

THE HOPE NOTE

FRIENDSHIPS

"Most of us come to Narcotics Anonymous with few genuine friends. And most of us arrive without the slightest understanding of what it takes to build lasting friendships. Over time, though, we learn that friendships require work. At one time or another, all friendships are challenging. Like any relationship, friendship is a learning process.

Our friends love us enough to tell us the truth about ourselves. The old saying 'The truth will set you free, but first it will make you furious' seems especially true in friendship. This can make friendships awkward. We may find ourselves avoiding certain meetings rather than facing our friends. We have found, though, that friends speak out of concern for us. They want the best for us. Our friends accept us despite our shortcomings. They understand that we are still a work in progress.

Friends are there for us when we're not there for ourselves. Friends help us gain valuable perspective on the events in our lives and our recovery. It is important that we actively cultivate friendships, for we have learned that we cannot recover alone."

— "August 21" Just for Today, p. 243

Joke of the Day

I just saved a bunch of money...
by switching to recovery!



Hugs

"Recovery becomes a contact process; we lose the fear of touching and being touched. We learn that a simple, loving hug can make all the difference in the world when we feel alone. We experience real love and real friendship."

— We Do Recover, p. 91

Never Alone

"When we are in crisis, it doesn't matter if we trust someone or not; we reach out and are grateful that anyone is there to grab our hand and pull us back from the edge."

— "Friendship" Living Clean, p. 132

Connection

"One of the things we notice in recovery is that we have many different kinds of friendships. We get to experiment with that, too, and find the ways we're most comfortable connecting."

— "Friendship" Living Clean, p. 133

OPEN AREA SERVICE POSITIONS

- Vice Secretary
- Vice Treasurer
- Office Chair
- WSR Chair
- Regional Committee Member
- Alternate
- Archives Chair

WHAT CAN YOU DO?

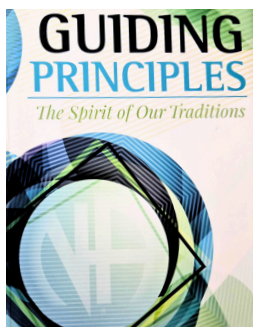
There are infinite ways to get involved in Service. Please reach out to your home group's GSR or any area service committee member to find out more!

"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



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.

COACNA 31

MESSAGE TO OUR GUESTS

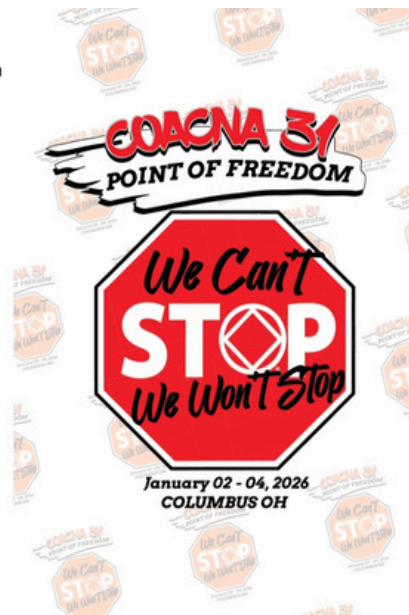
Often when attending N.A. conventions, members ask, "Why should I register?" They do not understand that the convention incurs a great deal of expense. These expenses include the leasing of space in the hotel, the cost of printing programs, flyers, tickets, and other items in the registration packages. Other expenses are related to planning, such as rental of meeting spaces, telephone expenses, copying and supplies. The monies collected also help support The Columbus Ohio Area of Narcotics Anonymous as it seeks to carry the message to addicts still suffering through the Phone, Line and Hospital and Institutions subcommittees. Some of the money collected also help future conventions get underway. Our 7th tradition states that we are fully self-supporting by our own contributions. We hope you will feel privileged to register. Please help us carry the message.

BY REGISTERING! The COACNA31 Convention Committee would like to welcome you and thank you for attending.

WE CAN'T STOP, WE WON'T STOP

PO BOX:
COACNA31 (Point of Freedom)
PO Box 29034
Columbus, OH 43229

DO NOT SEND CASH IN THE MAIL! Make checks payable to:
COACNA31 - Point of Freedom
or CashApp to \$COACNA



COMMITTEE CONTACT INFORMATION

POSITION	NAME	PHONE NUMBER	EMAIL ADDRESS
Convention Chair	Ben L.	614-580-5128	blaceyape@aol.com
Convention V-Chair	Cheryl H.	614-778-8442	cherylheller65@gmail.com
Registration Chair	Vicky J.	614-209-6804	vickyjoe46@gmail.com
Programming Chair	Joe S.	614-374-7062	nostoppingus49@yahoo.com

Please send speaker CDs or MP3 files to our programming chair by mailing Joe S. or mail to PO Box on the back of the flyer.
The cutoff date for speaker CDs and MP3 files is July 31, 2025.

REGISTRATION PRICING INFORMATION

01/01/2025 through 01/01/2026
Basic: \$30 Full: \$80
Day of the Convention
Basic: \$35 Banquet: \$50

RESERVATIONS

Here's your QR code to make reservations:
Book your group rate for COACNA 31 Convention Jan 2026
We appreciate your business and look forward to a successful event.
Event Summary:
COACNA 31 Convention Jan 2026
Start Date: Thursday, January 01, 2026
End Date: Sunday, January 04, 2026



HOTEL INFORMATION

Marriott Columbus Northwest
5606 Blazer Pkwy
Dublin, OH 43017
614-791-1000

Hotel(s) offering your special group rate:
Marriott Columbus Northwest for \$139.00 USD + tax/fees per night
Last Day to Book: Thursday, December 11, 2025
Book your group rate for COACNA 31 Convention Jan 2026

COACNA31 REGISTRATION FORM

NAME: _____
ADDRESS: _____
CITY: _____
STATE: _____
ZIP CODE: _____
EMAIL: _____
PHONE: _____

If registering for multiple people, list additional names here

Basic: \$ ____ X ____ =
Full: \$ ____ X ____ =
Newcomer donation: _____
Banquet: \$50.00 X ____ = January 02 - 04, 2026
COLUMBUS OH
Mail in checks to PO Box on the back of the flyer OR CashApp to \$COACNA

POINT OF FREEDOM

WE CAN'T STOP, WE WON'T STOP

January 2-4, 2026

Workshops, speakers and banquet dinner!
Check the registration flyer for prices.



Knowledge Check!

Recovery Word Search

F H L U S P I R I T U A L D X
U W F H Z Y F R I E N D S W R
Q I M E I C L L X L C Y U E Y
S L A E L G O D H O N E S T Y
C L Y P D L H N F R R L R P G
X I A F R I O E N Z L H L E K
S N R R V I T W R E C Q O A I
E G Z E E S N A S P C C V C K
R N E E C B F C T H O T E E I
E E A A W O I H I I I W I G N
N S W O A Q V A G P O P E O D
I S P I J W B E A C L N V R N
T J W I S T V H R P V E R L E
Y E W O Z U I R J Y M M S V S
P R O P E N M I N D E D Z B S

Higher Power
Principles
Spiritual
Friends
Serenity

Willingness
Connection
Fellowship
Peace
Kindness

Open Minded
Meditation
Recovery
Honesty

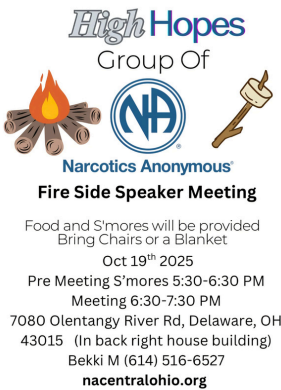
Free
Love

EVENTS

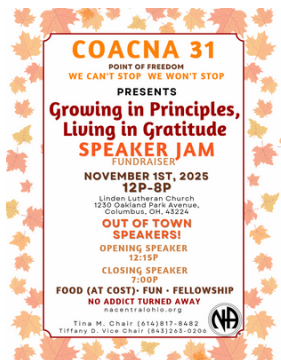
October 13



October 19



November 1



October 17



October 28



December 24-25

Addithon

December 31

New Year's

ANNIVERSARIES

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

October 1
Rebecca A. – 9 yrs

October 10
Jennie S. – 4 yrs

October 31
Dave M. – 39 yrs

November 10
Chris M. – 16 yrs

November 11
Taylor P. – 1 yr

December 29
Chris H. – 7 yrs



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

THE HOPE NOTE NEWSLETTER DOES NOT NECESSARILY REFLECT THE OPINIONS OF THOSE OF NA AS A WHOLE



Our Area's Beginnings

1981

Hearts 1 & 2 open as the first two meetings in Central Ohio

1983

3rd meeting opens (Mustard Seed)

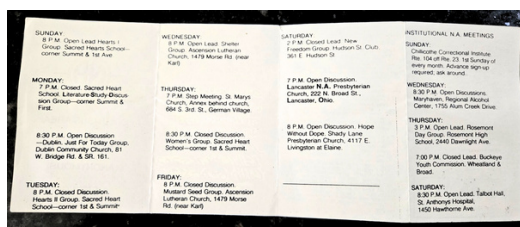
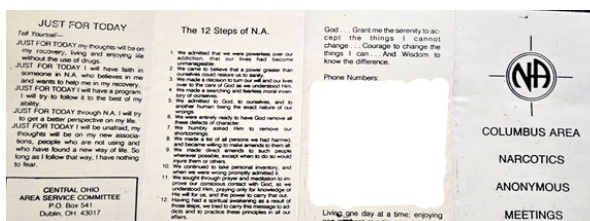
7 meetings a week by May

First ORCNA (Ohio Regional Convention of Narcotics Anonymous)

1988

Our Area's New Year's event was held at the Rhodes Center and fell at the end of ORCNA that year.

"Miracles Shine in '89!"



An early meeting schedule for COASCNA

Early meetings continuing to serve our primary purpose to this day:

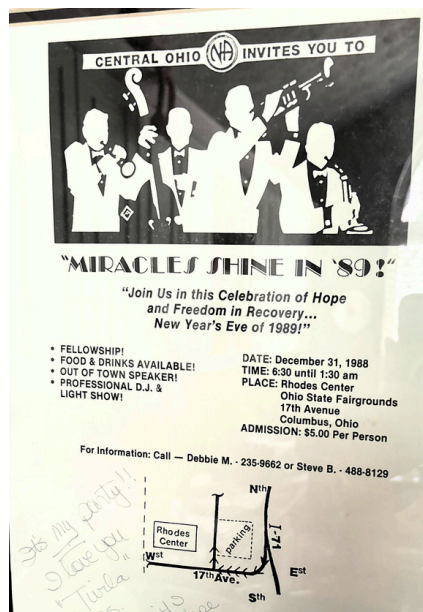
The Surrender Group - 1985

Gay Joyous & Free - 1988

I Can't We Can - 1989

Serenity Group - 1991

Women in Recovery - 1991



Resources

Area Office

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

NA 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!

HOW TO SUBSCRIBE

Please email coascannewsletter614@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 be available for download at nacentralohio.org.

Please know your anonymity is of the utmost importance and will be handled with care.

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