



# Experience, Strength, Hope

WRASCNA NEWSLETTER

JANUARY 2014

## All You Brought Me

### Inside this issue:

All You Brought Me	1
Group Support	2
Events and Activities	2
Clean Time Anniversaries	3
Heard at a meeting...	3
Getting Involved	4



When we were first introduced I was so nervous. I didn't know how to react. For a person like me, I never could think in a million years I would ever be speechless. The way you entered the room, you seemed so precious, so innocent. Everyone's eyes followed you as you were strutting around. I was mesmerized, tweaked with interest, for I found my love at first sight. I heard rumors of your beauty for so long, I believed I had already known you. When I finally got my bearings together, I approached you and we hit it off. I was entirely new to this profound connection. We hung out just a few times at first, but slowly we built trust and developed a relationship which blossomed fruitfully. Every time I saw you I got butterflies. Soon, we moved in together and life became bearable. You knew just the right things to do. When I was angered, you calmed me; when I was sad, you brought me joy. You countered my every emotion. You always remembered things like my birthday, and made time spent with my family tolerable. You seemed to be the one thing in this universe to understand me. I felt as if I couldn't live without you in my life. You were always there for me. I did everything for you; I hurt people around me, I even went to jail to prove my love, lust, and desire for you. My family grew to hate you the closer we got. You cured my pain and held me tight at night. When I cried you dried my tears. You set me free.

But freedom came with a price and I realized I became sick with you; I couldn't function without you. I allowed you to get so close to me after a few years, that what was mine became yours. I knew I wasn't the only one under your spell but still I found

myself crawling back to you. I gave you my every last penny; you made me lie, cheat, and steal just to hold you close. Though it was hard for you to make time for me, you still found a way to completely drain me and still I fought to see you! I went to every length to have you there, but now my pain wasn't relieved anymore. I came to find out you were a thief and a murderer and we had no business together but still you seduced me. Life soon became unbearable and when I was at my worst; homeless, broken, lonely, with no family or friends. When I needed you the most, you weren't there to help anymore. Our relationship became evident that it wasn't going to work, for you drove me into the ground! I fell in love with something that was impossible to love me back and though it seemed to work in the beginning, all you brought me was pain, hate, anger, trouble, and remorse. So I stand firm and say I hate you, I curse you. I promise to do everything in my power to prevent you from creating another slave. I will be there to shut you down when others can't; I will share the tale of our toxic relationship! I say goodbye and yet you don't deserve that. So I turn my back to you and for the first time in as long as I can remember...

**I EMBRACE TRUE VICTORY AND FREEDOM FROM THE SHACKLES OF MY ADDICTION.**

By Charles Wilson



## **GROUP SUPPORT**

This is a place where you can share the needs of your home group. Email [wrascnanewsletter@gmail.com](mailto:wrascnanewsletter@gmail.com) or contact Newsletter Chair, Lauren D., with information on home groups that need support, open trusted servants positions, and any upcoming anniversaries or activities. You may also want to submit a short home group highlight.

***Let's carry the message!***

**START TO LIVE NA**

**25TH ANNIVERSARY**

**Friday February 7, 2014**

1480 Eastwood Avenue

Akron, OH 44305

Doors open at 7:30 pm

Out of Town Speaker

Clean Time Countdown

Refreshments Provided

Contacts:

Kyle C. (330) 814-2122

Lauren D. (330) 388-4230



## HEARD AT A MEETING.....

*Experience, Strength, & Hope compiled by Jenny K.*

- ◆ Step one is like, even when you think you know it, more will be revealed.
- ◆ If I coast for too long, I know I'm going to swerve. Same with my recovery and being complacent.
- ◆ F\*@k service if you don't have a sponsor and work steps.
- ◆ I'm changing only because I discovered the 12 Steps.
- ◆ I react differently to my alarm clock because I'm not in a drug induced haze.
- ◆ The awakening I had in my life was that life didn't have to suck.
- ◆ If I can quit drugs I can quit all of the other crap too. Why wouldn't I do what works?
- ◆ They say it's a selfish program-and it is; sometimes you have to be selfish with your program and guard it. Other times you have to give it away.
- ◆ I tried the geographical thing. I didn't know I was taking me with me.
- ◆ I don't do shit. WE do shit together.
- ◆ God allowed me to hate Him for a little while until I could come back.

## Clean Time Anniversaries

10/15/13	Mary M. celebrated 19 Years
11/12/13	David H. celebrated 6 Years
11/12/13	John F. celebrated 19 Years
12/04/13	Adam S. celebrated 1 Year
12/14/13	Joel S. celebrated 28 Years
12/15/13	Jenny K. celebrated 3 Years
12/27/13	Jay M. celebrated 2 Years
12/28/13	Kevin H. celebrated 3 Years
01/03/14	Kyle C. celebrated 1 Year
01/13/14	Cheryl T. celebrated 11 Years

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](http://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. 330-388-4230

**Contributors:** Jenny K.

**Area Website:**

[www.wrascna.org](http://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](mailto:wrascnanewsletter@gmail.com)

**THANK YOU FOR YOUR SUPPORT!**

## Looking to Get Involved??

We hope that you enjoy **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](mailto: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 how 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 is accessible to all through the WRASCNA.org website, but we can also 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 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.

