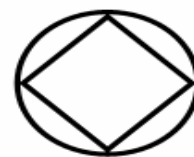




UNITY
"personal recovery depends on NA unity"



The Central Ohio Area of Narcotics Anonymous Newsletter

Thoughts for the Newcomer

You don't have to be clean when you get here, but after your first meeting we suggest that you keep coming back and come clean. You don't have to wait for an overdose or a jail sentence to get help from NA. Addiction is not a hopeless condition from which there is no recovery. It is possible to overcome the desire to use drugs with the help of the Twelve Step program of Narcotics Anonymous and the fellowship of recovering addicts.

Making Recovery More Available

In the end, it's practicing the principle that counts— individual members and groups giving what they can, as they can, in the principles of selfless giving and self-support. It is our goal in both principle and practice to make recovery available to every addict seeking relief from the nightmare of addiction. Supporting our services helps to make that possible. Our Basic Text spells it out clearly for us: *We cannot change the nature of the addict or addiction. We can help to change the old lie "Once an addict, always an addict," by striving to make recovery more available....* — Basic Text

We remind ourselves that, alone, we were doomed, but together, living the principles of selfless giving and self-support, all things are possible. We put these principles into practice by being of service, striving to make recovery more available every day through sponsorship, meeting attendance, service, and our Seventh Tradition donations. *From IP #25 from Self-Support Practice & Principle*

Building Strong Home Groups

September 22nd Workshop
 Southside Settlement House
 310 E. Innis Street

"Building strong home groups" is one of the three discussion topics of our Worldwide Fellowship for 06-08. You are invited to attend this interactive style workshop.

Workshop 5:30 pm - 7:30 pm
 Speaker 8:00 pm - 9:00 pm
 Unity Social/ Dance* 9:00 pm - 12:00 am

* \$3.00 donation, no addict turned away

Outreach Subcommittee

The Outreach subcommittee provides support to new meetings and struggling meetings that are often isolated geographically, socially or economically from other meetings in the Central Ohio Area. Reaching out to addicts isolated for various reasons from the fellowship is important. We have seen addicts in Groups we support stay and get clean. The Groups eventually grow, develop Trusted Servants, and become self-supporting. We need your help to carry the message and sponsor newcomers in the Groups on the following list. If we all attend just one of these Groups each week, it will help them carry the message. The Outreach Subcommittee meets at 12:00 noon on the 2nd Saturday of each month at the Area Service Office, 1561 Old Leonard Ave., Columbus OH 43219. All NA members are welcome and encouraged to attend and participate.

Meetings Needing General Support

<i>Sunday Diversity</i>	Sun 4 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 8 pm
<i>Delaware Nooners</i>	Tues 12 noon
<i>New Beginnings</i>	Tues 8 pm
<i>Common Grounds (Chillicothe)</i>	Wed 6 pm
<i>We Do Recover</i>	Thur 6:30 pm
<i>Never Alone Never Again</i>	Thur 7:30 pm
<i>Strength, Trust & Unity (Marysville)</i>	Thur 7:30 pm
<i>Friday Night Fever (Chillicothe)</i>	Fri 8 pm
<i>New Horizons Groups</i>	Sat 12 noon

Meetings Needing Support from Experienced Members

Show Up and Grow Up	Sun 7 pm
NA Meeting Group	Mon & Fri 7:30 pm
The Ties That Bind Us Together	Tues 6 pm
New Start Group	Wed 8 pm
We Care Group	Wed 8 pm
Let's Dump It All	Fri 7 pm

See schedule for meeting locations

Please recycle this issue - pass it along to another member after you read it.

Fellowship Issue Discussion Topic: Our Service System?

Atmosphere of Recovery in Service

Members consistently point out the value of personal recovery to NA service, especially a strong working understanding of our literature, the steps, the traditions, and the concepts. Some members pointed out that it would benefit trusted servants to see the NAWS Vision discussed more frequently at local levels. Trusted servants everywhere seem to share the firm belief that NA service is a vital extension of each individual's personal recovery. Many members simply refuse to participate in service beyond the group level, however, because service meetings tend to lack an atmosphere of recovery. If we apply what we know about strong home groups to our service meetings, they might begin to attract more members to service. If we can make newcomers to service feel as welcome as newcomers to NA, we'll be off to a good start. Some service bodies make special efforts to bring recovery into their service meetings. For example, some service bodies take time to recognize recovery anniversaries. Others begin their service meeting with a recovery meeting. Still others have moved away from motions and pro-con debate to consensus-based decision making driven by open discussion. Some changes have shown more success than others. As your World Board, we work together to make a list of common values and basic ground rules that we all agree on. We use those to guide the work we do together. Service bodies might consider that as a way to build a sense of community with one another. Members have also suggested an information pamphlet or other basic tools as a way to bring recovery into service.

Atmosphere of Recovery in Service Questions

We would like to hear more about what your service bodies are doing or could do to create an atmosphere of recovery. Be creative with your ideas. Talk about not only your current atmosphere but what might be possible.

1. What steps do you or could you take, as individual members, to bring personal recovery into your service efforts?
2. What actions do your committees and service bodies take or could they take to promote an atmosphere of recovery?

Leadership

The topic of leadership development is directly related to the atmosphere of recovery in our service meetings. Our system of leadership cultivation will rely heavily on what our service bodies do to welcome and encourage participation. Some communities host service workshops and learning days. Others stagger elections or overlap service terms to provide greater continuity and training opportunities. These methods vary in their effectiveness, and members report the most success when they combine approaches and apply them rigorously. Patience is crucial to this effort. Just as we don't recover in thirty or sixty days, so might our efforts at cultivating leaders be gradual. We look forward to hearing what you are doing locally to encourage participation to help leaders grow.

Leadership Questions

3. How can we improve the understanding of the roles and responsibilities for each service position?
4. How can we better train, mentor, and support our trusted servants or potential trusted servants?

Planning and Self-Support

One of the most common challenges for service bodies around the world is a lack of adequate resources. This problem is usually the direct result of a lack of member contributions. Service bodies need funds to accomplish their tasks, but they also need the time and energy of able-bodied members. We all know that we keep what we have by giving it away. We need to raise awareness that self-support is not just taking care of ourselves. We practice self-support by giving time, energy, and resources to the fellowship that makes our way of life possible. Members can contribute more than just money. They can contribute time and energy in service to NA. Sometimes our resources get caught in one level of service or another. Members might be willing to contribute time and money to the groups and service bodies that serve them directly, but reluctant to help neighboring NA communities or other levels of service. The spirit of unity in the First Tradition reminds us that supporting NA anywhere is self-support. As addicts we can be driven by the fear that we will not have enough—enough money, enough time, enough people—and we try to hold onto our resources. Yet recovery teaches that us we have to give it away to keep it. The principles of generosity and service are spiritual solutions to the self-centered fear at the heart of our disease. Possibilities for our own growth in recovery expand with the strength of NA.

Planning and Self-Support Questions

First and foremost, we urge you to use the Area Planning Tool. Let us know what has or has not been working well in your use of the APT or other forms of planning.

5. How have you implemented planning in your local service efforts?
6. What local efforts have helped or could help you address lack of human and financial resources to become fully self-supporting?

The APT is a resource for Chapter Three, Effective Services, in the PR Handbook and can also be downloaded at <http://www.na.org/handbooks/handbook-index.htm>.

Upcoming Local News and Events are available at <http://www.nacentralohio.org>

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