



Experience Strength, Hope

Where My People At?

By Anonymous

IT WORKS! It's something we hear all the time, and IT DOES, but if a newcomer came to me and asked "If it works so well why are you the only person in here with so much clean time?" I would have no answer.

Why am I so often the only person with 10, 15, 20 or more years clean at a meeting? I know they're not all using or dead. They're probably just puttering around not being responsible members of the fellowship that saved their lives. "But Game of Thrones is on..."

The 12th Step says: "Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs."

It doesn't say:

"Having had a spiritual awakening as a result of these steps, see ya suckers."

Or...

"Having had a spiritual awakening as a result of these steps and got a job, career,

education, family, relationship and/or my wildest dreams realized so thank you very much and all, but now fend for yourselves."

It says we are going to give back what was so freely given to us. Instead many folks with clean time complain about the way NA has changed. Well...it is our job to make sure the NA message does not just fade away. This message will not carry itself! We must rebuild a fellowship culture that encourages members to stay and give back. What principal or step is it that states, "I am too old, too recovered for meetings?" I don't care HOW old you are, if you can make it to your doctor appointment you can make it to a meeting. WE NEED YOU and consequently you (and your lack of humility and gratitude) need us. Period. If you cop your clean time and vanish, maybe you are no less self-centered than you ever were.

The literature warns us that "indifference* and intolerance*" ruins us. It warns that three of these principles

that are indispensable* are honesty, open-mindedness and willingness. With these we are well on our way and without them we are well on our way out of here!

If you are reading this you are probably not the person(s) I am referring to, but I have a task for you anyway! Call an old timer! Can you think of someone who used to participate that you have not seen in a long time? Maybe someone who really helped you and you have a debt of thanks to pay. Give them a call – invite them to a meeting. "Hey ____, I been thinking about you and missing you! How about I pick you up on ____ and we hit that meeting we used to go to?"

Something like that! Hold love and respect in your heart when you reach out. I promise you, any addict is better off participating, whether they have 20 days or 20 years.

- Anonymous

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*Indifference: lack of interest, concern, or sympathy.

*Intolerance: unwillingness to accept views, beliefs, or behavior that differ from one's own.

*Indispensable: absolutely necessary



Subcommittee Highlight

WHO: Newsletter/Webservant Subcommittee

WHAT: A subcommittee dedicated to carrying the message through a bi-monthly published newsletter and an up-to-date area website.

WHERE: Meetings will be scheduled held at 1480 Eastwood Ave, the same location where Area is held.

WHEN: Meetings will be scheduled for 1:00 pm

WHY: This subcommittee has the opportunity to expand the newsletter and website to include more submissions, events, and information and with the help of more committee members and a regular meeting, we can make this happen!



Area and Regional Events

For more event flyers and more details, visit www.wrascna.org OR www.nabuckeye.org

January 2016

- | Jan 22nd thru 24th NCCASCNA Annual 12 Step Retreat Columbiana, OH
- | Jan 29th STACSNA Activities Monthly Meet-up N Canton, OH
- | Jan 31st Area LEGS Activities Bowling Party Cleveland, OH

February 2016

- | Feb 6th OCNA 34 Fundraiser Valentines Dance Alliance, OH
- | Feb 13th STACSNA Valentines Day Dinner & Dance N Canton, OH
- | Feb 19th WRASCNA Start to Live NA 27th Anniversary Akron, OH
- | Feb 26th STACSNA Activities Monthly Meet-up N Canton, OH
- | Feb 27th STACSNA CAR Workshop and Phone Line Training Canton, OH

March 2016

- | March 4, 5, 6 CLACNA XIII Miracles on the Lake Independence, OH



GROUP SUPPORT

This is a place where you can share the needs of your home group. Email 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!

HEARD AT A MEETING.....

Experience, Strength, & Hope compiled by Jenny K.

Our next issue will be full of new "Heard at a Meeting" comments, but for this issue, we are highlighting some of our favorites. If you have heard something that really speaks to you, we welcome the additions so send them to wrascnanewsletter@gmail.com. Please do not include names or identifying information so as not to single anyone out, just share the message.

- ◆ I'm changing only because I discovered the 12 Steps.
- ◆ Do you have the desire to stay clean or do you want to stay miserable?
- ◆ If I want to maintain my spiritual health, I have to keep sharing the message.
- ◆ My disease will say don't share too much because others will judge you. No, turn around and say forget that. Save your ass.
- ◆ Nothing outside of me can take my peace away.
If I'm slacking in peace, what is distracting me on the outside? What needs worked on today? What am I missing?
When I am relying on a Higher Power, no matter how strong the storm, I have peace.
- ◆ Recovery had become every fiber of my being, apart of my everyday life. I keep the strands fibered, so the clothing doesn't fall apart.
- ◆ Grasp the concept of being a part of something positive.
- ◆ I am worth giving myself a break and working these steps, and so are you.
- ◆ Disobeying my Higher Power's will for me is emotionally expensive.
- ◆ Recovery is a journey, not a destination.



WRASCNA AREA Newsletter

Email: wrascnanewsletter@gmail.com

Newsletter Chair: Lauren D. 330-388-4230

Contributors: Anonymous, 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!

We're on the web!

www.wrascna.org

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**.

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.

