



Experience, Strength, Hope

WRASCNA NEWSLETTER

APRIL 2013

A Friday Night...



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Circle format, after the beginning Serenity Prayer. Feet still shuffling to find a seat. Quiet talking in between addicts. Wrinkly foreheads, trying to understand. "Damn," they whisper. This is what I see. This is what I see as I look around the room at both back-to-back meetings. A hug and a whisper of what happened. Addicts crying, quiet as a pin drop. Even the babies shut up and quit squirming. This is rough. I'm sitting on the carpet. I'm sitting at the table. Both meetings are full and the room is serious. Get clean or die. I hear the disease that goes untreated runs rapid. *It doesn't give a shit what you are or what you look like. It'll tell you to end your life. You're not worth it. You can't stop using. Drugs is life. Life is death. There isn't anything to life except using.* But recovery **makes you love.**

Tears dropping, chests heavy, even if you're not in the mood to cry. This is real. Friends crying for others, and we can only see the pain. Some of us haven't even lost a parent but if its our support group member, we're hurting too. We hurt because you hurt. Mass texts, calls, cell phone won't stay silent for a moment. People loving the shit out of you. Hugs, long and everlasting, words whispered, almost forever capturing you with their energy. Hurt people hugging

each other; suggestions flying around like CO2 in a church basement. Church attic. Garage. Restaurant. This is recovery. Fuck the disease. I hear others talk it out. Spill words of care and compassion into this addict's ear. "Love you. Keep coming. It gets better. You get better. It won't be okay but it'll decrease. You can call me anytime. NA time. We love you. We are your family. I know it's hard. Don't use no matter what. **No. Matter. What.**"

We don't understand. Disease picks and chooses. It's like death. Except death can be peaceful. Touching one at a time when it's their turn to go. Patient. But the disease of addiction is a running tornado, honeybadger at the worst timing. No fucking regard for anyone else it hurts. Anyone else it affects. Running until it destroys. After it kills, it eats at everyone else, slowly from the inside out. Some of us weren't lucky enough to die out there. But we're here now. We'll go to enough funerals and probably not enough weddings. But that's the thing recovery teaches you. You can stay clean no matter what.

Written by Jenny K.



Literature Quotes.....

"We are equal in NA membership. We are all, at last, anonymous 'parts of' rather than uniquely 'apart from' the NA Fellowship. The anonymity spoken of in our Twelfth Tradition means that, finally, we who have suffered so long from the isolating disease of addiction 'belong'."
P. 215 *It Works: How and Why*

WRASCNA MEETING HIGHLIGHT

Our Way Not Mine

Meets Sundays at 7:30pm

United Christian Ministries

1435 E. Main Street

Kent, OH 44240

Please come out and show your support!



REMINDER:

Each month, we will highlight a different home group from within the area. If you are interested in highlighting your home group, just send an email to:

wrascnanewsletter@gmail.com

Groups will be highlighted in the order they are submitted.

You will be notified of the month in which your group will appear in the newsletter.

ANNIVERSARIES AND ACTIVITIES

◆ OCNA XXXI ~ OHIO CONVENTION OF NARCOTICS ANONYMOUS

Friday, May 24– Sunday, May 26, 2013

Clarion Inn and Conference Center, 6625 Dean Memorial Parkway, Hudson, OH

◆ MIDWAY LANES BOWLING PARTY

Saturday, June 15, 2013

More information to be revealed...

◆ WRASCNA FRIENDSHIP ACRES CAMPOUT

Friday, July 19 –Sunday, July 21, 2013

More information to be revealed...



HEARD AT A MEETING.....

Experience, Strength, & Hope compiled by Jenny K.

- ◆ I go to different meetings and meet different people to stay out of isolation.
- ◆ I can get jacked up without smoking nothing. It's all about the way I think and the way I act.
- ◆ I'm living life and enjoying it. Now, what kind of freedom is that?
- ◆ Everyday we come back and we're in different chairs because we're in different spots.
- ◆ Resentments and fears are God blockers.
- ◆ My past is my motivation to help others.
- ◆ I used to think humiliation and humility were the same thing. I'm gonna keep coming back.
- ◆ If I thought I was only a dope fiend, how am I gonna recover? How can I forget I was also a human being?
- ◆ With the program, I've had the opportunity to live two lives in one lifetime.
- ◆ If I honestly wish the best for somebody, that's a prayer.
- ◆ Part of recovery is talking about it. Sharing honestly where you are is part of the process.
- ◆ I try to think of a person that needs recovery during the moment of silence.
- ◆ I know what happens if I don't practice these principles in all of my affairs.
- ◆ Willingness without action is just fantasy.
- ◆ I have to have a foundation in here or I won't be able to build on it.
- ◆ Sometimes I don't have to anything except stop and breathe and make a connection with a Higher Power.
- ◆ There's no way I can repay all of what you guys have given me.
- ◆ I've had more fun in the last two years while I've been clean than I have my whole life using.
- ◆ I had to man up and do something about my recovery if I wanted to stay here.

Clean Time Anniversaries

03/23/13

John M. celebrated 17 Years

04/12/13

Mike S. celebrated 4 Years

If you have recently celebrated an anniversary but do not see it here, it is because you have not submitted your clean date information on:

www.wrascna.org

Submit your information to be included in future issues of the newsletter.





WRASCNA AREA Newsletter

Email: wrascnanewsletter@gmail.com

Newsletter Chair: Lauren D. 330-285-7991

Contributors: Jenny K.

Area Website:

www.wrascna.org

Area Minutes Website:

<https://sites.google.com/site/wrascnaareaminutes/>

Ohio Hopeline:

1-888-438-4673

Can you write your recovery as well as you can share it?

The WRASCNA Newsletter Committee needs your help! We are in need of submissions; a personal story, reflection on NA literature, creative recovery writings, an expression of gratitude, or artwork.

Do not worry if you think you cannot write well or do not understand all of the rules of grammar, we will be happy to make the necessary corrections for you. The only real criteria for submissions is that they express a clear Narcotics Anonymous message and that they use NA language.

Submissions may be edited for length, clarity, or compliance with our Traditions.

Send your submissions to the WRASCNA Newsletter committee at:

wrascnanewsletter@gmail.com

THANK YOU FOR YOUR SUPPORT!

Looking to Get Involved??

We hope that you enjoy **Experience, Strength, Hope**. If you would like to find a way to contribute, there are a few ways to get involved.

1. Join the Newsletter Committee:

We will be meeting monthly to plan, write, design, and publish the newsletter. Any recovering addict is welcome. This service is really a team effort and we could use support. So if you are willing to join the committee, see the Newsletter Chair Lauren D. or email

wrascnanewsletter@gmail.com.

2. Submit an item:

We welcome submissions from any recovering addict wishing to share their experience, strength, and hope. Submissions will be reviewed by the committee to ensure that we are carrying a clear Narcotics Anonymous

message of recovery. Artwork is also a wonderful way to contribute and we would like to include it throughout our coming issues.

3. Mention it to other addicts:

If you know someone who has a story but who may not know how to put it on paper, suggest that they contact a committee member. We will be happy to interview anyone who wants to share, but does not know how to write it all down. The construction of a newsletter is our

service and should never hinder someone from sharing or contributing.

4. Read it and pass it on:

This newsletter is accessible to all through the WRASCNA.org website, but we can also email a copy to anyone who would like it. If you are a GSR or another trusted servant in a home group, please print a copy and include it on your literature table.

We are excited about this newsletter and our new website. We hope that you are too; and we sincerely hope that you will help us to meet our primary purpose of carrying the NA message of recovery.

Love and respect, Lauren D.

