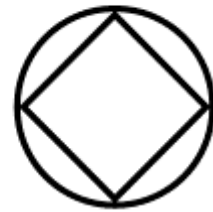




# UNITY



*"personal recovery depends on NA unity"*

The Central Ohio Area of Narcotics Anonymous Newsletter

Volume 1, Issue 3

October 2005

## Public Information!

**How does the public see us? How do we see us?** These two questions are two of the topics of our next PI workshop (December 10<sup>th</sup>). "The clarity and quality of our **public image** has a direct bearing on whether or not addicts who need us will be able to find us". The Public Information Committee provides the public with the information about recovery from addiction through the Twelve Steps and Twelve Traditions of **Narcotics Anonymous**. Posters, signs on buses, meeting schedules and presentations to the community are some of the ways we are presently doing this. When funding permits we will have public service announcements on TV and radio plus a poster drive throughout Central Ohio Area. We as addicts are doing PI when we identify as addicts and how we relate to each other in

our efforts to carry the NA message to prospective members. **Through our general behavior in our communities (inside and outside meeting, at conventions, picnics, cleaning up after functions, being on time for commitments, etc) we all are responsible for our public image.** The public sees us through the eyes of people without the empathy that we share with each other. Our recovery is not as apparent to them for they think we should have stopped through common sense. The purpose of the PI subcommittee is to inform the public that NA exists and offers recovery from the disease of addiction. Your help is needed - call 614 252 1700 and volunteer.

*In loving service.....the PI subcommittee*

## Thoughts for the Newcomer

*Do you have a Home Group?*

**H**elps  
**O**ur  
**M**eetings  
**E**ffectively  
  
**G**row  
**R**ecover and  
**O**pen  
**U**p  
**P**ossibilities

Join, participate, support, and attend regularly, set up, clean up, or be a trusted servant.

## Two Addicts Share their Experience with Step 10

*"We continued to take personal inventory and when we were wrong promptly admitted it."*

The tenth step offers me an opportunity to monitor and maintain my spiritual condition. The first step offers me honesty, open-mindedness, willingness, acceptance and humility through acknowledgement of my addiction and the realization that I am not alone. Step Two offers me hope, faith and surrender to a God of my understanding who can relieve me from the bondage of total self. Step four and five offers me relief from the debris of the past. Step six and seven offers me courage, commitment and hope that with faith and through God, I can surrender the chains of

my self serving that keeps me from serving Him and other. Steps eight and nine offers me an opportunity to take accountability and offer amends to those I have harmed, opening the pathway to healing.

I believe at this point, I am the closest to freedom from active addiction than I have ever experienced. Step ten offers me a continual path to maintaining that freedom. It allows me to consistently reflect on my attitudes, thinking, behaviors, lifestyle, actions, deeds, feelings, and choices, as well as offers me an immediate solution; accountability for my thoughts, behaviors, actions, lifestyle choices, and emotional balance. If I choose not to adhere to this step on a continuous basis, it affects my ability to improve my conscious contact with God. I truly know that the only thing between me and a drug is the God of my understanding. I lose contact with God,

nothing stands between me and my addiction.



I am amazed at how working this step has helped me to connect with other people. Many times I was so quick to act as if I had done nothing wrong and the fault always belonged to someone else. The times when some (or all) of the fault belonged to me this really put a lot of distance between me and the other people in my life.

Since getting clean and practicing this step I have received the ability to step back from testing situations to do some personal inventory work before responding. The humility to admit fault and the willingness to make things right in a conflict has provided me many opportunities to get to know and grow closer to the other people in my life.



**Upcoming Events in Ohio**

**IWANA Halloween Party**

Oct 22nd - Willard, OH It's also the IWANA area's 2nd Anniversary! Come help them celebrate 2 year of service!

**Women to Women**

Oct 21, 22, 23rd - Akron, OH

**Halloween Dance**

Oct 29th - Newark, OH

**True Colors XIX**

November 4, 5, and 6,  
Cedar Lakes-Ripley WV

**Relationships in Recovery Fundraiser**

Nov 5th - Cairo, OH

**Holiday Dance**

Dec 17th - Cairo, OH

**COACNA XVII**

Jan 6, 7, 8th - Columbus, OH  
The Central Ohio Area Convention of NA XVII

**COACNA XVII**

*Central Ohio Area Convention of  
Narcotics Anonymous  
Fundraising & Programming Subcommittees*

**Speaker Jam**

**Saturday November 19, 2005**

*11:30 AM until the last speaker shares their experience,  
strength and hope!!!*

Location: Holy Spirit Church  
E. Broad St & Yearling Rd ( on corner)  
Workshops will be held all day. The Main Speaker starts at  
8:00 pm. There will be food served!!!

**Hospitals and Institutions**

H&I still needs your support. We would still like to have GSRs 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.*

**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.

**COACNA XVII**

**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. As a member of our Fellowship we hope you will feel privileged to register early and help us carry the message.

**H&I Spook-Out**

**October 29<sup>th</sup> - 7pm to 1 am**

**Linden Lutheran Church  
1230 Oakland Park**

**(corner of Oakland Park and McGuffy)  
Costume Party - Dance - Food  
\$3 per person and \$5 per couple  
but no addict will be turned away.**

**Outreach**

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

**Southside Serenity** - Monday - 7:30 PM Rotating Format  
Parsons Apartments (South) 1949 S. Parsons Ave.

**New Beginnings** - Tuesday - 8PM - Desert Island Club -  
501 Josephine Ave off of Sullivant near Wilson Rd (West)

**Crossroads Group** - Tuesday - 7:30 PM - Open Discussion  
and Literature Study - Peace United Methodist Church in the  
basement, 2169 Ferris Rd. (North)

**We Do Recover** - Thursday - 7:30 PM - Rotating Format -  
Ohio Youth Advocate Building 1445 Summit (Short North)

**Talking Heads** - Friday - 8:00 PM - Discussion -  
Maynard Ave Methodist Church, 2350 Indianola Ave  
(Campus)

**I Can't, We Can** - Saturday - 9:30 AM -  
1561 Old Leonard Ave - Recovery Alliance Building

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

