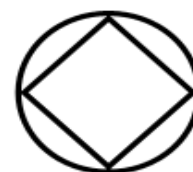




**UNITY**



*"personal recovery depends on NA unity"*

The Central Ohio Area of Narcotics Anonymous Newsletter

**A positive attitude**

*"That old nest of negativism followed me everywhere I went."*

A negative attitude is the trademark of active addiction. Everything that occurred in our lives was someone or something else's fault. We had blaming others for our shortcomings down to a fine science. In recovery, one of the first things we strive to develop is a new attitude. We find that life goes a lot easier when we replace our negative thinking with positive principles.

While a negative attitude dogged us in our active addiction, all too often it can follow us into the rooms of Narcotics Anonymous. How can we begin to adjust our attitudes? By altering our actions. It isn't easy, but it can be done.

We can start by listening to the way we talk. Before we open our mouths, we ask ourselves some simple questions: Does what I'm going to say speak to the problem, or the solution? Is what I'm going to say framed in a kind manner? Is what I have to say important, or would everyone be just as well off if I kept my mouth shut? Am I talking just to hear myself talk, or is there some purpose to my "words of wisdom"?

Our attitudes are expressed in our actions. Often, it's not what we say, but the way we say it, that really matters. As we learn to speak in a more positive manner, we will notice our attitudes improving as well.

**Just for today:** I want to be free of negativity.  
Today, I will speak and act positively.

*From the Basic Text pg. 135*

**Meetings Needing General Support**

Marysville Sunday NA Group	Sun 3 pm
Hearts I Group	Sun 7 pm
Just After Noon Group	Mon-Fri 12:15 pm
Men In Recovery Group	Mon 6:30 pm
Never Alone Zone Group	Mon 7 pm
Crossroads Group	Tues 7:30 pm
We Do Recover in NA Group	Thur 6:30 pm
Never Alone Never Again	Thur 7:30 pm
Marysville Thursday NA Group	Thur 7:30 pm
Marysville Friday NA Group	Fri 8 pm
We Found It Here (Sunbury)	Fri 8 pm
New Horizons Group	Sat 12 Noon
Look It Up	Sat 1:00 pm

**Meetings Needing Support from Experienced**

**Members**

Sunday Diversity Group	Sun 3:30 pm
Show Up and Grow Up	Sun 7 pm
Dopeless Hope Fiends	Sun & Tues 8 pm
NA Meeting Group	Mon & Fri 7:30 pm
Principles Before Personalities	Mon 8 pm
New Beginnings Group	Tues 8 pm
The Ties That Bind Us Together	Tues 6 pm
U Grow Girl	Wed 6:30 pm
New Start Group	Wed 8 pm
Let's Dump It All	Fri 7 pm

*See schedule for meeting locations*

**Hope on the Horizon Group**

First Annual Cookout

Saturday, August 2, 2008

Food & Fellowship: 11:30 a.m.

Meeting: 12:30 p.m. – 1:30 p.m.

On the outdoor patio at St. Sebastian Church

4313 Alkire Road, Columbus, OH 43228

(Behind Pater Noster House on Alkire Road near Demorest, next to I-270)

The Group will provide beverages, burgers, hot dogs and buns. We are asking those who can to bring a side dish or dessert. Supervised outdoor play area for children within sight of the patio!

Come and fellowship with us in a beautiful outdoor setting!

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

**6th Edition Basic Text UPDATE**

Are you excited??? Available October 1st, the new 6"X9" Basic Text in both hard and soft cover! Want more??? How about a Commemorative Edition celebrating both the 6th Edition AND the 25th anniversary of the Basic Text! This is also available October 1st at the price of \$25.00. Coming Soon: Large print, line numbered, and CD-ROM versions will follow at a later date. After October 1st all 5th Edition Basic Texts will be removed from NAWS stock.

The rest of us will just set it on a shelf with the other books. Don't get attached to the pocket-sized version, both it and the 20th Anniversary Basic Texts will be discontinued. New I.P.'s Available July 1st, two new information pamphlets will be added to NAWS inventory:

- \* For Young Addicts, By Young Addicts
  - \* For the Parents or Guardians of Young People in NA
- Both of these are in much demand and will hopefully reach the targeted audience intended. **NOTE: Youth and Recovery IP is being replaced and will no longer be available.**

**Upcoming Calendar of Events**

This calendar is continually updated by the Activities Coordinator. As new information is received on events, it will be included in the calendar.

**August**

August 17<sup>th</sup> - 2 PM Area Service Office **ASC Meeting**

**September**

September 21<sup>st</sup> - 2 PM Area Service Office **ASC Meeting**  
 1. Announce nominations for Area Convention Committee Chairperson

**October**

October 4<sup>th</sup> - 5<sup>th</sup> **ORSCNA**  
 October 19<sup>th</sup> - 2 PM Area Service Office **ASC Meeting**  
 1. Area Convention chairperson is elected  
 2. Meeting changes due to PR Committee for new schedule

October 25<sup>th</sup> - **H&I Spook-Out**

**November**

November 16<sup>th</sup> - 2 PM Area Service Office **ASC Meeting**

**December**

Sunday December 21<sup>st</sup> - 2 PM Area Service Office **ASC Meeting**  
 December 24<sup>th</sup> - 25<sup>th</sup> **Addithon**  
 December 31<sup>st</sup> - **New Year's Party**

**World Unity Day**

Some of you are familiar with this event in conjunction with the World Convention. Since this is an off year (convention is biannual) we are celebrating in a different fashion. On **Sunday August 31st, 2008** members from all over the world will form a circle, get with a few friends, or just take a moment by yourself and say the Serenity Prayer at the same time. Worldwide the times span from 12:00 a.m. in New Zealand to 11:30 p.m. in Australia but for Kansas or Central Standard Time it will be **7:00 a.m.**

Two milestones happen this year, NA's 55th anniversary and the Basic Text's 25th anniversary. Maybe something can be planned in your local fellowship to celebrate.

*Results of June ASC Elections*

**Chairperson:** Jarrod G., Text Discussion Group

**Vice-chair:** Bob D., Text Discussion Group

**Regional Committee Member:** Remane A., Urbancrest / Grove City Group

**Regional Committee Member Alternate:** Vicki W., We Came to Believe Group

**Secretary:** Scott O., Monday Miracles Group

**Activities Coordinator:** Chuck M., Talking Heads Group

**Area Office & Phonelines:** Dale W., Just Afternoon Group

**H&I Chair:** Rodney CD., I Can't, We Can Group

**Public Relations:** Dale W., Just Afternoon Group

Our current area convention chair is Fred P., Grateful Not Deadheads Group. Our area convention chair person is elected in October for the next convention. Our Outreach and Newsletter subcommittees will be coordinated by our area service chair and vice-chair until recovering addicts can be trained to chair those subcommittees. Our area chairperson will act as Treasurer until another treasurer can be trained for the position.

Subcommittee Meetings and Times

Area Convention - 2:00pm · 2<sup>nd</sup> Sunday of the month  
 Area Office Committee - call Area Service Office  
 H & I Committee 2:00 PM · 1<sup>st</sup> Sunday of the month  
 Newsletter Committee - call Area Service Office  
 Outreach - 6:45 pm - 1<sup>st</sup> Wednesday of the month  
 Linden Lutheran Church, 1230 Oakland Park Ave,  
 P.I. (Public Information) - 10:00 AM 1<sup>st</sup> Saturday of month

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.