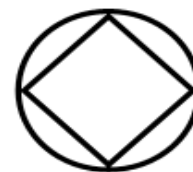




UNITY



"personal recovery depends on NA unity"

The Central Ohio Area of Narcotics Anonymous Newsletter

The Importance of Regular Meeting Attendance

We hear it almost every meeting. "We have learned from our group experience that those who keep coming to our meetings regularly stay clean". What is regularly? A dictionary defines it as: Recurring, attending, or functioning at fixed or uniform levels. Early in recovery it is suggested that 90 meetings in 90 days is a good idea. This suggestion allows us to do something, perhaps for the first time in our lives, positive about our dilemma.

What about those members who are beyond this point in their recovery? Are we ever beyond "Regular Meeting Attendance?" Again the literature reminds us in Chapter 7 that, "Over time some addicts lost contact with other recovering addicts and eventually returned to active addiction". The simplest way to lose contact with other recovering addicts is by lack of meeting attendance.

We are also reminded in personal application of the 5th Tradition about money, property, and prestige becoming a diversion.

Perhaps working extra hours of overtime to add a little to a paycheck and missing a meeting. Becoming too distracted by cars, homes, and playthings we credit the program for showing us the way to.

Involvement in outside enterprises and organizations that can lead to ego inflating experiences or poor time management because our schedules have become so full we "forget" about our commitment to recovery.

The 3rd Tradition allows us a great freedom through desire, and that desire cannot be measured. We are reminded, however, in "It Works: How & Why" on Page 109 that we need to follow up on that desire. We follow up on that desire with a decision, a commitment to the principles of NA. One of those principles is regular meeting attendance.

Meetings Needing General Support

The Better Late Than Never Group	Mon-Wed-Fri 10:30 pm
Keep It Moving Group	Sun 3 pm
Men At Work	Mon & Fri 12 pm
Wisdom to Know the Difference	Thur 4 pm
The Freedom Group	Mon 8 pm
We Step in NA Group	Tue & Thurs 12 pm
Courage to Change	Wed 4 pm
Hope Not Dope Group	Wed 7 pm
Women in Recovery	Wed 8 pm
Sunday West Jefferson Group	Sun 5 pm
Hardcore Recovery Group	Sun 4 pm
Marysville Sunday NA Group	Sun 3 pm
NA Midnight Group	Fri-Midnight
Hope on the Horizon Group	Sat 12 Noon
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
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	Wed 7:30 pm
Marysville Friday NA Group	Fri 8 pm
Hilltop Steps & Traditions	Mon 8 pm
We Show Up & Grow Up	Tues 10 am
The Meeting Up North	Fri 8 pm
Look It Up Group	Sat 1 pm

Meetings Needing Support from Experienced

Members

NA Meeting Group	Mon & Fri 7:30pm
Just Afternoon Group	Mon-Fri 12:15 pm
The Better Late than Never Grp	M-W-F 10:30 pm
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
Urbancrest/GC Group	Thurs 7 pm

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

One Addicts Experience with the Value of Sponsorship

Sponsorship has been very important to my recovery. Not only has it allowed me to feel comfortable sharing my feelings and thoughts with other addicts, but my sponsor has become someone that is very important to me in my life and recovery. Like our literature says "it is very hard to spot self deception by your self" so my sponsor has been able to guide me through unfamiliar things throughout the course of my recovery and has also been very direct and honest with me during these times. If sponsorship wasn't important to me today then I am sure that I would not be living the life I live today. My sponsor has also helped me change my perspective by challenging my thinking instead of spoon feeding me recovery, and he likes to say, "Looks like you're going to have to make a choice". At times I have not liked this at all because I don't like to take responsibility for my personal affairs but my sponsor has tried to instill this in me since the first day I asked them to sponsor me.

Practicing Honesty

"When we feel trapped or pressured, it takes great spiritual and emotional strength to be honest."

Basic Text, p. 81

Many of us try to wiggle out of a difficult spot by being dishonest, only to have to humble ourselves later and tell the truth. Some of us twist our stories as a matter of course, even when we could just as easily tell the plain truth. Every time we try to avoid being honest, it backfires on us. Honesty may be uncomfortable, but the trouble we have to endure when we are dishonest is usually far worse than the discomfort of telling the truth. Honesty is one of the fundamental principles of recovery. We apply this principle right from the beginning of our recovery, when we finally admit our powerlessness and unmanageability. We continue to apply the principle of honesty each time we are faced with the option of either living in fantasy or living life on its own terms. Learning to be honest isn't always easy, especially after the covering up and deception so many of us practiced in our addiction. Our voices may shake as we test our newfound honesty. But before long, the sound of the truth coming from our own mouths settles any doubts: Honesty feels good! It's easier living the truth than living a lie.

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.

September 2009

Saturday, September 19 Unity Day Picnic
Battelle Darby Metro Park

Download flyer at www.nacentralohio.org

Sunday, September 20th 2PM ASC Meeting

Area Service Office, 1561 Old Leonard Ave

October 2009

Saturday - Sunday October 3rd - 4th ORSCNA Meeting
Zanesville, Oh.

Retreat at Tar Hollow State Park

Friday - Sunday October 9-11, 2009

ASC Meeting

Sunday October 18th - 2 PM Area Service Office

Area Convention chairperson is elected

Women In Unity Committee Meeting

Sunday, October 18th - 5pm

OSU Hospital East Cafeteria

H&I Spook-Out

Saturday October 31st - 7 PM at Linden Lutheran Church

November 2009

Saturday, November 7th - **H&I Learning Day**

Linden Lutheran Church

Saturday, November 14th - **Women In Unity**

Speaker Jam - 1PM at Just For Today Club

Sunday November 15th - 2 PM Area Service

Office **ASC Meeting**

Form **OCNA Fundraiser** ad hoc committee

proposal due December 20th

Flyers for all events must be provided to the Ohio Region for the events to be covered by our insurance policy.

- Submit electronic files (Microsoft Word, PDF, Publisher or PowerPoint are all acceptable formats) for all flyers by email to Amanda L at elvie1206@hotmail.com
- Amanda will forward flyers to the Ohio Region Webmaster to be posted on www.naohio.org and the Central Ohio Area Webmaster to be posted on www.nacentralohio.org

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.