



# Experience, Strength, Hope

WRASCNA NEWSLETTER

JULY 2013

## The Journey Continues-WCNA 35

### Inside this issue:

WCNA 35	1
Word Search	2
Woman 2 Woman	2
Clean Time Anniversaries	3
Heard at a meeting...	3
Getting Involved	4



**T**he 2013 World Convention of Narcotics Anonymous is being held in Philadelphia, PA from August 29-September 1. What a great opportunity to participate in such an incredible gathering of recovering addicts...and it's close enough to drive! This is the 60th Anniversary of Narcotics Anonymous and also the last time the convention will be held in the United

States until 2018.

There is still time to decide that you want to attend. Pre-registration at the \$89.00 rate ends July 31. The regular convention registration rate will be \$99.00 and there will be limited on-site registration. Visit [www.na.org/wcna](http://www.na.org/wcna) to register and for more details.



Literature Quotes.....

“Many of us have wondered how this spiritual awakening comes about. Does it happen all at once, or does it occur slowly over a long period of time? While there may be great variations within our experience about this awakening of the spirit, we all agree that it results from working the steps.”

P. 113 *It Works: How and Why*



### Recovery Word Search

M R O S N O P S M M S U R E Q  
 Q E U V I I P V E G N T M I E  
 T P D B B J E S E I P O E V U  
 J R A I T Q E I T U H U L P P  
 F B O L T R V Y I S J E L Y S  
 N W G P E A W D N K W Z X L G  
 J E J N P N T O G T R K S R W  
 S D I L E U I I S N R M S B N  
 G T K G C T S E O O A Z J A O  
 Y R D I I L S C P N M E N S N  
 G D A D V P R A Y E R T L I W  
 W L A R R P U O R G D X Q C U  
 D R Q P E R G F J G F E O U R  
 T A Z E S Z G E L A W T J X S  
 F E L L O W S H I P P U Z R H

BASIC  
 CLEAN  
 FELLOWSHIP  
 GROUP  
 HOME  
 MEDITATION  
 MEETINGS  
 PRAYER  
 SERENITY  
 SERVICE  
 SPONSOR  
 STEPS  
 SUPPORT  
 TEXT  
 TRADITIONS  
 TWELVE  
 UNITY

### WOMAN 2 WOMAN

**EVERYTHING WE KNOW IS SUBJECT TO REVISION,  
 ESPECIALLY WHAT WE KNOW ABOUT THE TRUTH**

**OCTOBER 11-13, 2013**

Clarion Inn & Conference Center

6625 Dean Memorial Parkway

Hudson, OH 44236

\$79.00 per night (includes breakfast)

Call for reservations and mention W2W for this rate:

330-653-9191

Dinner Meeting Saturday, 10/12 is \$35.00

Contacts:

Brenda B.-330-968-6181, Philomena S.-330-869-0536/330-612-0216



## HEARD AT A MEETING.....

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

- ◆ Honesty is the scariest. I'm clean and I have a shot to make it right.
- ◆ I realized I didn't know jack shit about getting clean. I realize I'll read any book I get my hands on. (I'll do everything to stay clean and if I die its your guys' fault.)
- ◆ I'm serious about my recovery. I wasn't serious when I still had the dope man's number in my phone.
- ◆ I might delete or block you, but I'll pray for you.
- ◆ Some things don't work because I need willingness to change first.
- ◆ Facing problems is necessary to recover.
- ◆ You piss, moan, whine and complain that your life sucks? Oh, let me show you these steps.
- ◆ Oh, you didn't trust anyone when you first came in? We didn't trust you neither, you were fresh off the streets!
- ◆ Fear is controlling a situation, getting stressed out and discontent.
- ◆ My life's not perfect, but nothings perfect. I have tools to work through it.
- ◆ When I am relying on a Higher Power, no matter how strong the storm, I have peace.
- ◆ Self judgment = most damaging!
- ◆ Go into newcomer status: go to 90 meetings in 90 days to get the NA perspective.
- ◆ The 12 Steps gave me a complete autopsy.

## Clean Time Anniversaries

06/26/13	Lisa V. celebrated 7 Years
07/01/13	Jimmy H. celebrated 2 Years
07/13/13	Ian C. celebrated 9 Months

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. 330-285-7991

**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 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.

