

# Isolation

## THE HOPE NOTE

winter 2026

i can't, we can

“Hostile, resentful, self-centered, and self-seeking, we cut ourselves off from the outside world. Anything not completely familiar became alien and dangerous. Our world shrank and isolation became our way of life. We used in order to survive. It was the only way of life that we knew.”

**Basic Text, p. 4**

“Change from self-destructive patterns of life became necessary...We had had enough of self-destruction...When nothing relieved our paranoia and fear, we hit bottom and became ready to ask for help.”

**Basic Text, p. 15**

“..we find a fellowship of people with a common bond of recovery...a lifeboat in a sea of isolation, hopelessness and destructive chaos...At first it feels awkward to share our feelings...By humbling ourselves and asking for help...we find the strength that we need. We form a mutual bond.”

**Basic Text, p. 98**

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



# Isolation u o i a t i o n

what we  
can't do alone

we can do  
together.

“Keeping our illusion of reality, rather than using the tools of the program, will return us to isolation. Loneliness will kill us inside and the drugs that almost always come next may do the job completely. The symptoms and the feelings that we experienced at the end of our using will come back even stronger than before.”

**Basic Text, p. 81**

“Being honest with our feelings helps others to identify with us...When we feel trapped or pressured, it takes great spiritual and emotional strength to be honest...This process is a creative action of the spirit.”

**Basic Text, p. 85**

“We began to lose our fear through the experience of sharing. The more we shared, the more our fears slipped away. We shared for this reason. Growth means change.”

**Basic Text, p. 84**

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



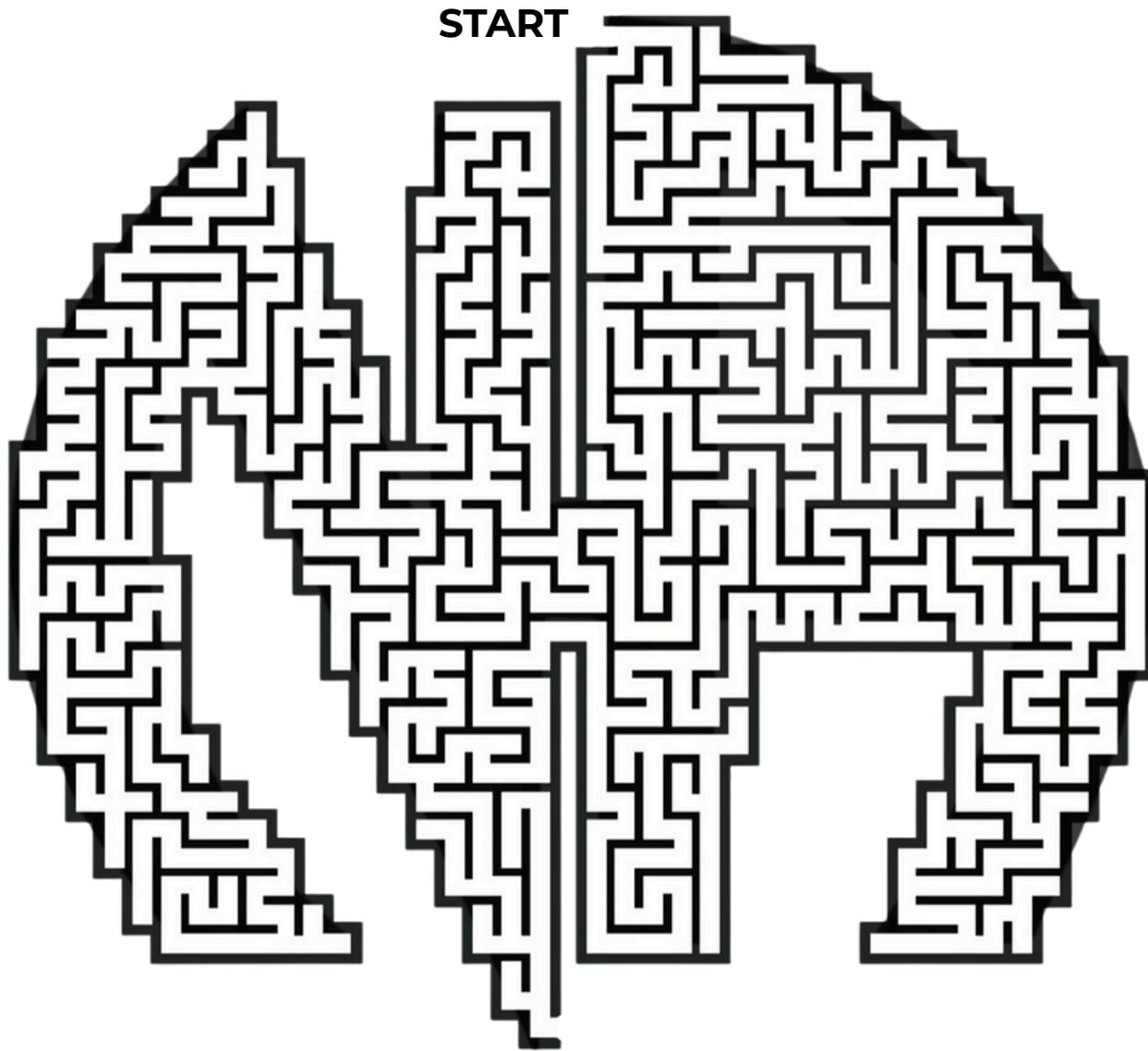
# THE NA MAZE

do you tend to be just a little too competitive?

time yourself and email us your results. we'll post the fastest addicts in the next issue.

[coascnanewsletter614@gmail.com](mailto:coascnanewsletter614@gmail.com)

**START**



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



## THE MAIN EVENT



January 02 - 04, 2026  
COLUMBUS OH

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.

### VENUE

Marriot Columbus Northwest  
5606 Blazer Pkwy  
Dublin, OH 43017

### CONTACT

Ben L.  
614-580-5128

## MORE EVENTS

**Sunday, January 25**  
**5:30 PM**

**High Hopes 2-Year Anniversary**

**Bekki M.**  
**614-516-6527**

**Sunday, February 1**  
**2:00 PM**

**Hospitals & Institutions (H&I) February Open House**

**CONTACT**  
**Klaudia S.**  
**614-429-8826**

**Saturday, February 7**  
**2:00 PM**

**Service Learning Day**

**CONTACT**  
**Klaudia S.**  
**614-429-8826**

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



## OPEN AREA SERVICE POSITIONS

- Vice Secretary
- Vice Treasurer
- Office Chair
- WSR Chair
- Regional Committee Member
- 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**

## ANNIVERSARIES

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

January 10  
Bob B. – 50 yrs

March 3  
Lauren H. – 3 yrs

March 18  
Debbie G. – 40 yrs

March 27  
Brooke S. – 9 yrs



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

## WHY DONATE TO AREA?

- Pays for our office, phone, website, and insurance
- Helps throw special events
- Supports subcommittees
- Representation in our region and NA World that produces literature

Ask your home group, "How much can we donate to area this month?"

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



# Resources

## Area Office

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

## NA World Website

[na.org](http://na.org)

## Central Ohio Website

[nacentralohio.org](http://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 [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 be available for download at [nacentralohio.org](http://nacentralohio.org).

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

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

