



Experience, Strength, Hope

WRASCNA NEWSLETTER

January 2013

O.C.N.A. XXXI

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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 of www.wrascna.org or 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)



NA SAYS...

Don't worry about the future
 Don't regret the past
 When we make a mistake
 Correct it and move on
 When we achieve something
 Don't stop to take credit
 Whatever comes our way
 Face it unafraid
 Wherever we go in the world
 Our Higher Power is with us,
 Realize that the less we know
 the more we understand
 Thus we embody recovery

Anonymously Translated, Adapted (with apologies) from Chuang-tzu

WRASCNA

Home

Group

Highlight



Magic City Recovery

We meet at 299 Frank Street at 8:00 pm every Saturday night. We proudly celebrated our 4th Anniversary in October. Our format is floating; different every week. We often have newcomers attend our meeting and we always have a great mix of addicts with various clean time. Our group always welcomes support. Our home group members are in the beginning stages of planning a fundraiser for Spring/Summer. Keep your ears open for announcements on this in the near future.

If you have not made it out for a meeting at Magic City Recovery, give us a try! Think of where you used to be on a Saturday night...

Best wishes for a clean and healthy New Year,
MCR Home Group Members

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.

- **POLICY & ADMINISTRATION MEETING**

Saturday, February 2, 2013, 11:00 am-1:00 pm

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

All addicts are welcome to attend

- **COURAGE TO CHANGE ~ 18TH ANNIVERSARY**

Thursday, February 7, 2013, Starting at 6:30 pm, Meeting at 7:30 pm

Shiloh Baptist Church, 1241 Grant Street, Akron, OH 44301

Refreshments will be served; bring a friend

- **HOSPITALS & INSTITUTIONS LEARNING DAY**

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

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

Come to find out more about the H&I Subcommittee



HEARD AT A MEETING...Part III

Experience, Strength, & Hope compiled by Jenny K.

- ◆ You have to love and tolerate me until I can love and tolerate myself.
- ◆ I learn way more about myself when I work with someone else.
- ◆ I have to catch myself from being busy with life and putting steps on the back burner.
- ◆ I wake up every morning and pray a jumbled Third Step prayer.
- ◆ Ego protects me from shit I don't want to see.
- ◆ I can fight fear by avoiding the truth, and that just hurts.
- ◆ Living in selfishness, fear and resentment- messing up my spiritual growth.
- ◆ Who am I to judge someone on their decision making skills? I haven't done so hot either.
- ◆ Trading the program for the old way of life is like, a huge cost.
- ◆ Fighting it- the solution and then wonder why it isn't working.
- ◆ We don't rise above being humans.
- ◆ Having God issues = having self will issues.
- ◆ If I don't do a Third Step my funky ass will be right back out there doing the same shit for the same shit.
- ◆ Just because the defect isn't gone doesn't mean you failed, keep working.
- ◆ Not only did I want a new way to live but I wanted to become a completely different person.
- ◆ Sitting back and listening helps me learn so much .
- ◆ Doing the Third Step means doing something different and changing.
- ◆ Yesterday is done and tomorrow is not here yet, keep it in the day.

Clean Time Anniversaries

12/14/12	Joel S. celebrated 27 Years
12/28/12	Kevin H. celebrated 2 Years
12/29/12	Erica C. celebrated 1 Year
1/13/13	Cheryl T. celebrated 10 Years
1/14/13	Chad 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.

