoutout slots, one at ORW (Ohio Reformatory for Women in Marysville) and the other at AOCI (Allen Oakwood Correctional Institution) in Lima. A group of recovering incarcerated members at each facility virtually shared about their NA groups at the prisons, and their excitement to be part of the World Unity Day Celebration. What made it extra special is that Central Ohio Area members traveled to each of the two prisons to be part of the celebration in person. It was a very, very moving experience!

-Paul M



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.

ANNIVERSARIES

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

October 1st-
Rebecca A. 8yrs

Dustin A. 12yrs

October 2nd-
Leighton M. 3yrs

October 10th-
Jennie S. 3yrs

October 28th-
Kathy D. 8yrs



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

Q & A!

Double question
month!

How did you get
connected in the
program?

How do you stay
connected to the
program when life
shows up?

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 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:

na.org

Central Ohio website:

nacentralohio.org

Need help? Call

The Central Ohio HOPE Line!
(614) 252-1700

NEVER ALONE NEVER AGAIN! Talk to
another recovering addict any time!



Brooke S.