

“Goodwill is best exemplified in service; proper service is ‘Doing the right thing for the right reason.’”

Help Wanted

Unity is a newsletter designed for the fellowship of Narcotics Anonymous in central Ohio. That means the experience and ideas we publish should come from the fellowship. Give us your input. We want you to share your experience, strength and hope on staying clean. Please send your contributions to: Central Ohio Area Service Office 1561 Old Leonard Avenue; Columbus, OH 43219
Attn: Newsletter Committee
Or via email to: grossman.51@osu.edu

Public Information

How does the public see us? How do we see us?
Want the answers to these questions? The Public Information Committee needs dedicated people to help with poster drives, getting signs onto public transportation, meeting schedules and presentations to the community. The PI Subcommittee meets the 2nd Saturday of the month at 12NOON at the Area Service Office.

Service Office Volunteers Needed

NA members willing to be trained in the office and serve 1-2 hours per week please call the office at (614) 252-1700 or stop by to set up an appointment.
Great service opportunity.

Meetings Needing Support

<i>Sunday Diversity</i>	SUN 4 PM
<i>Show and Grow Up</i>	SUN 7 PM
<i>Hearts I</i>	SUN 7 PM
<i>Just Afternoon Group</i>	MON-FRI 12:15 PM
<i>The Never Alone Zone</i>	MON 7 PM
<i>Southside Serenity</i>	MON 7:30 PM
<i>Principles B4 Personalities</i>	MON 8PM
<i>The Triple R Group</i>	TUES 7 PM
<i>The Next Write Thing</i>	TUES 9:20 PM
<i>New Start Group</i>	WED 8 PM
<i>We Care Group</i>	WED 8 PM
<i>We Do Recover</i>	THUR 6:30 PM
<i>Never Alone Never Again</i>	THUR 7:30 PM
<i>Strength, Trust, And Unity</i>	THUR 7:30 PM
<i>Let's Dump It All</i>	FRI 7 PM
<i>Hope, Not Dope</i>	FRI 7 PM

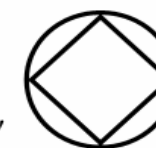
See schedule for meeting locations

H&I Subcommittee News

Have you seen the updated H&I *Help Wanted* flyer?
The flyer has weekly, every other week, or monthly commitments at treatment centers, workhouses, and prisons throughout the central Ohio area. How does one get involved? An addict may attend an H&I meeting as an observer with 3 months clean and share at an H&I meeting with 6 months clean. Interested members are encouraged to attend the H&I subcommittee meeting on the 1st Sunday of the month at 2 PM at 1561 Old Leonard Ave. You will not be turned away.



UNITY



"personal recovery depends on NA unity"

The Central Ohio Area of Narcotics Anonymous Newsletter

**FOR THE NEWCOMER
Feet of Clay**

Many of us come into NA feeling poorly about ourselves. By comparison, the addicts we meet at meetings may seem almost superhumanly serene. These wise, loving people have months, or years of living with spiritual principles, giving to others without expecting anything back. We trust them, allowing them to love us until we can love ourselves. We expect them to make everything alright again. Then the glow of early recovery begins to fade, and we see the human side of our NA friends and sponsor. Perhaps a fellow member of our home group stands us up for a coffee date, or we see two oldtimers bickering at a committee meeting, or we realize our sponsor has a defect of character or two. We're crushed, these recovering addicts aren't perfect after all! How can we possibly trust them anymore? Somewhere between "the heroes of recovery" and "the NA bums" lies the truth: Our fellow addicts are neither completely bad nor completely good. If they were perfect, they wouldn't need this program. Our friends and sponsor are ordinary addicts, just like we are. We can relate to their ordinary recovery experience and use it in our own program.
Narcotics Anonymous, Basic Text, p.78

An addict shares his experience with Step Ten ... "We continued to take personal inventory and when we were wrong promptly admitted it."

I am amazed at how working this step has helped me to connect with other people. Many times I was so quick to act as if I had done nothing wrong and the fault always belonged to someone else. The times when some (or all) of the fault belonged to me this really put a lot of distance between me and the other people in my life. Since getting clean and practicing this step I have received the ability to step back from testing situations to do some personal inventory work before responding. The humility to admit fault and the willingness to make things right in a conflict has provided me many opportunities to get to know and grow closer to the other people in my life.

Area Service Committee

When: Third Sunday of the month.
Where: 1561 Old Leonard Ave
Time: 2:00 PM
New GSRs please arrive 15 minutes early for a brief orientation.

Humility expressed by anonymity
“Humility is a by-product that allows us to grow and develop in an atmosphere of freedom and removes the fear of becoming known by our employers, families, or friends as addicts.”

Many of us may not have understood the idea that “anonymity is the spiritual foundation of all our traditions.” We wondered how this could be. What does anonymity have to do with our spiritual life? The answer is, plenty! By guarding and cherishing our anonymity, we earn spiritual rewards beyond comprehension. There is great virtue in doing something nice for someone and not telling anyone about it. By the same token, resisting the impulse to proudly announce our membership in NA to the world—in effect, asking everyone to acknowledge how wonderful we are—makes us value our recovery all the more. Recovery is a gift that we’ve received from a Power greater than ourselves. Boasting about our recovery, as if it were our own doing, leads to prideful feelings and grandiosity. But keeping our anonymity leads to humility and feelings of gratitude. Recovery is its own reward; public acclaim can’t make it any more valuable than it already is. Recovery is its own reward; I don’t need to have mine approved of publicly. I will maintain and cherish my anonymity.

Hey! What’s the Basket For?
 Many members ask this question because we are told that membership in NA costs nothing. NA groups are self-supporting, declining outside contributions. So how does the basket work? From the money members put into the basket, the group pays its meeting expenses: NA pamphlets and books, recovery tags and tokens, refreshments, and rent. When the group is financially sound enough to meet its monthly expenses and establish a prudent reserve, it passes the excess group donations on to the ASC to help further our primary purpose.

Do you have a home group?

Tradition 10
“Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.”

There are a great number of addiction-related issues that others might expect a worldwide society of recovering drug addicts to take positions on. Our answer, according to Tradition Ten, is that our groups and our fellowship take no position, pro or con, on any issues except the NA program itself. For our own survival, we have no opinion on outside issues.
 From *A Guide to Local Services in NA*

2006-2008 Fellowship Issue Discussion Questions
IT’S ALL ABOUT CARRYING THE MESSAGE

Our vision is that one day: Every addict in the world has the chance to experience our message in his or her own language and culture and find the opportunity for a new way of life...

- Building Strong Home Groups**
1. What do you personally see as the difference between a home group, a group, and a meeting?
 Is there a difference in your responsibility or behavior with each of these?
 2. What are the benefits of a strong home group (to you, to newcomers, and to other members)?
 3. In what ways do strong home groups contribute to our common welfare?
 How does a home group help you to gain a sense of belonging and purpose?
 4. How does participation at a home group teach you how to be of service in NA?
 How do home groups provide or encourage a foundation for leadership?
 5. How do we build strong home groups and what do we need to do to encourage members to join a home group?
 6. What are things you can do to keep meetings open, attractive, and welcoming?
 Does your group encourage and welcome this responsibility? If so, how?
 7. How does the principle of “you have to give it away to keep it” apply to your personal contributions?

Narcotics Anonymous has universal recognition and respect as a viable program of recovery...

- Who Is Missing from Our Meetings and Why?**
8. Does your group identify who is missing from its meetings and discuss its responsibility to carry the message?
 9. How can groups help to keep both newcomers and experienced members fully participating in meetings and engaged in the NA program?
 10. What actions can be taken to ensure that members and potential members know that our meetings exist?
Continued next month...

**For more information on service opportunities or upcoming events, please call the Area Service Office at (614) 252-1700.
 The Area Service Office is located on the second floor of 1561 Old Leonard Ave.**