



BRSCNA BULLETIN

Special points of interest:

- O.C.N.A. XXXI
- Home Group
- Clean Time Anniversaries
- Activities and Events

O.C.N.A. XXXI

This year's Ohio Convention of Narcotics Anonymous will be the 31st OCNA, and the theme is "Recovery is a Journey...Not a Destination." The convention will be held from May 24-26, 2013 at the Clarion Inn and Conference Center in Hudson, Ohio.

Currently, all of the subcommittees working to plan OCNA are in need of recovering addicts with the willingness to get active. This is a great opportunity to be a part of carrying the message to addicts who will attend the Ohio Convention of Narcotics Anonymous.

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:

"Registering pays for the hotel, facilities, service maintenance, insurance, registration packets, supplies and other expenses. Your registration fees and support make this event possible. All excess revenues are funneled back into the service structure to help carry the message of recovery in Narcotics Anonymous."

OCNA 31 Executive Committee Contacts:

Rob C.	216-645-3405 (Chairperson)
Holly B.	216-253-5653 (Vice-Chair)
Felecia M.	216-820-0799 (Secretary)
Talib M.	216-215-4219 (Treasurer)

Watch Your Footing

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 of the greatest lines that I have heard in Narcotics Anonymous is, "Be careful where you stand, you just might fall."

This line says a whole lot in just a few short words. I had to experience a major fall in order to truly understand what it means. I first got clean in the summer of 2003. I can honestly say from my first meeting that I was hooked. I got a home group and a sponsor right away and became active; I was chairing my first meeting with about 30 days clean. I remember feeling like I was important for the first time in what seemed like decades. My sponsor got me a Step Working Guide and I started working the NA steps. The only problem was that I was trying to find the book answer and what I thought my sponsor wanted to hear. He had six years clean and I thought he walked on water. I did not want to disappoint him. Looking back, he did something for me that I did not understand

but that I needed. He told me to get another sponsor because I was not listening to anything he said.

With my new sponsor, I worked some steps and the days added up to months and then years. Around 2 and a half years clean, I started my fall. It did not come over night; it took some time. I had turned away from humility and let arrogance creep in. I had a few sponsees and an Area Service commitment and a belief that I knew more than God. I had convinced myself that He was not real and I did not need him anyway. I had memorized the text and was asked to share on a regular basis, both in my area and out. I learned how to share in a profound way, though some of it I did not believe. I knew that I walked on water and was drug-proof. With nearly 3 years clean, I made a decision on my own without God or my sponsor. My

first sponsee was struggling and had gotten kicked out of his house. I really wanted to save him and prove that I knew what I was doing, so I told him he could move in to my house. I figured that if he went to a meeting everyday with me and worked on his steps, I could get him clean. Within 2 weeks, I was surprised when I got high.

It took 3 years, a suicide attempt, and a trip to prison to get clean. In those 3 years, not only did I lose everything physically and mentally, the worst was feeling totally spiritually bankrupt. Now I am grateful for that fall because I learned that if I do not adapt my life to the whole program every minute of every day, I will lose everything. As a result of applying Step 3, today I thank God for teaching me that He helps me stand so I do not fall.

Mike S., WRASCNA

INSIDE THIS ISSUE:

Watch Your Footing	1
Home Group	2
Clean Time	3
Events	3
How to Contribute	4
Release Form	4
Contact Us	4



Home Group ~ Part Two

By Roy D. and Gary M.

One might ask, "How do I find a Home Group?" First, new members should attend all the meetings available on their meeting schedule. The reason we do this is so we can decide which meeting offers us the most comfortable atmosphere of recovery, a place where we can feel at home. After we determine which meeting we like the best, we make a commitment to ourselves to attend this meeting every week. We suggest that it be within a reasonable distance so that we cannot use inconvenience as a reason not to attend. We suggest choosing a meeting that does not conflict with other living commitments (i.e. family, job, school, etc.) One member shares... "A Home Group is where I feel safe; a place where I am accepted for who I am. I have come to realize that an addict alone is in bad company."

When we get together, we can share feelings and thoughts with other members, and in this way we gain the experience, strength, and hope of recovery. Sharing with the same people over a period of time creates a bond that can tie us together. This sharing can be a way the Home Group utilizes one of the most effective tools to arrest the disease of addiction. A Home Group can share in all your fears, hopes, and joys. Home Group members encourage and assist us in our recovery and celebrate clean time with us. They are reassuring, honest, and loving. We grow with them as they become a large part of our recovery. A Home Group is where we learn how to deal with life and how to live without the use of drugs. Part of recovery from addiction is learning to live life on life's terms. The

people that we meet at our Home Group's meetings, who have committed themselves to working the steps of NA, can help us stay clean through our specific living situations. Early recovery can seem like living from crisis to crisis. We not only need answers to our general questions but specific answers today to our current problems. Practical sponsorship allows us to use the recovery experience of others. Our Home Group sponsors us in many ways. We learn the ideas of recovery at meetings. We learn effective ways to live clean by sharing with Home Group members after meetings and when we go out for coffee. We may even find our sponsor at our Home Group and use the group's meeting as a place and time to share with them.

Once we choose the group that will get to know us better than any other, we make a decision to commit ourselves to that group. In groups, where it is common, writing our name, address, phone number, and clean date in the group book is an active commitment to become part of that group and strengthen our recovery.

As we become more comfortable and familiar with the group and its members, we will probably be asked to serve the group in a number of different ways. Some of these are: set-up, clean-up, coffee-making, and chairing at group meetings. Becoming active in a Home Group helps us learn to be responsible for our own recovery.

More Will Be Revealed...

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

"When we get together, we can share feelings and thoughts with other members, and in this way we gain the experience, strength, and hope of recovery."

Clean Time Anniversaries

- ◆ Joel S. (WRASCNA) Celebrated 27 Years on 12/14
- ◆ Kevin H. (WRASCNA) Celebrated 2 Years on 12/28
- ◆ Erica C. (WRASCNA) Celebrated 1 Year on 12/29
- ◆ Cheryl T. (WRASCNA) Celebrated 10 Years on 1/13
- ◆ Chad M. (WRASCNA) Celebrated 1 Year on 1/14
- ◆ Erin K. (NEOASCNA) Celebrated 3 Years on 1/28
- ◆ Barb P. (NCCASCNA) Celebrated 25 Years on 1/31

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

- | | | |
|--------------|--|--------|
| ◆ 2/16/13 | Fundraising and Entertainment for OCNA XXXI
Cupid's Night Out
The Funky Spot, Cleveland, OH | 9:00pm |
| ◆ 2/16/13 | STACSNA Saturday Night Survivors Group Game Nights
3rd Saturday of the month through March; Mtg before at 7:30pm
Grace United Church, Canton, OH | 9-11pm |
| ◆ 2/16/13 | NEOASCNA 80's Dance Party
Fellowship Hall, Youngstown, OH | 9:00pm |
| ◆ 2/17/13 | GLASCNA Polar Bear Brunch
River Grove Recreation Center, Willoughby, OH | 9:30am |
| ◆ 2/22-24/13 | NCCASCNA 12 Step Retreat
East Liverpool Motor Lodge, East Liverpool, OH | |
| ◆ 3/1-3/13 | CLACNA X Miracles on the Lake Convention
The Holiday Inn, Independence, OH | |
| ◆ 3/16/13 | Buckeye Region Traditions Writing Workshop
Townhall II, Kent, OH | 11-2pm |
| ◆ 3/23/13 | WRASCNA H&I Learning Day
Church on the Boulevard, Akron, OH | 12-4pm |
| ◆ 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

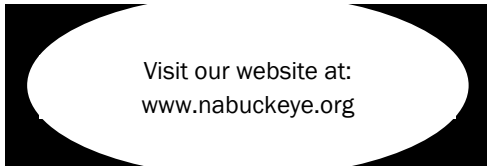
Buckeye Region of Narcotics Anonymous



PO Box 1074
Kent, OH 44240

Buckeye Region Literature Subcommittee
Chair: Billie B.
Email: brscnanewsletter@gmail.com

Hopeline: 1-888-GET-HOPE (1-888-438-4673)



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.