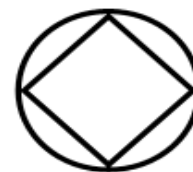




UNITY



"personal recovery depends on NA unity"

The Central Ohio Area of Narcotics Anonymous Newsletter

How do we choose group officers?

When a vacancy occurs in a group office, the group holds a business meeting to consider how to fill it. Groups should arrange their elections in such a way that they don't have all of their trusted servants leaving office at the same time. There are a couple of things to think about when looking for a group officer. One is maturity in recovery. When those new in recovery are elected to a position, they may find themselves deprived of time and energy they need for their early recovery. Group members with a year or two are probably already well-established in their personal recovery. They are also more likely than new members to be familiar with NA's traditions and service concepts as well as group procedures. A second thing to consider is consistent participation in your group. Do the nominee's attend your group's meetings regularly? Do they take an active part in your group's business meetings? Have they lived up to previous service commitments they've made? Further questions may occur to you as you read the essay in "A Guide to Local Services" on NA's Fourth Concept for Service, which squarely addresses the importance on NA leadership and the qualities to consider in selecting trusted servants. Finally, we encourage you to remember that you're selecting group officers, first, to benefit the common welfare of your group. While service commitments often benefit those who accept them, that should not be the primary reason for selecting one individual or another to serve as an officer in your group. As the First Tradition says, "Our common welfare should come first".

From: The Group Booklet, Revised

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
Briggsdale 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



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

There is something in our self-destructive personalities that cries for failure. Most of us feel we don't deserve to succeed. This is a common theme with addicts. Self-pity is one of the most destructive defects; it will drain us of all positive energy. We focus on anything that isn't going our way and ignore all the beauty in our lives. With no real desire to improve our lives, or even to live, we just keep going further and further down. Some of us never make it back. We must relearn many things we have forgotten and develop a new approach to life if we are to survive. This is what Narcotics Anonymous is all about. It is about people who care about desperate, dying addicts and who can, in time, teach them how to live without drugs. Many of us had difficulty coming into the Fellowship, because we did not understand that we have the disease of addiction. We sometimes see our past behavior as part of ourselves and not part of our disease.

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Step 3

“We made a decision to turn our will and our lives over to the care of God as we understood Him”

We have surrendered our will and our lives to the care of a Power greater than ourselves. If we are thorough and sincere, we will notice a change for the better. Our fears are lessened, and faith begins to grow as we learn the true meaning of surrender. We are no longer fighting fear, anger, guilt, self-pity, or depression. We realize that the Power that brought us to this program is still with us and will continue to guide us if we allow it. We are slowly beginning to lose the paralyzing fear of hopelessness. The proof of this step is shown in the way we live.

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Upcoming Calendar of Events

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

March 2009

Sunday March 15 -2 PM **ASC Meeting**
Area Service Office, 1561 Old Leonard Ave

Saturday March 28- **H&I Learning Day** 2-5PM
Area Service Office, 1561 Old Leonard Ave

April 2009

Saturday - Sunday April 11 -12 **ORSCNA**
Ohio Regional Service Committee
Hosted by NWOASCNA

Saturday April 18 – **OCNA Fundraiser**
Bowling Party 9:45PM
HP Lanes, 2012 Innis Road
Download flyer at www.nacentralohio.org

Sunday April 19 - 2 PM **ASC Meeting**
Area Service Office, 1561 Old Leonard Ave

May 2009
Sunday, May 17 – 2PM **ASC Meeting**
Area Service Office, 1561 Old Leonard Ave

Friday-Sunday, May 22-24 **OCNA XXVII**
Ohio Convention of Narcotics Anonymous
Hudson, OH
Download registration flyer at www.naohio.org

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.