

THE HOPE NOTE

Friends in the Fellowship

"The most unlikely people
form friendships..."

JFT
Oct 18th
We all belong
Pg 304



Friends in recovery

Our new friendships in the fellowship will help us. Our common effort is recovery. Clean, we face the world together. We no longer have to feel backed into a corner, at the mercy of events and circumstances. It makes a difference to have friends who care if we hurt.

Basic text
What Can I Do?
Pg 56

Outside issue?

While a particular problem may be an outside issue, its effect on our recovery is not; everything affecting a recovering addict's life is material for sharing. If a problem we are having impacts our ability to stay clean and grow spiritually, it's not an outside issue.

It Works
How and Why
Tradition 10
Pg 198

Connection with each other

We never know what will make someone feel a connection with us. When we sense a connection based on our shared disease and shared recovery, the ways in which we differ from one another become enriching rather than limiting.

Living Clean
The Journey Continues
Connection to others
Pg 39

From our NA members behind the walls

Mike J from the Inside

Hello everyone, I'm Mike and I'm an addict. I would like to talk about what technology and online meetings have done for me. It has allowed me to take part in a global community and a family of recovering addicts. It also has allowed me to hear many addicts share their experience, strength, and hope, so I too can share my experience, strength, and hope with other addicts just like myself.

Also, because I now have access to the informational pamphlets through my prison tablet, I would like to share about IP number 12, the Triangle of Self-Obsession. It talks about anger, fear, resentment, how it makes up this triangle, and it goes on to say, 'We must break the self-obsession.' We must grow up or we will die. This is something I've learned from the informational pamphlets. Thank you, and have a blessed day.

EVENTS

November 17th:
Area Service
Committee Meeting

You can find listed events at
nacentralohio.org

OPEN AREA SERVICE POSITIONS

1. Area Vice Secretary
2. Area Vice Treasurer
3. Regional Committee Member Alternate
4. Addition Chair
5. 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

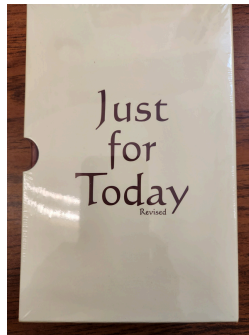
AREA OFFICE!

THE CENTRAL OHIO AREA OFFICE
HAS NEW LITERATURE AND SWAG!

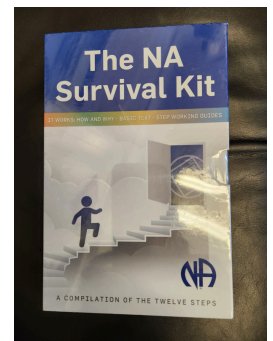
"Basic" Mug
\$8



JFT Journal
\$17.50



The NA Survival Kit
\$24



You can contact the office for more information, additional literature requests, or an individual need. Our literature is a tool to fulfill our primary purpose, which is to carry the message.

You may contact the chairperson
Lisa G. at 614-209-3327, or the area office
at 614-257-1700 with any comments or concerns.



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.

November 3rd
Mariclaire F 15yrs

November 6th
Brack G 17yrs

Ed W. 29yrs

November 10th
Chris M. 15yrs

November 30th
Ray T. 13 yrs



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

Q & A!

What's the best
suggestion you
received to help
cope with the
holiday season?

**We are looking
forward to increased
submissions in the
future. Thank you for
the support!**

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!

