



Experience, Strength, Hope

WRASCNA NEWSLETTER

December 2012

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One Addict's Reflection

Holiday Season, Winter Solstice, Nature's Cycle, the end of the Mayan Calendar, the beginning of a new era. We, who find ourselves in recovery, have entered a new era, a new life. The miracle of a clean addict is a result of our surrender to the principles of NA. This new way of life keeps us clean and helps us deal with life on life's terms.

NA states nothing justifies our using. We are responsible for our recovery. We show responsibility by working the Steps, turning our life and will over to the care of the God of our understanding, praying for the knowledge of God's will for us, and meditating for the power to carry out His will. In living just for today, we demonstrate faith, renew our commitment to NA, and guard against denial, doubt, complacency, and relapse. By letting go and letting God, we overcome our self-centeredness.

Another way to demonstrate our commitment to this new way of life is through service. We give away that which was so freely given to us. Remember the unconditional love, acceptance, tolerance, honesty, open-mindedness, and willingness that attracted us and kept us coming back? Let us give this back to the newcomer.

As we walk our spiritual path, NA tells us to practice these principles in all our affairs. This tells me to show charity and compassion to all, to be of service to all the still

suffering.

I met a person hopeless, penniless, and homeless. My will, my judgment told me I could not help; this person was unworthy of my effort. I feared what would happen if I tried. NA told me to turn it over to God, to pray and meditate, to do the right thing. My God told me to help. I asked others to help. No one did. I surrendered, buying him a meal and giving him a place to sleep. In the morning, he contacted others and I gave him a ride to meet them. None of my fears were true.

I relate this, not for selfish reason, but to show that when I surrender to my Higher Power's will and take action, things work out. I was grateful to the program for allowing me to help another human being.

I am grateful to NA for returning life to me, for giving me a personal relationship with my Higher Power, and for making me a part of the solution.

Oh yeah, and for keeping me clean.

Happy Holidays,

From A Recovering Addict



Literature Quotes.....

"The only way out is through. We must roll up our sleeves and get to work. These struggles often push us into the next phase in our recovery. We can come out stronger and healthier people for the experience, if we are willing to do the work."

Living Clean: The Journey Continues, p. 10

WRASCNA Home Group Highlight

Staying Clean, Living Clean

Meets Thursdays at 6:00pm

333 Ravenna Avenue

Ravenna, OH 44266

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.

- **KENT ANNUAL HOLIDAY GATHERING**

Sunday, December 23, 2012, Starting at 6:30 pm, Meeting at 7:30 pm

United Christian Ministries, 1435 E. Main Street, Kent, OH 44240

Food, music, and fellowship; bring a covered dish and a chair.

- **WRASCNA ANNUAL CHRISTMAS MARATHON MEETING**

Monday, December 24, 2012, 6:00 pm-Midnight

Tuesday, December 25, 2012, 8:00 am-6:00 pm

Church on the Boulevard, 754 Kenmore Blvd, Akron, OH 44314

Meetings every hour; food donations are appreciated.



HEARD AT A MEETING...Part III

Experience, Strength, & Hope compiled by Jenny K.

- ◆ Nothing outside of me can take my peace away.
If I'm slacking in peace, what is distracting me on the outside? What needs worked on today? What am I missing? When I am relying on a Higher Power, no matter how strong the storm, I have peace.
- ◆ Powerlessness means I cannot fight this disease alone.
- ◆ My disease will say don't share too much because others will judge you. No, turn around and say forget that. Save your ass.
- ◆ We have a spiritual void that can only be filled through spiritual principles.
- ◆ I have enough time to realize I have the main void filler, I have a God in my life.
- ◆ Sharing sometimes comes up in the shittiest spot in your recovery, sometimes for a reason.
- ◆ Do you have the desire to stay clean or do you want to stay miserable?
- ◆ If I want to maintain my spiritual health, I have to keep sharing the message.
- ◆ If I don't get rid of the little things that mess me up inside, my addiction will take it and run with it and I will use.
- ◆ It's not about what we have, it's about our attitude or perspective.
- ◆ You may get wise, but you'll never get wise enough to like change.
- ◆ If others can embrace who they are then so can I.
- ◆ No matter how hard it is to tell the truth, it'll help you in the long run.
- ◆ I have a story and its called not having a sponsor, not having a book, not going to meetings and having this thing called addiction.
- ◆ If I acted out on every single character defect and made horrible decisions by the end of the day, and didn't do drugs, then that was a good day.

Clean Time Anniversaries

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|----------|---------------------------------|
| 11/23/12 | Heather C. celebrated 18 Months |
| 11/30/12 | Heather S. celebrated 1 Year |
| 12/11/12 | Ian C. celebrated 60 days |
| 12/11/12 | Allison H. celebrated 1 Year |

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 have enjoyed the first issue of **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 who 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 will be accessible to all through the WRASCNA.org website, but we will also be able to 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.

