

THE HOPE NOTE

Restored To Sanity

"I thank the God of my understanding for each sane act in my life, for I know they are indications of my restoration to sanity."

JFT
December 27th
Pg 377

An addict like me

An addict like me looks at pill bottles and wonders what's in them,
An addict like me looks at alcohol and wonders if it will send me spiraling.

An addict like me knows one is too many and a thousand is never enough,
An addict like me at times still wants to test fate,
An addict like me at times still wants to give in to temptation.

An addict like me, though, chooses a different way,
An addict like me chooses to live today.

An addict like me.

Poem by Anonymous

Step Three

We made a decision to turn our will and our lives over to the care of God as we understood him.

Uncomplicate my mind

When something goes wrong, I don't have to pretend that I'm happy about it. I do, however, need to make sure I'm not giving it more attention than it deserves, especially when compared to all that's going right.

God's will

We know that if we pray for God's will, we will receive what is best for us, regardless of what we think.

Basic Text
How It Works
Step Eleven
Pg 46

Our own spiritual path

Each of us has our own spiritual path. As we explore our spirituality, we find ourselves on a journey of self-discovery. When we live with spiritual awareness, we find harmony with the God of our understanding, with ourselves, and with others. There is no single recipe for spirituality.

Living Clean
The Journey Continues
A spiritual, not religious program
pg 49

From our NA members behind the walls

Ben R shares from the inside about his recovery, virtual meetings, and doing service work.

My name's Ben and I'm an incarcerated addict. It's been great seeing the hard work that the Fellowship has put into hosting online meetings. For us to be able to get outside perspectives has been amazing. It has increased meeting attendance here, and started making people want to learn more about the Fellowship.

Through the online meetings we're able to get that outside perspective. People from NA teach us a little bit more about what the NA way of life looks like and how they do stuff on the outside. It gives us guys here on the inside more to talk about, like where our recovery is and like where we want to get to and stuff.

And it's been great too because I get to do more service work. I got to tell my story in Montenegro to the Adriatic Region Convention. And for my first time being able to really share with individuals, and them being able to hear my story, and to see their reactions to know that we all just alike, you know, in so many ways.

We all still struggle with the same disease of addiction. And we are helping each other because one addict helping another is without parallel. I'm so blessed to be a part of this and to be able to just help individuals learn a little bit more about what we're doing here [behind the walls] and trying to achieve here on the inside.

And then just being able to be a part of the regular virtual meetings themselves is without a doubt, one of the most beautiful things I've ever been a part of.

You know, I can't wait to be able to go home and put this into practice and to be able to see what it looks like. Because today, I know what I want to do when I go home. I know what kind of individual I want to strive to be. And I see it through the works of people in the Fellowship and in the online meetings. They don't judge me for no reason because I'm sitting in prison, they just want to know what they can do to help me in my situation.

EVENTS

December 9th
Monday Miracles Anniversary

December 15th
ASC

December 24th & 25th
Donuts & coffee, Good Morning Group

December 31st
Masks Off Masquerade

December 31st/January 1st
Donuts & coffee, Good Morning Group

You can find listed events at
nacentralohio.org



OPEN AREA SERVICE POSITIONS

- Area Vice Treasurer
- 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



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

H&I is looking for members to share their experience strength and hope!

Are you looking for service work? H&I needs your help. Please attend our subcommittee meeting at 1113 Parsons Ave at the Columbus Public Library which is held the first Sunday of every month at 2:00 PM.

Need women specifically for the following:

Talbot Hall (6 months clean time requirement) Mondays at 6:30 PM
Maryhaven Women's Long Term (6 months clean time requirement) Wednesdays at 7:00 PM
Women's Workhouse (1 year clean time requirement and no cases in 5 years. Requires an application process) 2nd and 3rd Saturday at 12:00 PM

Need men specifically for the following:

CBCF (6 months clean time requirement and application process) Wednesdays at 6:30 PM
Franklin Medical Center (1 year clean time requirement, application and background check) Tuesdays at 6:30 PM
JAK (1 year clean time and ODRC packet process) Tuesdays at 6:30 PM

From the H&I chair

MEETINGS THAT MAY NEED SUPPORT EXPANDED*

Monday:

New Way of Life, Another Day Another Way, Monday Blues, Principles Before Personalities, Better Late Than Never, WeCovery

Tuesday:

Unity Through Service, Newer Beginnings, Grateful Not Dead Heads, South Side Text Discussion

Wednesday:

TLC, Hope on McNaughton

Thursday:

Urbancrest/Grove City

Friday:

Werk in Progress, The Journey Continues, Talking Heads

Saturday:

First Things First, We Came To Believe, Saturday School, Freedom Through Fellowship, Animal House

Sunday:

Sunday Saints, Reach 1 Teach 1, Hearts 1

- * This list was compiled from the list of meetings that have not been to the Area Service Committee meeting recently. Trusted servants should email coascna@gmail.com with meeting updates.



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.

December 2nd
Byron B. - 22yrs
December 4th
Hailey J. - 1yr
December 5th
Nate L. - 15yrs
December 6th
Shelby B. - 10yrs
Jacob K. - 11yrs
Lindsay E. - 4yrs
December 12th
Kevin C. - 40yrs
December 18th
Ursula A. - 16yrs
December 22nd
Izzy I. - 3yrs
December 29th
Chris H. 6yrs



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

Q & A!

What's the most
useful nugget of
knowledge you
gained in 2024?

**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!

