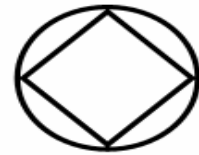




UNITY
 "personal recovery depends on NA unity"



The Central Ohio Area of Narcotics Anonymous Newsletter

*The Central Ohio Area
 Service Office*

&

Activities Subcommittee

PRESENTS

54TH BIRTHDAY CELEBRATION PICNIC

Texas Shootout Softball Tournament

FOUR TEAM ROUND ROBIN

Games for Adults & Children

GRILLED SANDWICHES PROVIDED

POP & WATER 25 CENTS

PLEASE BRING A SIDEDISH

SATURDAY JULY 28TH

9AM - UNTIL???

WHITEHALL COMMUNITY PARK

402 N. HAMILTON ROAD

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Soft ball Rules

\$50 Entry fee per team

1ST Four teams to enter will make up the field.

Entry on gameday possible if opening available.

Four Team Round Robin - 3 Games Guaranteed

Top two teams play for championship tie breaker –
 least runs allowed

Batter starts with a 3 ball / 2 strike count

6 inning games

10 player teams on field must include two women.

Unlimited substitution

Unlimited roster – Must field to bat

Mercy rule 10 run lead after 5 innings

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To enter your team call:

The Area Service Office at (614) 252-1700

Dale W. at (614) 323-6694

Rona M. at (614) 251-8014.

Elections for our Central Ohio Area Service Positions

Our Central Ohio Area Service Committee (COASCNA or "Area") meets the third Sunday of every month at 2:00PM at 1561 Old Leonard Ave.

Elections were held at the June 24th, 2007 meeting. 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.

Meetings Needing Support

<i>Sunday Diversity</i>	SUN 4 PM
<i>Show and Grow Up</i>	SUN 7 PM
<i>Hearts I Group</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>Delaware Nooners</i>	TUES 12 NOON
<i>Ties That Bind Us Together</i>	TUES 6 PM
<i>Common Grounds (Chillicothe)</i>	WED 6 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 & Unity</i>	THUR 7:30 PM
<i>Let's Dump It All</i>	FRI 7 PM
<i>Hope, Not Dope</i>	FRI 7 PM
<i>Heritage Group</i>	FRI 7:30 PM
<i>Friday Night Fever (Chillicothe)</i>	FRI 8 PM
<i>New Horizons Groups</i>	SAT 12 NOON

See schedule for meeting locations

Have You Checked It Out

The Central Ohio Area Service Committee now has its own website at <http://www.nacentralohio.org>. The website includes an updated schedule of area meetings, upcoming area events, past issues of *Unity*, service information, and links to NA literature and other NA-related websites.

FELLOWSHIP ISSUE DISCUSSION TOPIC: BUILDING STRONG HOME GROUPS

These are identified qualities of strong home groups generated by addicts who have participated in the issue discussion workshops. The workshops are designed to generate discussion in preparation for the World Service Conference in 2008.

Home Group Qualities – Ideals

A group's ideals are the principles that the group and its members demonstrate in their week-to-week affairs. These ideals express themselves in countless ways. Some groups reach these ideals smoothly and naturally; other groups work hard to meet their potential.

Principles demonstrated by the group and its members - Ideals

- Consistency and Commitment** – People can count on our meeting and trusted servants.
 - Spirit of Service** – Members serve willingly with gratitude for NA.
 - Benefits of Service** – Trusted servants demonstrate growth that comes with service.
- Principles in Action** – Members live NA principles and share about them in our meetings.
 - Positive Perspective** – The group and members dream big and share our successes.
- Intimacy and a Sense of Home** – We help all members feel like a part of the fellowship.

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Home Group Qualities – Practices

A group's practices are its deliberate, specific efforts to enhance the atmosphere of recovery and move toward the ideals of a strong home group.

How strong home groups operate - Practices

- Safe and Positive Environment** – Our format keeps us focused on recovery.
- Teaching Principles** – The group discusses the steps, traditions, and literature.
- Self-Support** – Members give time and resources freely to support the message.
 - Good Public Relations** – Our group reflects well on NA as a whole.
- Encourage Diversity** – The meeting reaches all newcomers and welcomes them home.
- Nurture All Members** – Group members are supportive and challenge each other to grow.

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Home Group Qualities – Roles

A group's roles are the ways it interacts in and out of NA. This includes the role the group plays in members' lives, the role it plays in the NA service community, and the role it plays in the community at large.

How a group interacts with NA and the community - Roles

- Evolves with Members** – Members' personal growth strengthens the group.
- Establishes a Network** – Our group puts newcomers in touch with experienced members.
- Gateway to Service** – Members introduce newcomers into group service, then beyond.
 - Model of Service** – Our group prepares trusted servants to work well at other levels.
- Unity and Credibility** – We work with other groups and ASC in a spirit of cooperation.
- Positive Message** – Group members are an example of NA changing lives for the better.

Modified from information provided in the April 2007 issue of the NA Way magazine.

Dear Family

The official newsletter of The Central Ohio Area of Narcotics Anonymous is called "UNITY." We publish area and regional events. Also we run articles on local service activities and members' recovery experiences. Keep in mind that NA newsletters are often read as if they speak for Narcotics Anonymous as a whole, no matter how many disclaimers the newsletter subcommittee prints. It takes talent and a desire to serve to produce a quality publication that benefits our fellow addicts. If you wish to serve the fellowship and your fellow addicts through this medium contact us through the Area Office. We meet the third Sunday of every month at 12 Noon inside the Area Service Office at 1561 Old Leonard Ave.

Upcoming Ohio Regional News and Events are available at <http://www.naohio.org>
For more information on service opportunities or upcoming events, please call the Area Service Office at (614) 252-1700.