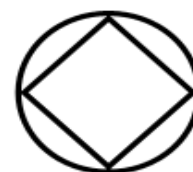




UNITY



"personal recovery depends on NA unity"

The Central Ohio Area of Narcotics Anonymous Newsletter

**Working Step 4 in Narcotics Anonymous.....**

At this point we need to emphasize that being thorough is not the same as being perfect. There aren't any *perfect* Fourth Steps. We do the best we can and be as thorough as possible. With diligence and perseverance, we write as honestly as we can. Expecting perfection from ourselves can sometimes be a way of putting off writing our Fourth Step. We may have also heard people say, "If you don't do a thorough inventory, you'll use again". But here we have to go back to our Third Step and trust God without any reservations. If we focus on our fear that our inventory won't be good enough, or worry about what our sponsor will say when we share it, we may never get going. This won't be the last inventory we write. It's not necessary to write a best-selling novel; it's only necessary to make an honest beginning and be as thorough as we can be. One of the things we learned in the Third Step was to trust God. Now we can be fearless and write the truth. This Fourth Step is a freeing process as well as a healing one. We put our faith in a loving God and trust that whatever we write will be exactly what we're supposed to write if we are truly searching and fearless.

From IP #10

Working Step Four in Narcotics Anonymous

**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*



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

**Self Acceptance**

The most effective means of achieving self-acceptance is through applying the Twelve Steps of recovery. Now that we have come to believe in a Power greater than ourselves, we can depend upon His strength to give us the courage to honestly examine our defects and our assets. Although it is sometimes painful and may not seem to lead to self-acceptance, it is necessary to get in touch with our feelings. We wish to build a solid foundation of recovery, and therefore need to examine our actions and motivations and begin changing those things that are unacceptable.

From IP# 19 Self Acceptance

**Commitment to Support.....**

Creative freedom challenges the groups to be strong and responsible. Members may support many meetings with their attendance, but most make a commitment to support one group in particular. Members grow in their personal recovery when they take responsibility for their lives. In the same way, groups grow and become stronger when their members take collective responsibility for maintaining their meetings. Groups reflect the responsibility and commitment of their members.

From: It Works; How&Why  
Tradition 4 Page 112

**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.

**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](http://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](http://www.naohio.org)

**June 2009**

Friday-Saturday, June 19-20 **Public Relations Booth**  
Columbus PRIDE Festival

Sunday June 21<sup>st</sup>-**Father's Day** move ASC date  
Saturday June 27<sup>th</sup>- Possible date for **Convention**

**Subcommittee event**

Sunday June 28<sup>th</sup>-2PM **ASC Meeting**

**New Meetings**

<b>Hard Core Recovery Group</b> Sundays 4:00 p.m. Unity in Community Church 74 Wootring Street Delaware, OH (north)	<b>The Meeting Up North</b> Fridays 8:00 p.m. Fellowship Lutheran 7350 Sawmill Rd. Columbus (northwest)
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<b>The Freedom Group</b> Mondays 8:00 p.m. Southpoint Apartments 4111 Southpoint Blvd. Columbus (south)	<b>We Show Up &amp; Grow Up</b> Tuesdays 10:00 a.m. Briggsdale Apts. 1670 Harrisburg Pike Columbus (west)
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**Hilltop Steps & Traditions Group**  
Mondays 8:00 p.m.  
Hilltonia United Methodist Church  
514 Columbian Avenue  
Columbus (west)