



BRSCNA BULLETIN

Special points of interest:

- O.C.N.A. XXXII
- The Doer Does
- Give Yourself a Break
- Equality

O.C.N.A. XXXII

This year's Ohio Convention of Narcotics Anonymous will be the 32nd OCNA, and the theme is "Unity Thru Diversity and Courage." The convention will be held from May 23-25, 2014 at the Wyndham Garden Dayton South in Miamisburg, OH.

If you are interested in registering to attend, you can locate the Registration flyer on the Activities page at www.nabuckeye.org.

An important note about registering:

"Registration is important. The money collected from registrations is used to pay all convention related expenses. We believe once participants understand that the fees from registrations makes the event possible and the registration funds collected are used for the planning of the present and future conventions, then the reasons for registrations should be clear. It is the support of each participant's registration or donation that helps make our convention a success."

The Doer Does

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.

One day, a long time ago, someone said to me, "If you want to get something done, give it to someone who is busy and it will get done." Now, I understand the logic of this. A doer does; nothing gets done by itself-it has to be done. A doer is someone who does. If I want something, I have to do the work to get it. There is no magic to it. A busy person is someone who is busy doing things.

Remember that recovery is an action word; there is no time to waste. Newcomers are not going to get to meetings by magic. Your Fourth Step

is not going to write itself. Be the change that you wish to see in others. Love on every newcomer that you see at your next meeting. If they do not stay, your meeting will die away in time.

Just like recovery is an ongoing process, so is growing a meeting. Either you are growing your home group or it is dying.

"My gratitude speaks when I care and when I share with others the NA way."

By Thom H., NEOASCNA

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*God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.*

Give Yourself a Break

(Experience, Strength, and Hope on Step Six)



By Andi S.

There is a post-it note on my bathroom mirror that says, "I must resist the urge to compare myself with others and judge myself based on those comparisons." I think that's what it says... A fellow addict gave me this post-it and I put it on the only mirror in my house so that it would be what I see every time I look at myself. Clearly, I do not read it very often if I can't remember how the quote goes, but I sure can tell you every new blemish, every imperfection in the mirror, and lament that I have crow's feet at the ripe age of 23. Go figure.

Today, my program is not about the drugs so much as the other self destructive ways I act out. In my Fourth and Fifth Steps, I uncovered a lot of unhealthy and crippling patterns in my life. One that is extremely prevalent is the same cycle that kept me using for a long time:

1. Have feelings I don't like
2. Use to escape feelings
3. Beat myself up for failing (again)
4. Realize I'm having feelings I don't like
5. Use to escape feelings
6. Repeat

So, today it's like spend waaaay too much money, feel like crap, spend more money to make myself feel better, feel like crap some more, and be broke until next paycheck. I've been formally working Step Six for a couple weeks now and I have been dealing with shame, guilt, self-doubt and deprecation, self-pity, and intolerance for my fallibility more intensely than I have experienced in a long time. I've also become *super* aware of the ways I act out. There were a few days right at the beginning in which I swore I was one big character defect and I threw a *lot* of temper tantrums. And then I read Step Six in the Basic Text. (Duh). The Basic Text tells us that "...it is important to remember that we are human and should not place unrealistic expectations on ourselves...Being human we will wander off course."

Okay, so I stopped throwing things at my living room wall and cussing at my ferret and just sat down to breathe. The program and the steps are a big part of what makes up my Higher Power, so if HP is telling me that imperfection is to be expected, maybe I should listen. Maybe, just maybe, I'm not a terrible, insane, hopeless (aka unique!), piece of crap...maybe. As I was taught to do when I got clean, I reached out about my insanity and unmanageability. I texted addicts, I called them, I Facebooked them, I shared at meetings, and I didn't hold back. My disease told me to be quiet, that I was making a fool out of myself, that there was no way I was going to get better...But I kept doing it.

At first, all I could muster was, "Help! I'm losing my mind?" "What are you doing?" addicts asked. "I'm throwing a tantrum,"

I said. "Why?" "Because I'm angry." "What are you angry about?" I had to ponder that one over for awhile. "Something didn't go my way. I have such little tolerance and patience right now." "Well, why do you expect that things should go your way?" "I don't. That's ludicrous. I'm just afraid because I feel so out of control." *Aha!*

Yesterday, I was talking to an addict about Step Six and she said, "Remember when you came to NA and you thought you were crazy, but then you found out you were just an addict? At some point, we think we're crazy, but then we find out that we're just human."

That absolutely blew my mind.

So, I'm sitting here in class waiting for everyone to finish their test and examining the last few weeks. I've had several meltdowns (and I may have more), but I was okay. I did not use, and I learned. The only wasted experience in life is the one I don't learn from. Today I know that no matter what, I have to push through and I have to trust the process. My sponsor is fond of reminding me that, "Everyone with clean time that you respect has been right where you are now. You're exactly where you're supposed to be." She thinks I don't listen, but I do. I have to, or I'll die. It just takes a while to sink in sometimes, and hey, that's okay. I look at the addicts around me, how I've watched the people grow that came in with me, the respect I have for my predecessors, the gratitude for the newcomer... If I have the same disease, if I am not unique, I can progress as they have. Sure, I'm going to screw things up, but that's okay. Yes, it is okay to make mistakes. It's not the end of the world, but I forget that a lot. Today, I can take pride in the progress that I've made. There's even progress in the insanity that I'm not as destructive as I used to be when I do act out. "Practice, practice, practice." "Progress, not perfection..."

One last thing, I heard something that really stuck with me toward the end of my Fourth Step. A guy in a meeting said, "I try to remember that when it feels like everything is falling apart, maybe it's falling into place."

Bottom line is I really need to chill out. "How it Works" tells me to give myself a break. I don't need to understand or fear the future, because my HP has got my back. As long as I keep putting one foot in front of the other, work the steps, and do what I'm told, I'll be okay.

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.



EQUALITY

By Michal A.

Today I was judged,
Harsher than I've known.
In a room of 11 others,
I was all alone.
We had been chosen,
To decide someone's fate,
But the words they spewed were close to hate.
"Dirty junkie, he has no morals,"
"He should be dumped in a grave, covered in florals."
"He won't get better, he is damaged goods,"
"People like him should be left in the woods."
I sat and listened, my heart torn.
"We are all the same," I thought, "when we are born."
With my insides twisted, I was asked,
"Hey you girl, there in the back,"
"You've been quiet the whole time,"
"We would like to know what's on your mind."
I quietly sat and removed my jacket,
And, my god, it caused a racket.
Covered in tattoos, I leaned to them.
"Who are you to judge other men?"
"You guys have spoken, without a doubt,"
"About a disease you know nothing about."
"However, I do, for I'm in recovery,"
"So let me help you make a discovery."
"I know his pain, I've felt it within,"
"I have to fight it daily, without a whim."

"He can't help it, nor can I,"
"But we are 'dirty junkies' in your eyes."
"He isn't lost, he is ill,"
"Suffering from a disease that wants to kill."
And as I received scathing glances,
I asked, "Why doesn't he deserve second chances?"
"I got one, look at me,"
"I'm not a lost cause, but I could be."
"If I didn't receive the chance to turn around,"
"I'm sure I would be 6 feet underground."
"None of you thought of that before you bantered,"
"About the quiet girl in the back who didn't matter."
"Unfortunately for you, he and I are the same,"
"The only difference is my disease, just for today is tame."
"We've seen a hell you may never see,"
"But this doesn't mean we can't be."
"We are people, just the same,"
"Not to be thrown away, labeled lame."
"I hope you learned a lesson to watch your words,"
"Cause the girl in the back was also once from that 'dirty junkie' world."
"I AM clean, I AM a recovering addict,"
"He deserves a chance, so let him have it."
I quieted as they sat and thought,
And I smirked at the hard lesson they had been taught.
I wasn't ashamed of what I had done,
Because sometimes it takes the voice of one,
To calm the hate and change a mind,
To remind that we are all mankind.

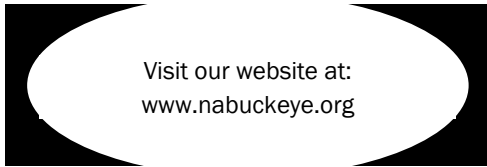
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The BRSCNA Bulletin needs your help! We are in need of submissions; a personal story, reflection on NA literature, creative recovery writings, an expression of gratitude, or artwork.

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.