



Experience, Strength, Hope

WRASCNA NEWSLETTER

MARCH 2015

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I AM AN ADDICT



I am an addict.

Earlier tonight, I read a suggestion for authors, “write the truest sentence you know,” and that statement came to mind. The fact that I’m an addict no longer feels like a shameful confession or the entirety of my being. I am an addict, and I’m also an individual.

Through recovery, I can accept my addiction, and I can work on accepting and learning about myself.

When I first got clean, I didn’t know much about who I was. Like many addicts, I had defined myself by my drug use, and without it, I felt lost. In the rooms, I called myself an addict but I didn’t understand what that actually meant yet. I had to keep coming back.

Gradually, as I attended more meetings, I started to understand more and more about what makes a person an addict. If I use drugs, I can’t stop on my own. I am prone to obsession and compulsion. And I have a pre-disposition towards isolation and self-centeredness.

As I stayed clean, worked the steps with my sponsor, and kept coming back, I started to notice my personality coming back too. I was still an addict, but I wasn’t only an addict. With the help of this program, today I’m a recovering addict and I’m also a writer and a musician. I enjoy learning new things, and for the first time in my life, I can cook myself a meal that’s worth eating. Today, I have principles I try to live by, and family and friends who I love.

I am an addict and I’m grateful, because NA has taught me how to live and be someone I value. While my addiction is not all of me, I know that if I don’t practice recovery, I will lose everything else. Just for today, we are recovering addicts and we are fortunate to have our recovery, our selves, and each other.

By M.J. E.



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

Southside Recovery

Meets Mondays at 8:00pm

1421 Malasia Road

Akron, OH

Please come out and show your support!

Also in need of trusted servants.



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

◆ WRASCNA H&I LEARNING DAY

Saturday, March 28, 2015, 12:00 pm-4:00 pm

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

◆ 29th Annual Psychedelic 60's

Saturday, March 28, 2015, 5:30 pm

101 Mt Vernon Ave., Marion, OH

◆ OCNA XXXIII "Illuminating Our NA Way"

May 22, 23, 24, 2015

Doubletree by Hilton Hotel Cleveland East Beachwood

3663 Park East Dr., Beachwood, OH

Register online at: www.ohioconventionna.org

◆ Recovery Speaker Jam hosted by Start to Live NA

Saturday, August 1, 2015, 12:00 pm-Midnight

834 Grant Street, Akron, OH



HEARD AT A MEETING.....

Experience, Strength, & Hope compiled by Jenny K.

- ◆ I learned how to be a woman in here, we love and cherish each other in here.
- ◆ I never want to be without this program.
- ◆ Living one day at a time and not being in the crazy had become natural for me.
- ◆ Staying here for awhile, I've gotten some things back. I'm entirely grateful to be alive.
- ◆ When I have free time, I need to be helping others.
- ◆ It takes so many days using to be an addict, and it takes so many days of this, recovery, to make it a habit. And this is one of the best habits.
- ◆ I had to look at the relationship. Was I treating her like my cell mate or my soul mate?
- ◆ This could fix your whole life, all the shitty parts of you.
- ◆ Recovery can maybe not be a dream anymore, I realized. It can be a reality.
- ◆ We need to adapt our life to the program.
- ◆ I know NA will survive without me, but will I survive without it?
- ◆ I'm human, so I fuck shit up sometimes, you know?
- ◆ We get to grow up in here, no matter our age. Part of us are still kids when we first walk through that door.
- ◆ It is a gift. This isn't coincidence I'm here.
- ◆ The enabling ones are the ones we suck into. I don't do that today.
- ◆ My favorite drugs are free. Anger, rage, lust. How free are they really? In here we really get some freedom.
- ◆ Life on life's terms is real. God doesn't favor me, he let's me choose. The more I drag my feet the worse it is.

Clean Time Anniversaries

01/02/15	Samantha H. celebrated 1 Year	03/05/15	Bill M. celebrated 5 Years
01/11/15	Abigail C. celebrated 1 Year	03/10/15	Pete S. celebrated 28 Years
01/13/15	Cheryl T. celebrated 12 Years	03/14/15	Pat S. celebrated 2 Years
01/23/15	Garland T. celebrated 18 Years	03/15/15	Carol F. celebrated 12 Years
01/31/15	Dan B. celebrated 3 Years	03/15/15	Lee C. celebrated 18 Years
02/14/15	Linda T. celebrated 18 Years		
02/24/15	Kenny C. celebrated 5 Years		
02/28/15	Lauren D. celebrated 1 Year		
03/02/15	Chris M. celebrated 23 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. 330-388-4230

Contributors: Jenny K., M.J. E.

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 this 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 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.

