



Experience, Strength, Hope

WRASCNA NEWSLETTER

MARCH 2013

A Reflection on Tradition One



Inside this issue:

Tradition One	1
Meeting Highlight	2
Upcoming Events and Meetings	2
Clean Time Anniversaries	3
Heard at a meeting...	3
Getting Involved	4

Tradition One: "Our common welfare should come first; personal recovery depends on NA unity."

Our literature and, more importantly, our experience tells us that self-sufficiency is a lie! This tradition tells us our survival depends on being a "part of a group seeking recovery." Thus, the survival of our groups and the Fellowship is of utmost importance. Each of us is equally responsible for NA's well-being.

Our predecessors taught us by example. When we took their suggestion to attend meetings daily, we then saw them at the meetings we attended. Perhaps we overheard them say they couldn't stand "so and so." Then we saw them carrying the message to that addict. Principles before personalities –we learned to treat others with kindness, respect, and support.

Unity is that "spirit that joins us in a world-wide fellowship that has the power to change lives." It is "a mutual reliance on spiritual principles, a Higher Power, and each other." Unity asks us to overlook our differences, seek to understand other points of view, encourage each member to speak openly, and consider tomorrow's members. By staying in meetings, becoming part of the fellowship, carrying hope, and embracing sponsorship, we strengthen unity.

Unity is the practical foundation of our Fellowship. Our relationship with one another is more important than any issue that may arise to divide us. Our principles tell us we are equal. We have trusted servants, not governors. The only requirement for membership is a desire to stop using. We unite around carrying the message. We share our experience, strength, and hope; not give advice. We can only keep what we have by giving it away.

Is the sign announcing there is an NA meeting at a certain location attracting members or promoting that organization? Does a "special interest group" attract new members or give special privileges to that group? When individual groups or areas vote on these types of issues, the group, and its members, try to answer this question, "Will our action divide the Fellowship or bring us closer together?" By relying on our Higher Power, we are often able to put aside our individual preferences and prejudices and come to a consensus that preserves our unity and carries the message of recovery to each member.

An Anonymous Submission



Literature Quotes.....

"We must live and work together as a group to ensure that in a storm our ship does not sink and our members do not perish. With faith in a Power greater than ourselves, hard work, and unity we will survive and continue to carry the message to the addict who still suffers."

P. 63 The Basic Text

WRASCNA MEETING UPDATE

Saturday Night NA

Meets Saturdays at 7:00pm
Emmanuel United Church of Christ
1480 Eastwood Avenue
Akron, OH 44305

Please come out and show your support!



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.

ANNIVERSARIES AND ACTIVITIES

◆ HUMP DAY HAPPENING~TWENTIETH ANNIVERSARY

Wednesday, March 20, 2013, Doors Open: 5:00 pm, Meeting: 6:00 pm
Community Drug Board, 725 East Market Street, Akron OH 44305

◆ WRASCNA H&I LEARNING DAY

Saturday, March 23, 2013, 12:00 pm-4:00 pm
Church on the Boulevard, 754 Kenmore Blvd, Akron OH 44314

◆ SPRING INTO RECOVERY

Monday, March 25, 2013, Food: 7:00 pm, Speaker: 8:00 pm
Grace United Church of Christ, 3285 Cleveland Massillon Rd, Norton, OH

◆ OCNA XXXI FUNDRAISER DANCE

Saturday, April 6, 2013, Dance: 7:00-11:00 pm
The Church on the Boulevard, 754 Kenmore Blvd, Akron, OH 44314
\$3.00 per person/\$5.00 per couple
Spaghetti dinners will be sold



HEARD AT A MEETING.....

Experience, Strength, & Hope compiled by Jenny K.

- ◆ Our hurdles are really stepping stones, I show my willingness by using my energy differently.
- ◆ Disobeying my Higher Power's will for me is emotionally expensive.
- ◆ If I had known that I was going to live this long, I would have taken better care of myself.
- ◆ Flirt with disaster or do what I know works, the steps.
- ◆ Running away is what I know to do, but I suck by myself.
- ◆ Recovery is a journey, not a destination.
- ◆ Honestly letting what is in my heart come out...people respond to that.
- ◆ Change is a process, not an event.
- ◆ I can't change living in old behaviors.
- ◆ Because my mind thinks something—doesn't necessarily make it so.
- ◆ The steps eased the pains of my life.
- ◆ Surrender is victory. We win by giving up the fight.
- ◆ Perfection is the enemy of excellence.
- ◆ Pain is part of the program while suffering is optional.
- ◆ It's hard to get honest, but is it really worth getting high over?
- ◆ Self-esteem comes from doing esteemable acts.
- ◆ I manage my drug usage through complete abstinence.
- ◆ The program is for participants, not spectators.

Clean Time Anniversaries

02/24/13	Kenny C. celebrated 3 Years
03/05/13	Bill M. celebrated 3 Years
03/10/13	Pete S. celebrated 26 Years
03/15/13	Carol F. celebrated 10 Years
03/15/13	Lee C. celebrated 16 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

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.

