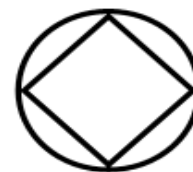




UNITY



"personal recovery depends on NA unity"

The Central Ohio Area of Narcotics Anonymous Newsletter

What is the deal with ... topic discussion?

Many of us have heard something similar to this in the format of topic discussion meetings ... "a member may bring up any topic relating to recovery or a problem you are having today in recovery. The floor is now open for topics, is there anything anyone would like to get some experience, strength, or hope?" Many of us struggled early in recovery to bring up topics relating to our recovery. Some topics that the fellowship as a whole has found to be helpful include:

1. H.O.W. (honesty, open-mindedness, and willingness)
 2. Surrender
 3. Acceptance
 4. The basics (Don't use, meetings, phone numbers, literature, sponsor, and the steps)
 5. H.A.L.T.S. (Don't get too: hungry, angry, lonely, tired, or serious)
 6. Being responsible for our own recovery
 7. Freedom from active addiction
 8. Identify rather than compare
 9. Spiritual, not religious, program
 10. Going to any lengths
 11. Transition to the fellowship from treatment
 12. Tools of the fellowship
 13. Letting go
 14. Dealing with feelings clean
 15. Learning to trust
 16. Giving up old playmates, playgrounds, and playthings
 17. Living just for today
 18. The first three steps
 19. Denial
 21. Reservations
 22. Sponsorship
- From the *Hospitals & Institutions Handbook*

Hey! What's the Basket For?

Many members ask this question because we are told that membership in NA costs nothing. NA groups are self-supporting, declining outside contributions. So how does the basket work? From the money members put into the basket, the group pays its meeting expenses: NA pamphlets and books, recovery tags and tokens, refreshments, and rent. When the group is financially sound enough to meet its monthly expenses and establish a prudent reserve, it passes the excess group donations on to the ASC to help further our primary purpose.

Meetings Needing General Support

Keep it Moving Group	Sun 3PM
Recovery in West Jeff Group	Sun 5PM
Men at Work Group	Mon & Fri 12NOON
Addicts in Recovery Group	Mon 6PM
New Attitudes Group	Mon 8PM
We Show Up and Grow Up Group	Tue 10AM
Women in Progress Group	Tue & Thu 12NOON
We Step in NA Group	Tue & Thu 3PM
Crossroads Group	Tue 7:30PM
Courage to Change Group	Wed 4PM
U Grow Girl Group	Wed 6:30PM
London NA Group	Wed 8PM
Wisdom to the Difference Group	Thu 4PM
We Do Recover Group	Thu 6:30PM
Hope for Change Group	Thu 7PM
Never Alone Never Again Group	Thu 7:30PM
NA for All Addicts Group	Fri 5PM
Free at Last Group	Fri 7:30PM

Meetings Needing Support from Experienced Members

Sunday Diversity Group	Sun 3:30PM
I Can't, We Can Group	Sat 9AM
Saturday Nite Live Group	Sat 6:30PM
Reynoldsburg Saturday NA Group	Sat 7PM
Transformers Group	Sat 7PM
Sunday Diversity Group	Sun 3:30PM
Dopeless Hope Fiends Group	Sun & Tue 8PM
NA Meeting Group	Mon & Fri 7:30PM
Principles B4 Personalities Group	Mon 8PM
I Qualify	Mon 8PM
Marysville Tuesday NA Group	Tue 7:30PM
Grandview Early Birds Group	Thu 6:30PM
Marysville Thursday NA Group	Thu 7:30PM
Marysville Friday Night NA Group	Fri 7PM
Heritage Group	Fri 7:30PM

LOVE IS ... A HAND EXTENDED BY SOMEONE NEW TO ALL OF THIS, ONLY TO HAVE IT PUSHED ASIDE FOR A HUG.

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

What is a Narcotics Anonymous group?

When two or more addicts come together to help each other stay clean, they may form a NA group. Here are six points based on our traditions which describe an NA group:

1. All members of a group are drug addicts, and all drug addicts are eligible for membership.
2. As a group, they are self-supporting.
3. As a group, their single goal is to help drug addicts recover through application of the Twelve Steps of NA.
4. As a group, they have no affiliation outside NA.
5. As a group, they express no opinion on outside issues.
6. As a group, their public relations policy is based on attraction rather than promotion.

In stating the points that differentiate an NA group from other kinds of groups, we place greater emphasis on *drug* addiction than almost anywhere else in our service literature. By clarifying our groups' sole membership requirement and primary purpose in this way we free ourselves to focus on freedom from active addiction in the bulk of our service literature, certain that our groups are providing grounds for identification to those seeking recovery. NA groups are formed by addicts who wish to support one another in recovery, carrying the message, and in participating in the activities & services of NA as a whole. One of the primary means an NA group uses to fulfill these ends is to conduct NA meetings where addicts can share their recovery experience, supporting one another and carrying the message to others. The quality of an NA meeting is directly dependent on the strength and solidarity of the NA group which sponsors it. NA groups, not meetings, are the foundation of the service structure. The NA groups are responsible for making decisions that directly affect them and what they do in their meetings as well as those that affect the identity of NA.

Area Service Inventory

Our service committee is conducting an inventory of services using the area inventory tool from the area planning tool. You can get these forms from your group service representative or at the area service office. Group or individuals can fill out the forms. Forms needed to be returned by the June area service committee meeting so a report can be generated for the July area service committee meeting.

Our Own Story

“When we honestly tell our own story, someone else may identify with us.” Many of us have heard truly captivating speakers at Narcotics Anonymous conventions. We remember the audience alternating between tears of identification and joyous hilarity. “Someday,” we may think, “I’m going to be a main speaker at a convention, too.” Well, for many of us, that day has yet to arrive. Once in awhile we may be asked to speak at a meeting near where we live. We might speak at a small convention workshop. But after all this time, we’re still not “hot” convention speakers—and that’s okay. We’ve learned that we, too, have a special message to share, even if it’s only at a local meeting with fifteen or twenty addicts in attendance. Each of us has only our own story to tell; that’s it. We can’t tell anyone else’s story. Every time we get up to speak, many of us find all the clever lines and funny stories seem to disappear from our minds. But we *do* have something to offer. We carry the message of hope—we can and do recover from our addiction. And that’s enough.

Just for today: I will remember that my honest story is what I share the best.

Today, that’s enough.

Narcotics Anonymous Basic Text, p. 95

HOT NEW PRODUCTS FROM WORLD SERVICES

Acrylic Medallion Holders

Stunning, crystal-clear medallion display embedded with artwork from the Commemorative Basic Text or, for a limited time, artwork inspired by WCNA 33 in Barcelona: Amor sin fronteras (or insert your own artwork). Displays front and back of medallion.

Limited supply.

CD-Case Calendar

Inspire love daily with this 14-month calendar (Oct 09 – Dec 10). Decorated with some favorite quotes from NA literature and unique artwork designed for WCNA 33: Amor sin fronteras – Love without Borders. *Limited supply.*

supply.

Postcard Set

One dozen ways to share a message of love, recovery, and your own personal thoughts. This package includes twelve postcards inspired by the theme of WCNA 33 in Barcelona: Amor sin fronteras – Love without Borders.

Limited supply.

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.