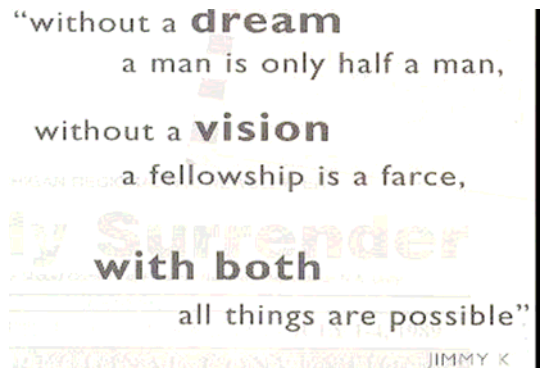


An addict shares her experience having a young child and going to meetings ...

When I was new, I had to bring my toddler to meetings because I only had child care one night a week. I chose to attend as many meetings as possible, even if it meant bringing my child. Some people frowned, but I was so desperate for recovery that I had to do it any way I could. When one woman shared that she loved it when people brought children to meetings because she saw children who had a chance, I knew she would make a good sponsor. Now, many years later, I feel the same way: I love it when people bring children to meetings.

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Do you have a Home Group?

- Helps
- Our
- Meetings
- Effectively
- Grow
- Recover and
- Open
- Up
- Possibilities

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

Clean Tips

If it's not yours, don't take it.
If it's not true, don't say it.
If it's not right, don't do it

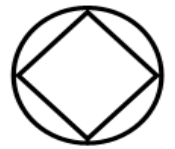
Meetings Needing Support

<i>Sunday Diversity</i>	SUN 4 PM
<i>Show and Grow Up</i>	SUN 7 PM
<i>Hearts I</i>	SUN 7 PM
<i>Just Afternoon Group</i>	MON-FRI 12:15 PM
<i>The Never Alone Zone</i>	MON 7 PM
<i>Southside Serenity</i>	MON 7:30 PM
<i>Principles B4 Personalities</i>	MON 8PM
<i>The Triple R Group</i>	TUES 7 PM
<i>The Next Write Thing</i>	TUES 9:20 PM
<i>New Start Group</i>	WED 8 PM
<i>We Care Group</i>	WED 8 PM
<i>We Do Recover</i>	THUR 6:30 PM
<i>Never Alone Never Again</i>	THUR 7:30 PM
<i>Let's Dump It All</i>	FRI 7 PM
<i>Hope, Not Dope</i>	FRI 7 PM
<i>Pickerington NA Group</i>	SAT 8 PM

See schedule for meeting locations



UNITY
"personal recovery depends on NA unity"



The Central Ohio Area of Narcotics Anonymous Newsletter

THOUGHTS for the Newcomer Enough!

Something inside cries out, 'I've had enough,' and then they are ready to take that first and often most difficult step toward dealing with their disease. Have we really had enough? This is the crucial question we must ask ourselves as we prepare to work the First Step in NA. It doesn't matter whether or not we arrived in NA with our families intact, our careers still working for us, and all the outward appearances of wholeness. All that matters is that we have reached an emotional and spiritual bottom that precludes our return to active addiction. If we have, we will be truly ready to go to any lengths to quit using.

When we inventory our powerlessness, we ask ourselves some simple questions. Can I control my use of drugs in any form? What incidents have occurred as a result of my drug use that I didn't want to happen? How is my life unmanageable? Do I believe in my heart that I am an addict? If the answers to these questions lead us to the doors of NA, then we are ready to move on to the next step toward a life free from active addiction. If we have truly had enough, then we will be willing to go to any lengths to find recovery.


An addict shares her experience with ... Step 8 -- "We made a list of all persons we had harmed and became willing to make amends to them all."

Freedom/Healing/Change – when I hear about the 8th step these are the words that come into my mind - freedom from self and the guilt of my past; healing as I forgive myself and others; and change because that is the process of moving on and letting go. I am allowed to free myself of myself. I receive guidance from a sponsor and other recovering addicts that have gone down the 8th step path before me. Part of the relief from guilt is changing my old way of thinking and doing things differently. It is my ability to be willing to listen to another human being (my sponsor or another addict with experience,) help make recommendations regarding whom I should talk to and how; while making my amends. I don't always want to listen to others and I want to do things my way (easier and softer); however, I have learned that my way isn't the best way and that's change. I would blurt out "I'm sorry" to the whole world; however, I know some of my apologies could have been more harmful than good. That is why it is so strongly suggested we talk with another recovering addict **BEFORE** amends are made; pray, and ask for direction.

Gratitude in Action

A recovering addict reaches out to help a newcomer, and, through the therapeutic value of one addict helping another, kindles the spark of hope and willingness in that new member’s heart as only a fellow-addict can. A newcomer helps clean up after a meeting, and begins to feel the sense of belonging and acceptance that come from helping other human beings in an act of selfless service. A member shares experience, strength, and hope in a meeting, seeing the nods of empathy and hearing the grateful laughter evoked by their having opened their heart to others who know the sorrow, and the joy, of being addicts in recovery. A member who’s been around a little while offers a new member a ride, and begins a friendship that will outlast the car in which they ride together to the meeting. Trusted servants at their home group take great care to ensure that there is literature on the table, that the rent is paid, and that there are modest refreshments, creating a welcoming atmosphere of recovery for that shaky newcomer in the parking lot debating on whether to come into the meeting.

We cannot change the nature of the addict or addiction. We can help to change the old lie “Once an addict, always an addict,” by striving to make recovery more available....

ASK IF BASKET with Captain 

Question: Why do we not share advice at NA meetings?

Answer: In the Basic Text, on page 92, it states, “What we knew about living before we came to NA almost killed us. Managing our own lives got us to the NA program. We came to NA knowing very little about how to be happy and enjoy life.” The solution to another person’s problem seems simple to me when I am not emotionally involved and have not heard the whole story. Our program helps to generate solutions when an addict shares that I had something similar happen to me, this is what I did, and this is how it turned out. That way we share only our experience in recovery. We all have life experience before recovery but what new of life before NA almost killed us.

Tradition 8

“Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

In this tradition we say that we have no professionals. By this, we mean we have no staff psychiatrics, doctors, lawyers, or counselors. Our program works by one addict helping another. If we employ professionals in NA groups, we would destroy our unity. We are simply addicts of equal status freely helping one another.

From *A Guide to Local Services in NA*

World Services Bulletin #29:

“Regarding Methadone and Other Drug Replacement Programs”

Not all of us come to our first NA meeting drug free. Some of us initially came to meetings while still using. Others came to their first meetings on drug replacement programs such as methadone and found it frightening to consider becoming abstinent. One of the first things we heard was that NA is a program of complete abstinence and "The only requirement for membership is the desire to stop using." Some of us may have felt that we were not welcome at NA meetings until we were clean. But NA members reassured us that this was not the case and we were told that through listening to the experience, strength, and hope of other recovering addicts that we too could find freedom from active addiction if we did what they did. Many of our members, however, have expressed concern about individuals on drug replacement programs. Perhaps by answering the most important question first—the issue of membership—we can establish a context by which to approach this issue. Tradition Three says that the only requirement for NA membership is a desire to stop using. There are no exceptions to this. It is up to the individual, no one else, to determine membership. Members on drug replacement programs are encouraged to attend NA meetings. But, "Does NA have the right to limit members participation in meetings?" We believe so. While some groups choose to allow such members to share, it is also a common practice for NA groups to encourage these members (or any addict still using), to participate only by listening and by talking with members after the meeting. This is to preserve an atmosphere of recovery in our meetings. Our Fifth Tradition defines our groups' purpose: to carry the message that any addict can stop using and find a new way to live.

When an individual under the influence of a drug attempts to speak on recovery in NA, it is our experience that a mixed message may be given to a newcomer (or any member). For this reason, many groups believe it is inappropriate for these members to share at NA meetings. It may be argued that a group's autonomy allows them to decide who may share at their meetings. We believe that group autonomy does not justify allowing someone who is using to lead a meeting, be a speaker, or serve as a trusted servant. Group autonomy stands only until it affects other groups or NA as a whole. We believe it affects other groups and NA as a whole when we allow members who are not clean to be a speaker, chair a meeting, or be a trusted servant for NA. Many groups have developed guidelines to ensure that an atmosphere of recovery is maintained in their meetings. The following points are usually included: Suggesting that those who have used any drug within the last twenty-four hours refrain from sharing, but encouraging them to get together with members after the meeting. Abiding by suggested clean time requirements for service positions. Seeking meeting leaders who help further our primary purpose. Our program approaches recovery through abstinence, cautioning against the substitution of one drug for another. That's our program; it's what we offer the addict who still suffers. However, we have absolutely no opinion on methadone maintenance or any other program aimed at treating addiction. Our only purpose in addressing drug replacement and its use by our members is to define abstinence for ourselves. *Note: This bulletin addresses the use of methadone maintenance as a drug replacement strategy. It is not addressing the medicinal use of methadone as a pain killer.*

For more information on service opportunities or upcoming events, please call the Area Service Office at (614) 252-1700. The Area Service Office is located on the second floor of 1561 Old Leonard Ave.