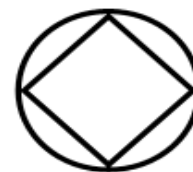




UNITY



"personal recovery depends on NA unity"

The Central Ohio Area of Narcotics Anonymous Newsletter

Atmosphere of Recovery.....

The information age has brought about many wonderful changes. We have the ability today to communicate in an instant and the fortune of connecting our fellowship on a global level once only dreamed of. Sure technology has helped provide solutions, but can it also create problems? For example, at a local meeting a member may point out that "cross-talk" is not allowed, only to sit back and reply to a text message. Sound familiar? Our literature reminds us in the 12th step that, "Sometimes, the only message necessary to make the suffering addict reach out is the power of example." (Basic Text 5th Ed. Page 49) What example are we providing at meetings? Are we attentive and understanding or are we disconnected and distracted? Are there emergencies in life that arise? Certainly, and responsibility is one of the principles that we apply as recovering individuals. To excuse ourselves from a meeting to address an emergency is not the point. The point is do we carry a mess or a message?

"Our meetings are a process of identification, hope, and sharing. The heart of N.A. beats when two addicts share their recovery. What we do becomes real for us when we share it. This happens on a larger scale in our regular meetings. A meeting happens when two or more addicts gather to help each other stay clean."

Basic Text 5th Ed. Page 11

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
New Attitudes Group	Mon 8pm
Women in Progress Group	Tues&Thurs 12 Noon
Urbancrest/GC Group	Thurs 7pm
Free At Last Group	Fri 7:30pm
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
Hope on the Horizon Group	Sat 12 Noon
Look It Up	Sat 1:00 pm
Briggisdale Text Discussion	Sun 7pm

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

See schedule for meeting locations

**COACNA XX
Beyond The End of the Road
January 2, 3, & 4 2009**

**The Columbus, A Renaissance Hotel
50 N. 3rd Street
Columbus, Ohio 43215
SEE YOU THERE!!!!**

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

Tradition One

“Our common welfare should come first; personal recovery depends on NA unity.”

“We must live and work together as a group to ensure that in a storm our ship does not sink and our members do not perish. With faith in a Power greater than ourselves, hard work, and unity we will survive and continue to carry the message to the addict who still suffers.”

Basic Text 5th Ed. Page 60

Step 1.

We admitted we were powerless over our addiction, that our lives had become unmanageable.

“Step One means that we do not have to use, and this is a great freedom. It took a while for some of us to realize that our lives had become unmanageable. For others, the unmanageability of their lives was the only thing that was clear. We knew in our hearts that drugs had the power to change us into someone that we didn’t want to be. Being clean and working this step, we are released from our chains. However, none of the steps work by magic. We do not just say the words of this step; we learn to live them. We see for ourselves that the program has something to offer us. We have found hope. We can learn to function in the world in which we live. We can find meaning and purpose in life and be rescued from insanity, depravity, and death.”

Basic Text 5th Ed. Page 22

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.

January 2009

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

February 2009

- Sunday February 15th - 2 PM ASC
- COACNA XX Final Report Due
- Form NA **Birth**day and **Unity Day** ad hoc committees: proposals due March 15th

March 2009

- Sunday March 8th – Possible date for Service Learning Day
- Sunday March 15th-2 PM ASC Meeting 2PM
 1. **NA Birth**day celebration proposal (possible date in July)
 2. **Unity Day** proposal (possible date in September)

How Do I get Involved.....

If you are interested in becoming involved with any of the subcommittees of NA Service such as H&I, Outreach, or the Convention, please contact our area office at 614-252-1700 or attend the subcommittee meeting listed on our NA Meeting Schedules.

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.