

**Experience, Strength, & Hope
Serving NA**

When I think back to my first service experience in NA I think about how we used to empty ash trays after the meeting. I had no idea I was doing a service for NA, after all I wasn't on any committee and needed no vote of confidence to carry out this act. It was a rewarding experience and, next to coffee maker, I would still find it to be one of the best positions in NA service (if we still smoked in meetings). As my commitment to NA grew, I became more willing to be involved by helping to clean up after the meetings and even chairing the meetings. I can assure you that during that first year clean when I wanted to get high, the responsibility of having to chair a meeting gave me another day clean. I also learned to get out of myself by greeting folks who walked into a meeting, another simple act of NA service. I met many sponsees this way! Taking the time to say "hello" and "welcome to the meeting" helped me to relieve some of that self-centeredness that I carried. There are so many ways to serve in NA and even though you may experience a few headaches along the way, the rewards will outweigh them. Just my ES&H.

**Central Ohio Area of NA
Service Committee Meetings****

ASC Meeting: 2PM; 3rd Sunday of the month.
New Group Service Representatives arrive 15 minutes early orientation with ASC Secretary.
Area Convention: 2PM; 2nd Sunday of the month.
Just for Today Club
Area Office: 6PM; 1st Monday of the month.
H&I: 2 PM; 1st Sunday of the month.
See the *H&I Help Wanted* flyer for a list of service commitments.
Newsletter: 12 PM; 3rd Sunday of the month.
Submissions can be sent by one of two ways:
Sent by mail to the Area Office Or Sent by e-mail to grossman.51@osu.edu
Outreach: 12NOON; 2nd Saturday of the month
PI: 12NOON; 2nd Saturday of the month
***All service committee meetings are at the Service Office; 1561 Old Leonard Ave; Columbus, OH unless otherwise noted.*

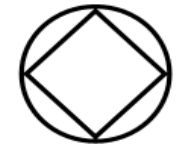
Meetings Needing Support

<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>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>Let's Dump It All</i>	FRI 7 PM
<i>Hope, Not Dope</i>	FRI 7 PM

See schedule for meeting locations



UNITY
"personal recovery depends on NA unity"



The Central Ohio Area of Narcotics Anonymous Newsletter

**THOUGHTS FOR THE
NEWCOMER
Recovery at home**

We're doing great in recovery, aren't we? We go to a meeting every day, we spend every evening with our friends in the fellowship, and every weekend we dash off to a service workshop. But if things are falling to pieces at home, we're not doing so great after all. We expect our families to understand. After all, we're not using drugs anymore. Why don't they recognize our progress? Don't they understand how important our meetings, our service, and our involvement with the fellowship are? Our families will not appreciate the change NA is working in our lives unless we show them. If we rush off to a meeting the same way we rushed off to use drugs, what has changed? If we continue to ignore the needs and desires of our partners and children, failing to accept our responsibilities at home, we aren't "practicing these principles in all our affairs." We must live the program everywhere we go, in everything we do. If we want the spiritual life to be more than a theory, we have to *live* it at home. When we do this, the people we share our lives with are sure to notice the change and be grateful that we've found NA.
Narcotics Anonymous Basic Text p. 100

An addict shares their experience with ... Step 2; "We came to believe that a power greater than ourselves could restore us to sanity." This step was not as easy as I first thought. Sure there was the insanity that we all have in common due to our addiction. The train wreck that we see only after being ejected from the engine of the train but for me I passed over this step with little concern at first. When the fog began to lift and the acceptance of the first step became more apparent, I was left with "What am I going to do now?" I had already believed in a destructive power I had believed in drugs. Why was it so hard to believe in a positive power? I had to keep coming back to meetings and reading literature to quiet that voice that said "You don't need this power greater than you – you got me." One of the things that helped was talking about how I felt and reading from our Basic Text page 79 where it reads "We come here powerless, and the power we seek comes to us through other people in NA, but we must reach out for it." The power greater than me could restore me to sanity but I had to reach out for it.

“Walking the Talk” - One Addict’s Experience

I thought about the topic of "Walking the talk, and many faces popped into my mind. Several were our predecessors who walked this path before us. Many were addicts who I have had the pleasure and good fortune of serving with. A few were the addicts in my support group, my home group, and a couple were even addicts who died with and from this disease. I had a very dear friend who died as a result of a drug overdose after having been clean four and a half years. There was a time when this man "walked his talk". Did a few bad decisions negate the years of service and dedication to his family, society or our fellowship?... I hope not. There are times when I can be described as someone who walks the talk, and at other times I can be a horrible example of that very same statement. It can change from day to day.

We are not all good or all bad. We all, at times, walk the talk, and I for one would like to focus on those times rather than the times we don't. Walking the talk for me means: serving our fellowship, being a part of the "we", working a program, carrying the message, sponsoring people, listening to others, going to meetings, keeping my word, being dependable, maintaining integrity, continuing to live by the idea that if I can't help an addict, don't hurt them. I don't think or believe that even the greatest examples in NA "walk the talk" 100% of the time. I am going to strive to keep the scales at least level - just for today. Thanks for listening.

“An NA recovery group...is founded on its members’ commitment to one another. Many of us have tried to find a way of making it on our own, but without success. We’ve found we need one another to survive and grow.”
It Works How And Why pg. 178

MAKE NA HISTORY
Basic Text Review
and
Input Follow up Workshop

The personal experience section of the Basic Text is being revised by our fellowship. The purpose of this workshop is to inspire participation from addicts in our area in the review and input stage of the Basic Text Project. The purpose of this workshop is to collect input on the work as a whole.

Saturday February 10th, 2006
12 NOON to 2 PM

Area Service Office - 1561 Old Leonard Ave
Copies of Narcotics Anonymous Basic Text Sixth Edition Review and Input Draft available online at
<http://portaltools.na.org/PortalTools/subscriptions/Login.cfm>

For more information contact Area Service Office (614) 252-1700

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

WORLD SERVICE BOARD OF TRUSTEES BULLETIN #17
What is Addiction?

The World Service Board of Trustees developed the "What is Addiction" essay during the 1988-1989 conference year. It was revised during the 1995-96 conference year. The task of defining addiction has challenged physicians, judges, clergy, addicts, their families, and the general public throughout history. There are as many potential definitions as there are groups with an interest in defining addiction. These definitions emphasize such things as physiological dependence, psychological dependence, family dynamics, behavioral problems, and morality. This list could be expanded at length, and NA could come up with its own definition and add it to the list. Fortunately, Tradition Ten steers us away from such public debates. Clearly, debating such issues is not NA's task. Our task is to carry the message of recovery to the addict who still suffers. Still, defining addiction for ourselves is certainly important to the process of recovery. After all, in our First Step we admit powerlessness over it. That admission is the foundation upon which our recovery is built. So the question, "What is addiction?" is relevant indeed; the fellowship has a responsibility to consider it carefully. This discussion will not include a restatement of our fellowship's broadest understanding of what addiction is. That may be found in the Basic Text, especially in the chapter "Who is an Addict?" Instead, we will focus on a few difficult issues that the World Service Board of Trustees has been asked to consider.

Is Addiction a Disease? This is one of those questions about addiction that is difficult to answer. There is much public debate over the question of whether addiction is a disease, and we do not choose to become involved in this debate.

However, it is our fellowship's collective experience and understanding that addiction is, in fact, a disease. We have no reason to challenge that perception now. It has served us well. Our experience with addiction is that when we accept that it is a disease over which we are powerless, such surrender provides a basis for recovery through the Twelve Steps. The number of NA members living in freedom from active addiction show that this philosophy has worked for us. So even though we as a fellowship are not in a position to argue what is or is not a disease in the strictest medical sense, we are fully confident that our use of the word "disease" in describing our condition is appropriate. This is the key point: professional people in fields like medicine, religion, psychiatry, law, and law enforcement define addiction in terms that are appropriate to their areas of concern. So do we. Narcotics Anonymous defines addiction for the purpose of providing recovery from it. We treat addiction as a disease because that makes sense to us and it works. We have no need to press the issue any farther than that.

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.