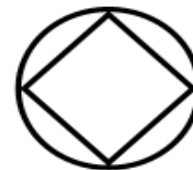




UNITY



"personal recovery depends on NA unity"

The Central Ohio Area of Narcotics Anonymous Newsletter

Changing the way we feel.....

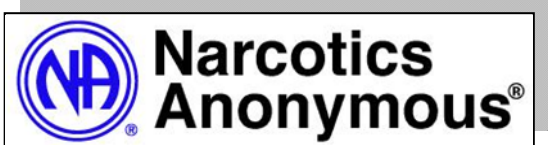
The disease of addiction can manifest itself in a variety of mental obsessions and compulsive actions that have nothing to do with drugs. We sometimes find ourselves obsessed and behaving compulsively over things we may never have had problems with until we stopped using drugs. We may once again try to fill the awful emptiness we sometimes feel with something outside of ourselves. Any time we find ourselves using something to change the way we feel, we need to apply the principles of the first step.

From: It Works: How&Why
Pages 14-15

JIMMY K. - " THE STEPS ARE EVERYTHING IN MY LIFE TODAY. I DON'T HAVE TO CONSCIOUSLY WORK THEM, BUT I HAVE TO WORK THEM."

Tradition 10

Narcotics Anonymous has no opinions on outside issues; hence the N.A. name ought never be drawn into public controversy.



Meetings Needing General Support

Sunday West Jefferson Group	Sun 5 pm
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
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
NA For All Addicts Group	Fri 5 pm
London NA Group	Tue 7 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

NA Meeting Group	Mon & Fri 7:30pm
Sunday Diversity Group	Sun 3:30 pm
Show Up and Grow Up	Sun 7 pm
Dopeless Hope Fiends	Sun & Tues 8 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

H&I Spookout!!!!!!

Saturday October 25th, 2008

At The Linden Luthern Church

1230 Oakland Park Ave

7 PM Until Midnight

Admission: \$3 per person/\$5 Couples

Children under 12 FREE!!!

Speaker at 8 PM

Food, Prizes, Games, Dance, Raffle

No Addict Turned Away

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

Common Ground...

Our only hope is to live by the example of those who have faced our dilemma and have found a way out. Regardless of who we are, where we come from, or what we have done, we are accepted in N.A. Our addiction gives us common ground for understanding one another. As a result of attending a few meetings, we begin to finally feel like we belong somewhere. It is in these meetings that we are introduced to the Twelve Steps of Narcotics Anonymous. We learn to work the steps in the order that they are written and to use them on a daily basis. The steps are our solution. They are our survival kit. They are our defense against addiction which is a deadly disease. Our steps are the principles that make our recovery possible.

Basic Text Page 16

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.

October

- October 4th – 5th **ORSCNA**
- October 19th - 2 PM ASC Meeting @Area Office
 1. Area Convention chairperson is elected
 2. Meeting changes due to PR Committee for new schedule
- October 25th – **H&I Spook-Out**

November

- November 16th – ASC Meeting 2 PM@ Area Office
- November 26th- Pre-Thanksgiving Potluck 2

December

- Sunday December 21st – ASC Meeting 2 PM@ Area Office
- December 24th – 25th **Addithon**
- December 31st – **New Year's Party**

January 2009

- Friday-Sunday Jan 2nd-4th COACNA XX
- Saturday-Sunday 10th-11th ORSCNA
- Sunday Jan 18th- ASC Meeting 2 PM@ Area Office

Did You Know?????

The fellowship of Narcotics Anonymous has come a long way since our beginnings in 1953. Our books and IP's are currently available in 34 different languages. Visit NA.ORG for more information.

Local Growth Highlighted

London NA Group
1st United Methodist Church
52 North Main Street, London OH 43140
Tuesdays 7pm Open Literature Meeting

Starting Sunday, October 5th 2008
Briggsdale Text Discussion
New Horizons United Methodist Church
1665 Harrisburg Pike, Columbus OH 43223
Meeting Starts at 7pm.

Anonymity and the Spiritual Life....
"Humility is a by-product that allows us to grow and develop in an atmosphere of freedom and removes the fear of becoming known by our employers, families, or friends as addicts."

Basic Text Pages 72 -73

Many of us may not have understood the idea that "anonymity is the spiritual foundation of all our traditions." We wondered how this could be. What does anonymity have to do with our spiritual life? The answer is plenty! By guarding and cherishing our anonymity, we earn spiritual rewards beyond our comprehension. There is great virtue in doing something nice for someone and not telling anyone about it. By the same token, resisting the impulse to proudly announce our membership in NA to the world-in effect, asking everyone to acknowledge how wonderful we are-makes us value our recovery all the more. Recovery is a gift we've received from a power greater than ourselves. Boasting about our recovery, as if it were our own doing, leads to prideful feelings and grandiosity. But keeping our anonymity leads to humility and feelings of gratitude. Recovery is its own reward; public acclaim can't make it any more valuable than it already is.

Just for Today: Recovery is its own reward; I don't need to have mine approved of publicly. I will maintain and cherish my anonymity.

From the Just For Today Meditation Book

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.