



Experience, Strength, Hope

WRASCNA NEWSLETTER

FEBRUARY 2013



Service Helps.....

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As recovering addicts, we hear this saying at the end of many meetings, "Service helps keep us clean." But what does that really mean and how do we even begin? If you are asking yourself these questions, I hope you will find this article helpful.

Opportunities to be of service in Narcotics Anonymous come in many forms. The following are just a few suggestions from this addict's personal experience:

1. At Meetings

Whether at our home groups or at other meetings we attend, there are chances to get involved. We can greet newcomers, set up chairs, make coffee, set out literature, and help clean up when the meeting is over. We might also have willingness to chair a meeting or we may be asked to share our experience, strength, and hope as we get more and more clean time. There is no act too small or insignificant when we are helping to carry the message.

2. As a Home Group Member

We join a home group where we can commit to attending regularly, to assisting in keeping the meeting open, and to carrying the message to addicts who attend. As a home group member, we can be elected to fulfill a trusted servant position such as secretary, treasurer, or group service representative or we may join the home group and participate as a member until we are comfortable getting more involved.

3. As Subcommittee Members

In Narcotics Anonymous, we form subcommittees to coordinate the services we provide to NA groups and members. As NA members, we have the opportunity to join these committees and get involved in a more formal level of service. Subcommittee in the WRASCNA Area are:

- ◆ Public Information

- ◆ Hospitals and Institutions
- ◆ Activities
- ◆ Literature
- ◆ Newsletter/Website

Chairperson contact information for all of these subcommittees can be found in the WRASCNA Meeting Schedule and on the Area Service Committee page on the wrascna.org website. Subcommittees are always looking for more support.

4. At Area Service

Another level of involvement in service comes with participating in Area Service. For some, this is as a GSR (Group Service Representative) and for others, it is as trusted servants elected by the Area. All members are welcome to attend the Area Service Committee meeting however, and this is a great way of getting an introduction to how the Area Service Committee works.

The opportunities for service mentioned above are only the beginning. A great resource for more information is *A Guide to Local Services in Narcotics Anonymous*. Another way to learn about service is to talk with other addicts who are already involved. That is really our greatest resource because anytime we reach out to another addict in Narcotics Anonymous we create an opportunity to carry the message and that is what it is all about.

The Basic Text, pg. xxvi says, "Everything that occurs in the course of NA service must be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers." So I hope that this gives us all an opportunity to reflect on service as we continue our journey in recovery.

In loving service, Lauren D.



**"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."
*Tradition Twelve***

WRASCNA MEETING UPDATE

NEW MEETING LOCATION

Our Message is Hope

Meets Wednesdays at 6:30pm

151 2nd Street NW

Barberton, OH 44203

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

◆ **WINDHAM THURSDAY NITE SOLUTIONS~THIRD ANNIVERSARY**

Saturday, March 2, 2013, Doors open: 6:00 pm, Food: 6:30 pm, Speaker: 7:30 pm

Renaissance Family Center, 9005 Wilverne Drive, Windham OH 44288

◆ **SOUTHSIDE RECOVERY CHILI FUNDRAISER**

Monday, March 4, 2013, Doors open: 6:30 pm, Speaker: 7:30 pm

Community of Christ Church, 834 Grant Street, Akron OH 44311

◆ **BUCKEYE REGION TRADITIONS WRITING WORKSHOP**

Saturday, March 16, 2013, 11:00 am-2:00 pm

Townhall II, 155 North Water Street, Kent OH 44240

◆ **HUMP DAY HAPPENING~TWENTIETH ANNIVERSARY**

Wednesday, March 20, 2013, Doors Open: 5:00 pm, Meeting: 6:00 pm

Community Drug Board, 725 East Market Street, Akron OH 44305

◆ **WRASCNA H&I LEARNING DAY**

Saturday, March 23, 2013, 12:00 pm-4:00 pm

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



HEARD AT A MEETING.....

Experience, Strength, & Hope compiled by Jenny K.

- ◆ The more I take these suggestions, the more natural it becomes.
- ◆ Once I stop trying to fix shit all of the time, things get better.
- ◆ The change comes from within and that's the steps!
- ◆ It wasn't until I really got into a routine of being quiet that I grew spiritually.
- ◆ We grow through pain by living clean, not just being clean.
- ◆ I judge my gratitude on my actions. I see how much I've grown because I choose to do the work.
- ◆ If I stop being open-minded, I'll stop learning.
- ◆ Joy comes from seeing another addict just start in this process.
- ◆ If I remember my powerlessness and don't put a single thing into my body, I have another chance tomorrow to be better at life.
- ◆ I could worry myself to death or I could accept it and keep going down the path.
- ◆ God breaks us down long enough to let someone in.
- ◆ I need to keep my mouth shut until I know what I'm talking about.
- ◆ Life on life's terms stuff happens. Stuff that's not cool. Staying clean is not about everything being okay!
- ◆ I couldn't stop change if I tried.
- ◆ This disease makes me feel like I'm all that, and that I'm practically God, because the way I do it is the only good way to do it. That's making me not have gratitude, to not be grateful. Where's my gratitude for God?
- ◆ Being open-minded in meetings helps me be open-minded out there.
- ◆ I didn't smoke stems and seeds. I'm not going to settle for cheap recovery.

Clean Time Anniversaries

01/23/13	Garland T. celebrated 16 Years
02/02/13	Jennifer E. celebrated 28 Years
02/07/13	Lauren D. celebrated 18 Months
02/14/13	Linda T. celebrated 16 Years
02/14/13	Ross C. celebrated 2 Years
02/15/13	Tracy M. 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.

