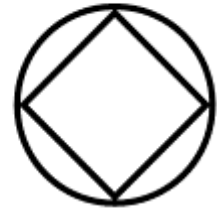




UNITY



"personal recovery depends on NA unity"

The Central Ohio Area of Narcotics Anonymous Newsletter

Volume 1, Issue 10

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

May 2006

Thoughts for the Newcomers: *The End of Loneliness*

"With the love that I am shown in Narcotics Anonymous, I have no excuse for loneliness."

Addiction is a lonely disease. We may be surrounded by people but, sooner or later, our addiction drives a wedge between us and even our closest loved ones. Many of us are driven to Narcotics Anonymous by a desperate loneliness. Though we may approach the rooms of NA with caution and suspicion, we are welcomed with a hug, a smile, and a warm "keep coming back." This may be the first place where we have felt welcome in a long, long while. We watch other members talking and laughing, leaving the meeting in groups for more talk at the local coffee shop. We wonder if we, too, could become a part of this loving bunch. Our pattern of isolation can make it difficult for us to join in. Over time, however, we begin to feel "a part of" rather than "apart from." Soon, when we walk into the rooms, we feel at home. We begin to make friends and our lives start to change. NA teaches us how to overcome our isolation. Through our first tentative friendships formed in our home group, we start to find that making friends isn't hard. A sense of belonging comes when we share ourselves with others.

From the *NA Basic Text*, p. 262

HEY LOOK HERE!!!

Area Service Inventory

Nelson Park Saturday June 3rd

Location: "Put Up or Shut Up" Basketball Tourney

Some area committees set aside one day each year for conducting an area service inventory. Why? For much the same reason as NA members do personal inventories: to stop, consider their actions and attitudes, and rededicate themselves to their ideals. The area inventory considers three general topics: serving the groups, community-at-large, and supporting NA's regional and world services. A substantial amount of preparation is required on everyone's part for an effective area inventory. **Group Service Representatives should contact the Area Service Office or Area Secretary for copies of the Area Planning Tool that includes a questionnaire that all groups are encouraged to complete and bring to the May Area Service meeting.**

An addict shares his experience with ... Step 5

"We admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

Continued from last month's Fourth Step experience

In the fifth step, to me it's become a time when I can gain some clarity about that. Get someone sitting down with me who doesn't have a big interest in who I think I am. You see, I am incapable of being objective about myself. Everything I think about me is tied up in my hopes, my prayers, my fears, my issues, my past, my present, my dreams, and you know, I'll tweak anything. An addict brought home a thing one time from a meeting saying "we're the kind of people who from a single tree can create a mighty forest in which we immediately get lost." It's True! That's the kind of stuff I need a sponsor for. He can say "hey dummy this is just a tree!" This ain't the world! I need someone who is not prejudiced about me. Who can see me objectively and say "hey- this pattern here- don't you see this?" and I go "no.." And that's what my fifth step has turned into. Getting some perspective on what I learned in the fourth step. Getting some unprejudiced, outside opinion about what's going on... What's really going on in my life.

Central Ohio Area Convention Presents "Put Up or Shut Up" B-Ball Tournament

Location: Nelson Park

Time: Saturday June 3rd Starting at 12 NOON

5 Person teams with 2 alternates: \$20 per person
Each team must have one female and one newcomer.

Registration Deadline: 05/19/2006

3 Point Shoot-out Contest: \$5 per person

Contacts: Lora M. (614-732-2857) or Paul W. (614-732- 3583)

RAIN or SHINE

Ohio Convention of NA XXIV AN AWAKENING OF THE SPIRIT

May 26, 27, and 28 2006

Hosted by: MEWANAMO Areas

Holiday Inn; 116 Park Avenue West; Mansfield, OH
Convention Registrations: \$25.00 each at the convention
Saturday Banquet: \$18 Sunday Brunch: \$10

Meetings Needing Support

Southside Serenity Monday 7:30 PM Parsons Apartments;
1949 S. Parsons Ave.; Columbus (South)

We Care Group Wednesday 8:00 PM
Salvation Army; 600 S. Front St.; Columbus (South)

Just Afternoon Group Monday - Friday 12:15 PM
549 W. Town St.; Columbus (Central - West)

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

Volunteers of America 624 Harmon Ave (West)

New Start Group: Wed 8 PM

Let's Dump It All: Friday 7 PM

Show Up and Grow Up: Sunday 7 PM

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*

Tradition 5

Each group has but one primary purpose— to carry the message to the addict who still suffers.

What is our message? The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom. When all is said and done, our primary purpose can only be to carry the message to the addict who still suffers because that is all we have to give.

From *A Guide to Local Services in NA*

ASK IT BASKET with Captain 

Q: How can we get more people active in home group service?
A: Speaking from experience from my own home group, I have a couple of suggestions. One is to keep bringing up the benefits of belonging to a home group during first step discussions and when there seems to be a need for a second or third topic. Home group membership was one of the suggestions I first heard that seemed “do-able.” Ninety meetings in ninety days? Not for me. But saying I would be a part of a group? Maybe. When I first chose a home group, it was because I needed a group that fit my schedule. By having a home group list and announcing it, which included an invite for new home group members, we grew. Having regular home group business meetings that are run as meetings also seems to be important. The most active home groups, have the business set to a short agenda, taken care of in an orderly fashion, right after the regular meeting. This being said, it still amazes me how many members still have no home group. Could it be that the benefits fail as far as reaching out to the still suffering home group member? If I am a home group member that hasn't seen a fellow member in a couple of weeks, do I take time out of my schedule to use the phone? My home group has helped keep me clean and sponsored me early in recovery. It was my first experience with service work, and the friends from that group are a little closer. If you don't have a home group, you are homeless in recovery.

Nominations Open for Area Service Positions

The Central Ohio Area Service Committee (COASCNA or "Area") meets the third Sunday of every month at 2:00PM at 1561 Old Leonard Ave. **Nominations are made at the May 21st, 2006 meeting. Elections are held at the June 25th, 2006 meeting.** The new officers begin their terms in July. GSRs from each group have the responsibility and authority to elect the officers based on their group's conscience. For this reason, it is important that all groups be represented by a GSR at area. As an addict in NA, you are invited to attend the Area meetings, whether or not you currently hold a service position. **Addicts with two years or more clean time are especially needed to learn to serve as officers.**

Narcotics Anonymous



More info on meetings or events is available by calling the Area Service Office at (614) 252-1700. Area Service Office is located at 1561 Old Leonard Ave.