

Nominations Open for our Central Ohio Area Service Positions

The Central Ohio Area Service Committee (COASCNA or "Area") meets the third Sunday of every month at 2:00PM at 1561 Old Leonard Ave. **Nominations are made at the May 20th, 2007 meeting. Elections are held at the June 24th, 2007 meeting.** The new officers begin their terms in July. Group service representatives from each group have the responsibility and authority to elect the officers based on their group's conscience. For this reason, it is important that all groups be represented by a GSR at area. As an addict in NA, you are invited to attend the Area meetings, whether or not you currently hold a service position. **Addicts with two years or more clean time are especially needed to learn to serve as officers.**

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: jwgrph@hotmail.com

Giving it away

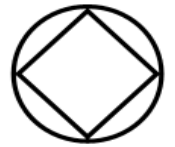
We must give freely and gratefully that which has been freely and gratefully given to us. In recovery, we receive many gifts. Perhaps one of the greatest of these gifts is the spiritual awakening that begins when we stop using, growing stronger each day we apply the steps in our lives. The new spark of life within is a direct result of our new relationship with a Higher Power, a relationship initiated and developed by living the Twelve Steps. Slowly, as we pursue our program, the radiance of recovery dispels the darkness of our disease. One of the ways we express our gratitude for the gifts of recovery is to help others find what we've found. We can do this in any number of ways: by sharing in meetings, making Twelfth Step calls, accepting a commitment to sponsorship, or volunteering for H&I or phonenumber duty. The spiritual life given to us in recovery asks for expression, for "we can only keep what we have by giving it away."

Meetings Needing Support

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| <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>Ties That Bind Us Together</i> | TUES 6 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
Surrender to win**

Complete defeat—what a concept! That must mean surrender. Surrender—to give up absolutely. To quit with *no* reservations. To put up our hands and quit fighting. Maybe to put up our hand at our first meeting and admit we're addicts. How do we know we've taken a First Step that will allow us to live drug-free? We know because, once we have taken that gigantic step, we never have to use again—just for today. That's it. It's not easy, but it's very simple. We work the First Step. We accept that, yes, we are addicts. "One is too many, and a thousand never enough." We've proven that to ourselves enough times. We admit that we cannot handle drugs in any form. We admit it; we say it out loud, if necessary. We take the First Step at the beginning of our day. For one day. This admission frees us, just for today, from the need to live out our addiction all over again. We've surrendered to this disease. We give up. We quit. But in quitting, we win. And that's the paradox of the First Step: We surrender to win, and by surrendering we gain a far greater power than we ever imagined possible. I admit that I am powerless over my addiction. I will surrender to win.

Narcotics Anonymous Basic Text, p. 22

**Ohio Convention of NA XXV
The Silver Lining**

Memorial Weekend
May 25th - 27th
Downtown Marriott / McKinley Grand
320 Market Ave South
Canton, OH 44780

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| Registration (before May 1 st) | \$15 |
| Registration (after May 1 st) | \$20 |
| Banquet Ticket | \$30 |
| Sunday Brunch Ticket | \$20 |

**The Central Ohio Area
Is having a Fundraiser for
Ohio Convention of NA XXV
The Silver Lining**

Mr. Bill's High Performance Lanes
Saturday April 21st
Check-IN: 9:30 PM
Bowling: 10 PM
Adults: \$8
Children: \$7
Includes 2 games and shoes
Pizza & Pop Combo for \$3
50 / 50 Raffle
Ohio Convention Merchandise will be available for advance purchase.
No addict will be turned away from fellowshipping.

What is the deal with ... topic discussion?

Many of us have heard something similar to this in the format of topic discussion meetings ... *“a member may bring up any topic relating to recovery or a problem you are having today in recovery. The floor is now open for topics, is there anything anyone would like to get some experience, strength, or hope?”* Many of us struggled early in recovery to bring up topics relating to our recovery. Some topics that the fellowship as a whole has found to be helpful include:

1. H.O.W. (honesty, open-mindedness, and willingness)
2. Surrender
3. Acceptance
4. The basics (Don't use, meetings, phone numbers, literature, sponsor, and the steps)
5. H.A.L.T.S. (Don't get too: hungry, angry, lonely, tired, or serious)
6. Being responsible for our own recovery
7. Freedom from active addiction
8. Identify rather than compare
9. Spiritual, not religious, program
10. Going to any lengths
11. Transition to the fellowship from treatment
12. Tools of the fellowship
13. Letting go
14. Dealing with feelings clean
15. Learning to trust
16. Giving up old playmates, playgrounds, and playthings
17. Living just for today
18. The first three steps
19. Denial
21. Reservations
22. Sponsorship

From the *H&I Handbook*

Thoughts for the Member with Substantial Clean Time

Priorities

“The good times can also be a trap; the danger is that we may forget that our first priority is to stay clean.”

Things can get really good in our recovery. Perhaps we've found our “soul mate,” built a rewarding career, started a family. Maybe our relationships with our family members have healed. Things are going so well, we barely have time to attend meetings. Perhaps we begin to reintegrate into society so successfully that we forget that we don't always react to situations like others do. Maybe, just maybe, we've put some priorities ahead of ourselves. Is meeting attendance still a priority with us? Do we still sponsor? Do we phone *our* sponsor? What step are we working? Are we still willing to drag ourselves out of bed at some ungodly hour for a Twelfth Step call? Do we remember to practice principles in *all* our affairs? If others in NA reach out to us, are we available? Do we remember where we came from, or have the “good times” allowed us to forget? To stay clean, we must remember that we are only one drug away from our past. We stay grateful for the good times, but we don't let them divert us from our continuing recovery in NA.

Narcotics Anonymous Basic Text, pp. 44

Narcotics Anonymous Fellowship Approved Information Pamphlet #20

Hospitals and Institutions Service to the NA Member

Many Narcotics Anonymous members have found Hospitals and Institutions service to be an important part of their personal recovery. Our members, who actively participate in H&I service, are very important resources in our fellowship. A commitment to H&I service is one of the many ways to become involved with the NA service structure and help us feel a part of our fellowship. We know that active addiction leads to jails, institutions, and death. Also, NA's primary purpose is to carry the message of recovery to the addict who still suffers. It is not surprising that carrying the NA message of recovery into hospitals and institutions is one of our priorities. NA members have consistently supported this belief by forming Hospitals and Institutions (H&I) committees around the world. Still, some NA members have been reluctant to become involved in H&I service because they have never been incarcerated, arrested, or institutionalized. With our personal experience and proper preparation, all of us are uniquely qualified to carry our message of recovery. This pamphlet is intended to be a brief introduction to NA H&I service, and to encourage more members to avail themselves of this opportunity to serve.

What Is an H&I Meeting?

The purpose of an H&I meeting is to carry the message of recovery to addicts who do not have full access to regular Narcotics Anonymous meetings. H&I meetings, except for those in long-term facilities, are intended to introduce those addicts in attendance to the basics of the NA program. In order to form a clear understanding of an H&I meeting, it is important to learn about our service structure. An H&I meeting is generally a service provided by an area service committee's H&I subcommittee. These meetings occur in hospitals, treatment centers, correctional facilities, and adolescent institutions.

Rather than being an NA group, it is vital that an H&I meeting always be held under the direction of an H&I subcommittee.

How Do I Get Involved?

An area H&I subcommittee is the center for planning and organization. This is the ideal place to start getting involved! The first thing to do is to show up at an area H&I subcommittee meeting and attend an orientation for new and interested members. These orientation meetings help members become familiar with the information and clean time requirements necessary for service in H&I. At these meetings, members are selected to carry our message into facilities. Usually, the next step is to attend an H&I meeting as an observer. Through this process members gain a basic understanding of H&I service and decide on a level of involvement.

Why Do I Get Involved?

Hospitals and institutions service offers addicts an opportunity to demonstrate gratitude, fulfill responsibility, and share the NA message without expectations. It is also an effective tool that helps us stay clean, and keeps us coming back. The H&I message is the same as the NA message: “That an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live.”¹ The gift we share is hope and freedom from active addiction through the program of Narcotics Anonymous. Any NA member who wants to carry this message is encouraged to get involved with H&I service. There are many ways to serve in NA, and many of us have found H&I service to be the most rewarding aspect of our recovery. We hope that this pamphlet will encourage you to get involved with H&I service and experience these rewards for yourself!

For more information on service opportunities or upcoming events, please call the Area Service Office at (614) 252-1700.