



BRSCNA BULLETIN

Special points of interest:

- Tradition One Reflections
- Home Group
- Clean Time Anniversaries
- Activities and Events

The opinions expressed in the Buckeye Region Newsletter do not necessarily reflect the opinions of any member of the subcommittee or that of NA as a whole.

TRADITION ONE...

“Our common welfare should come first; personal recovery depends on NA unity.”

Basic Text, p. 62

By Anonymous

One night I pulled up to a meeting in a car with a bumper sticker for a particular candidate. Another addict, Moe, pulled up in a vehicle with a bumper sticker for the competing candidate. We both got out of our cars and greeted each other with hugs. Another addict, fresh out of prison, observed us; approaching us he shouted, “I know I’m at the right place. Only at NA would you see people from opposing points of view hug and greet each other with such open affection.”

Our Area holds a weekly meeting that discusses Steps and Traditions. Once a month, the discussion was solely on a Tradition (out of the Basic Text). Moe and I have had Tradition One drilled into us for many years. Nothing comes in the way of the unity of the program. We may be on different sides of an “outside issue” but when it comes to carrying the message, presenting to the newcomer, or the returning addict, that we are united in recovery.

By Anonymous

Early on in the fellowship, I spent a lot of time at coffee bars and before or after the meetings, talking badly about other members, gossiping about them, in direct violation of the First Tradition that “Our common welfare should come first; personal recovery depends on NA

unity.” By talking badly about others, I began limiting my “we” and made it smaller and smaller, to the point where it threatened my recovery.

How I apply this Tradition in meetings today is by trying to welcome and hug everyone at the meeting, making the atmosphere of recovery as pleasant as I can. Even if I do not like you, I will try to make you feel welcome in the meeting.

Another way that I can apply this First Tradition is by being very aware of the things I share both when in a discussion meeting and at the podium. I truly believe that if I share my political views or even some other endorsement, I may chase someone out of the rooms. I remember that initially when I heard members talking about a specific God, I would want to bolt because I came from a strong religious background and felt that God let me down. Even now, when members discuss political views before or after the meeting, I become self-righteous and want to start arguing about views and the newcomer looks on not feeling the love in our rooms.

I know that applying the Traditions to my recovery and my life helps me be more a part of the “we.” When I do not apply these Traditions at meetings or in my personal life, I slip back into the “I” and then I become isolated again. When I was new, I can remember listening closely to the Steps and wanting to apply them in my life but I would be bored by the Traditions, thinking how can I apply these to my life. Now I know that they are truly a challenge and can help me as much as applying the Steps.

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Home Group ~ Part Three

By Roy D. and Gary M.

Many recovering addicts talk about becoming a responsible member of society, but few talk about becoming a responsible member of a Home Group. There are responsibilities that accompany membership in a group including regular attendance, carrying the message, welcoming the newcomer, attending business meetings, participating in the group conscience, and servicing the group's needs.

The Autonomous Narcotics Anonymous Home Group is the primary unit and focus of our service structure. This is where the conscience of NA is created and developed. NA Groups decide what Narcotics Anonymous becomes.

Each NA Home Group exists in a community with different characteristics: rural, urban, suburban, etc. Each NA Home Group has a unique combination of living experiences and talents among its members. Size of the group and interests of its members will determine the direction the group grows in. Some groups will be able to provide nearly all of the necessary services for themselves. Some will need to band together with neighboring groups with similar needs to perform common services co-operatively. Our 4th Tradition autonomy and the creative freedom of our 9th Tradition provide for each group's individual needs. Many Home Groups can, and should do H&I and PI work on their own, according to their member's willingness and group conscience.

Our experience shows there are some general services needed. Whether our Home Group is in the city or "Small Town, USA" there are many things that each group has in common. The obvious needs of any group are to have responsible members to insure the opening and closing, format, funds collected and rent paid out along with communicating with other groups and NA as a whole. A dependable

atmosphere for recovery requires that Home Group members are responsible to open the meeting place on time for each meeting and to make sure that the meeting place is cleaned-up and closed properly following each meeting. There should be a member who is willing and able to be the contact person to the facility where the meeting is held in case of problems.

Many groups select a member to conduct or "chair" the meeting in an orderly recovery-oriented fashion; to see that an atmosphere of recovery is maintained during the meeting. Let's not kid ourselves, meetings do close for various reasons; lack of participation, no involvement, lack of funds and behavior that jeopardizes the meeting place. Each Home Group has the responsibility to share with its members that inexcusable behavior can not be tolerated lest we risk losing our meeting place. We need to be each others eyes and ears to ensure that our Home Group's meeting will stay open next week. In some cases our irresponsible behavior has kept NA out of certain facilities. It is up to the Home Group members to make sure all the facility's rules are followed so as not to give NA a bad name.

More Will Be Revealed...

This article will be an ongoing feature in coming issues of this newsletter.

"The Autonomous Narcotics Anonymous Home Group is the primary unit and focus of our service structure."

Clean Time Anniversaries

- ◆ Garland T. (WRASCNA) Celebrated 16 Years on 1/23
- ◆ Madeline M. (NEOASCNA) Celebrated 29 Years on 1/24
- ◆ Kevin K. (NEOASCNA) Celebrated 3 Years on 1/30
- ◆ Jennifer E. (WRASCNA) Celebrated 28 Years on 2/2
- ◆ Gary M. (NEOASCNA) Celebrated 30 Years on 2/13
- ◆ Linda T. (WRASCNA) Celebrated 16 Years on 2/14
- ◆ Ross C. (WRASCNA) Celebrated 2 Years on 2/14
- ◆ Tracy M. (WRASCNA) Celebrated 1 Year on 2/15
- ◆ Tom G. (TASCNA) Celebrated 32 Years on 2/19
- ◆ Kenny C. (WRASCNA) Celebrated 3 Years on 2/24
- ◆ Bill M. (WRASCNA) Celebrated 3 Years on 3/5
- ◆ Jo S. (GLASCNA) Celebrated 30 Years on 3/8
- ◆ Pete S. (WRASCNA) Celebrated 26 Years on 3/10
- ◆ Carol F. (WRASCNA) Celebrated 10 Years on 3/15
- ◆ Lee C. (WRASCNA) Celebrated 16 Years on 3/15
- ◆ John M. (WRASCNA) Celebrated 17 Years on 3/23
- ◆ Mike S. (WRASCNA) Celebrated 4 Years on 4/12

Submit your clean date for inclusion in the BRSCNA Bulletin by emailing brscnanewsletter@gmail.com

Please include your first name, last initial, date including year, and your Area.



Buckeye Region Anniversaries and Activities

- ◆ 4/20/13 OCNA XXXI Fundraiser High as a Kite
11:00 am-6:00 pm, Canton, OH
- ◆ 4/20/13 Rain or Shine Spring Dance
5:30 pm-Doors Open, 7:30 pm-Speaker, Dance to follow, Willowick, OH
- ◆ 4/25/13 Thursday Hope Celebrating 26 Years of Recovery
6:00 pm-Doors Open, 7:00 pm-Meeting, Cleveland, OH
- ◆ 4/27/13 Home At Last Presents Relapse Prevention Workshops
10:00 am-5:00 pm, Madison, OH
- ◆ 4/30/13 4th Anniversary Miracles on 44th
5:30 pm-8:00 pm, Chardon, OH
- ◆ 5/24-26/13 OCNA XXXI Recovery is a Journey...Not a Destination
Clarion Inn and Conference Center, Hudson, OH

For more detailed information on these and other activities in our Region, please go to www.nabuckeye.org/activities where you can access flyers and the Buckeye Region calendar. Space limitations make it difficult to include every event so if there is something you would like highlighted, please email the details to brscnanewsletter@gmail.com

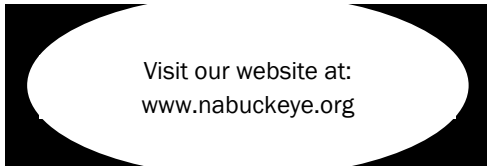
Buckeye Region of Narcotics Anonymous



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The BRSCNA Bulletin 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.

We ask that submissions express a clear NA message and use NA language. We may edit for length, clarity, or compliance with our Traditions. All submissions must have a signed release form which can be found below.

Send your submissions and release form to the BRSCNA Literature committee at:
brscnanewsletter@gmail.com

THANK YOU FOR YOUR SUPPORT!



This release form can be cut out or photocopied and attached to your submission. You can also access a copy on the BRSCNA Region website by visiting the Newsletter page.



Release Form

Email: brscnanewsletter@gmail.com

I hereby grant permission to the Buckeye Region Literature Subcommittee to publish the attached original material. I understand that this material may be edited for use in the Buckeye Region Newsletter.

Signature: _____
Phone Number: _____
Date: _____

Check if applicable:

I wish for this piece to be published anonymously.

The opinions expressed in the Buckeye Region Newsletter do not necessarily reflect the opinions of any member of the subcommittee or that of NA as a whole. All submissions become the property of the Buckeye Region Newsletter whether or not you sign the release form. Submissions may be edited for length, language, and adherence to the Twelve Traditions of Narcotics Anonymous.