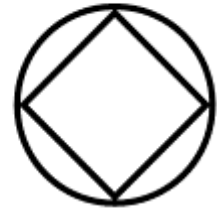




# UNITY



*"personal recovery depends on NA unity"*

The Central Ohio Area of Narcotics Anonymous Newsletter

Volume 1, Issue 2

September 2005

## Recovery Online!

Nothing can replace a good solid foundation of recovery. That means going to meetings, having a sponsor and doing stepwork. However, there are wonderful tools made available by the Fellowship of NA that are available online.

You can subscribe to The NA Way magazine in an electronic format. Go to [www.na.org](http://www.na.org) and click on "NA Way" on the menu at the top of the page. You can subscribe to various periodicals. These subscriptions are FREE. They are there to carry the message to the addict with online access. In addition to the regular updates of "The NA Way" they also have an archive of past issues and information going back to 1998.

Clicking on "Bulletins" opens up a number of documents very clearly outlining NA's position on things like freedom from prejudice, special interest meetings, and so on.

Every single Information Pamphlet and Booklet we make available at our meetings is available in an electronic format. They can be downloaded and printed or emailed to someone needing the message. The readings we share at the beginning of our meetings are available for download. Just click on "NA Literature Online." Under "NA Meeting Search" you can even find an NA meeting that is held online. There is a wealth of tools available at [www.na.org](http://www.na.org) to help us carry the message to the addict that still suffers.

## Topic Discussion

Meetings are a great place to bring up topics about our recovery. Many addicts have questions in but are unsure how to form topics. Some topics that the Fellowship have found to be helpful include:

- |                                    |                      |
|------------------------------------|----------------------|
| Urges                              | Judging Others       |
| Turning it Over to the Care of God | Loving and Caring    |
| Empathy                            | Having a Choice      |
| Practicing Good Will               | Apathy               |
| Insanity                           | Being Overwhelmed    |
| Practicing Honesty                 | Staying Clean        |
|                                    | Outside of Treatment |
|                                    | Sponsorship          |

Why do we keep coming back?  
What do we keep by giving it away?  
What Constitutes an Atmosphere of Recovery?

## Two Addicts Share their Experience with Step 9

*"We made direct amends to people wherever possible; except when to do so would injure them or others."*

My understanding of the 9th step has come from many people in my life. There has been much discussion in one of my circles of support as of late as to what it means to make an amends. This is how I have come to understand the 9th step: "Apologies" are words, "amends" are actions. "Apologies" happen in the now, "amends" happen *\*starting\** now, and carrying on into the future.

To amend means to undo or repair. Since I am unable to take back anything I say, the only thing I am humanly capable of doing is for me to genuinely own MY

behavior regardless of what someone else has done and then to change my behavior. Justifying or rationalizing or explaining my unacceptable behavior cannot be a part of the amends. If I do any of those things...it is not a genuine 9th step amends. I was also taught that I do not back up apologies or amends with ANY excuses, because that ruins the amends. It is not an amends if I make excuses or more accusations.

If you are worried about your 9th step, remember that your HP will put the opportunity to make amends in your life when it is the right time and when it is the right place.



The ninth step has been very important to me. It has allowed me to live my life without regrets and enabled me to get past

the person I used to be. Prior to working this step I had trouble facing people. I would try to avoid my neighbors even though they had never known me when I was using. Thankfully there was a way out.

By making amends there was no longer anything to fear. I did not have to worry about running into people I had harmed (in fact the opposite was true – I could make those amends that hadn't been made yet). Being with my family became a joy instead of an awkward burden. After working this step I could look people in the eyes and be comfortable with myself.

This step is an ongoing process, however. There are many amends that I will never be able to make. In such cases the only thing I can do is to not use. Luckily, this step has made it that much easier to stay clean.



**Upcoming Events in Ohio**

**Spiritual Retreat**

Sept 30, Oct 1 - 2 - - Findlay, OH

**12 Step Retreat**

Oct 7, 8, 9th -- Tar Hallow State Park

**Chili Cook-off**

Oct 8th -- Cairo, OH

**Speaker Jam 4**

Oct 15<sup>th</sup> -- Dayton, OH

**Halloween Party**

Oct 22<sup>nd</sup> -- Willard, OH

It's also the IWANA area's 2nd Anniversary!  
Come help them celebrate 2 years of service!

**Relationships in Recovery Fundraiser**

Nov 5<sup>th</sup> -- Cairo, OH

For more info check out fliers on [www.naohio.org](http://www.naohio.org)

**COACNA XVII**

*Central Ohio Area Convention of  
Narcotics Anonymous*

**Joy is in the Journey**

January 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup>

Often when attending NA Conventions, members ask, "Why should I register?" They do not understand that the convention occurs a great deal of expense long before the event ever occurs. Things like leasing hotel space, printing programs, flyers, tickets, and other items in the registration packages all cost money. The money collected also helps support The Central Ohio Area as it seeks to carry the message to addicts still suffering through the Phone Line and H&I subcommittees. As a member of our Fellowship we hope you will feel privileged to register early and help us carry the message.

**Learning Day Workshop**

How does the public see us? How do we want to be seen?

**The Basic Text Project Needs You.**

Come and you can help make history. Tips, guidelines, and information will be discussed. Make a difference.

**Saturday September 24, 2005**

**1:30 PM to 5:30 PM**

**Area Service Office**

**Hospitals and Institutions**

H&I still needs your support. We would still like to have addicts at all home groups to announce that H&I needs support and we meet the 2<sup>nd</sup> Sunday of every month at 1561 Old Leonard Ave at 6 PM on the 2<sup>nd</sup> floor.

**Area Service Committee**

We need your support.

When: Third Sunday of the month.

Where: 1561 Old Leonard Ave

Time: 2:00 PM

*New GSRs please arrive 15 minutes early for a brief orientation with Area Secretary.*

**Outreach**

***Meetings That Could Use Your Support***

These meetings greatly need support from NA members who could share their experience, strength, and hope through attendance, sponsorship, and maybe provide transportation to any NA related events. The men at the Volunteers of America would greatly appreciate support at the following meetings.

Location:

**Volunteers of America**

**624 Harmon Ave (West)**

**New Start Group: Wednesday 8 PM**

**Let's Dump It All: Friday 7 PM**

**Show and Grow Up: Sunday 7 PM**

**More Information on meetings or events is available by calling the Area Service Office at (614) 252-1700**

**Office and Phonelines**

The office is where volunteers answer calls, sell supplies and literature, being a service center and most of all helping to carry our message. If any members are willing to be trained in the office and take on a commitment of 1-2 hours per week please call the office at (614) 252-1700 to set up an appointment.

***Thoughts for the Newcomer***

Many addicts ask, "What service work can I do?" Another tool for the newcomer is involvement with the Fellowship. We learn that *service* to others will get us out of ourselves. Our work can begin with simple actions including: emptying ashtrays, making coffee, cleaning up, setting up for a meeting, opening the door, chairing a meeting, and passing out literature.

