



BRSCNA BULLETIN

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.

TRADITIONS BOOK PROJECT

Contribute to the Traditions Book Project!

Hold a 20-minute Homegroup writing workshop using the Mini Workshop Guide and Input Sheet

All materials can be found at: www.na.org/?ID=trads_project

This is a great way to be involved in writing our Narcotics Anonymous literature!

Looking for a way to get involved!

All addicts are welcome to attend the bi-monthly Buckeye Region meeting at Town Hall II, 155 North Water Street, Kent, OH, 10:00 am

(Meets February, April, June, August, October, December)

All addicts are welcome to get involved with Buckeye Region Subcommittees which meet during the months opposite Region, also at Town Hall II, 155 North Water Street, Kent, OH, 10:00 am

(Meets January, March, May, July, September, November)

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“There is no model of the recovering addict. When the drugs go and the addict works the program, wonderful things happen. Lost dreams awaken and new possibilities arise.”

Basic Text, p. 91



How Grateful Am I?

By Anonymous

There are no words to describe the depth of my gratitude. I am truly inspired by my fellow members to do the next right thing. I was taught early on to “show my gratitude” in my actions, the way I speak, the way I walk with others. I looked up the dictionary definition of Gratitude...the state of being grateful, thankfulness. And even though it is a noun, I must practice it as a verb...my actions will always “show” my gratitude. On the days I am not feeling so grateful, I remember a slogan I learned early on in recovery, “Up your attitude with Gratitude.” So how grateful am I? To the point of shedding tears for the joy, love, and hope I get from my NA family. Thank you!

Convo with a Higher Power

By Michal A.

I lay awake in the night,
 My imagination racing with all its might.
 Another night lost, coming apart at the seams.
 No sleep, no rest, no comforting dreams.
 “Higher Power, help me, “ I pled.
 “Make me understand the reasons I’ve bled.”
 “Why did you let me do and experience what is now past?”
 “I have memories of it all, forever they will last!”
 “Beaten, degraded and being hurt,”
 “Suffering above the dirt.”
 “You let me walk the concrete jungle alone.”
 “Using to die, all on my own.”
 “Did I stray from your path, the bright future you had in store?”
 “Is this why I was beaten to my soul’s core?”
 “I saw death, around my neck were his cold hands,”
 “Running so hard from myself and all of life, I could barely stand.”
 “Now I’m an addict, this disease seeded within me,”
 “Why am I to carry all of this for eternity?”
 I cried, my mind wanting conclusions,
 To why my Higher Power felt these experiences were adequate solutions.
 I quieted, for the grief was so seething,
 And there in the night I was answered to why I was bleeding.
 “My child, you have seen this all negative.”
 “If you see my work as positive, you could see my initiative.”
 “Without suffering, there is no appreciation for happiness and joy.”
 “Your disease had used you as a toy.”
 “It hurt me to watch you destroy and watch you in strife,”
 “When I gave you this gift called life.”
 “You never walked alone, I was by your side because you are cherished,”
 “And this is the reason you never perished.”
 “When you used to glance at the night sky, what did you see?”
 “You saw a bleak future of fragility.”

“Your path, by me, was carefully formed.”
 “I had it planned by the day you were born.”
 “To save you, I led you to a community,”
 “Where addicts like you can meet in unity.”
 “To rescue the present to which you were blessed.”
 “And so your destruction of my temple would be rested.”
 “Now you see life in its glory,”
 “Your memories and experiences are your story.”
 “Those can now help others who suffer,”
 “To see that life has so much more to offer.”
 “Now take your road, but remember the past,”
 “For, yes, the memories will forever last.”
 “But also because of my plan for you,”
 “Was far greater than you’ve assumed.”
 “Now when you look in the night, you see the stars,”
 “All of the cosmos, even Mars.”
 “Maybe the moon or Halley’s Comet.”
 “Not the dark future that gave you the urge to vomit.”
 “You are an addict, share your tale,”
 “To help others lift their veil.”
 “And let them see there is a way,”
 “To make life better, everyday.”
 “That they don’t have to use, no longer suffer,”
 “And that this miracle has more, so much more to offer.”
 “I’m letting you know, embrace what you were gifted.”
 “The desire to use, for you, has been lifted,”
 “Now stand up, wipe your tears and embrace your past,”
 “And also your present, your future and all the lessons to last.”
 “Take yourself, the miracle I made you,”
 “And help others to see the greatness of life you now view.”
 “Let them see the beauty, not the dark,”
 “And they may listen, knowing you’re also marked,”
 “With this disease and that you’re also the same,”
 “And that they also can be a walking miracle, Just for Today.”

Clean Time Anniversaries

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

- ◆ 4/19/14 NEOASCNA Clean & Serene on Saturday Mornings 1 Year Anniversary
10:00 am, Youngstown, OH
- ◆ 4/19/14 GLASCNA Spare the Winter Blues Bowling Party
5:00 pm, Ashtabula, OH
- ◆ 4/24/14 WAGS Thursday Hope Celebrating 27 Years of Recovery
7:00 pm, Cleveland, OH
- ◆ 4/29/14 GLASCNA Miracles on 44th 5th Anniversary
5:30 pm, Chardon, OH
- ◆ 5/3/14 WRASCNA Activities Fundraiser Spring Thaw Cookout
12:00 pm, Kent, OH
- ◆ 5/10/14 NEOASCNA Area Activities A Night of Elegance Semi-Formal Ball
5:00 pm, Struthers, OH
- ◆ 5/9-11/14 OHIO REGION 7th Annual Ohio Regional Traditions Spiritual Retreat
Laurelville, OH
- ◆ 5/23-25/14 OCN XXXII Unity Thru Diversity & Courage
Dayton, OH
- ◆ 6/21/14 NEO Activities Presents NEOASCNA VS. TASCNA Volleyball Tournament
12:00 pm, North Jackson, 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

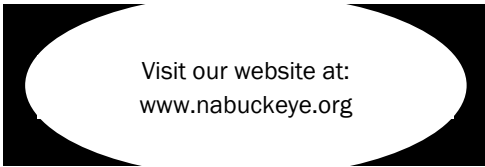
Buckeye Region of Narcotics Anonymous



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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.