



# Experience, Strength, Hope

WRASCNA NEWSLETTER

MAY/JUNE 2013

## Another Friday Night...



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It's funny how you stick around long enough, you'll start learning some things. The message I heard over and over this weekend was that the program is to grow with God. Your problems will fall away, off your shoulders, if you put in the necessary action steps. And not all at once, either. But keep trying. Keep learning about this. Apply the spiritual principles and share where you are in your recovery and you'll learn from this, too. Know that you're loved. At a convention, this national gathering of people in recovery, were gathered around outside socializing. When my friends leave to get food, I joke and tell the old timer next to me from out of town, "I'm all alone now!" He looks around at all the people around us and says, "Now, when were you ever alone?"

I'm surrounded from other people in recovery. Swallowed by the amount of 12-step lovers; Indiana, New York, Massachusetts, North Carolina, Cleveland, Sandusky, New Zealand, AKRON. People from your own town, who knew there were this many individuals trying to live a new way of life?

And the after party. I show up expecting a couple people from my home group and find the whole damn group. Old faces. New faces. Funny to find

the same people I fell in love with spiritually all at the same place. We kick back and enjoy Mountain Dew. Fried foods. Grease. Chocolate. Cigarettes. Celebrating finding solutions but this is Narcotics Anonymous in a circle, smoking too many cigarettes and getting real, honest, real honest, staying clean and even laughing about some things. It's beautiful what some H.O.W can give a group of people. Even relapsers, still using, mixed fellowships, we all gather because we have like-minds. Our stinkin' thinkin got us here and our willingness to fill the God hole with something spiritual will keep us here. Oh, and don't forget about the desire to stop using. The desire to stay clean. Yeah, it's all about change. Fuck yeah we change our clean dates, we get honest about the last time we used. We get honest with ourselves. That's the beautiful thing about prayer. We tell God to help us and let us spill the shit we think we'll get judged on. This is what it's all about. **This is the best show on earth.** Losing misery and gaining life. It's a miracle we still walk the earth. Tears form when I notice the change I see in others. The change I see in myself. Extravagant.

Written by Jenny K.



Literature Quotes.....

P. 215 *It Works: How and Why*



### Spiritual Principles Word Search

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

ACCEPTANCE  
COMMITMENT  
COMPASSION  
EMPATHY  
FAITH  
HONESTY  
HOPE  
LOVE  
OPENMINDEDNESS  
SURRENDER  
TRUST  
WILLINGNESS

## WRASCNA'S 26TH ANNUAL CAMPOUT

~ SIMPLICITY REVEALED

July 19-21, 2013

Friendship Acres

2210 St. Rt. 44, Randolph OH 44265

Adults 15.00/Children 5+ 7.50/Under 5 Free

Day Pass 5.00/Registration 5.00

Saturday Night Corn Roast 4.00

Pre-Sale T-Shirts 15.00/Literature Bags 10.00

3 Main Speaker Meetings/Workshop Meetings

Camp Fires/Corn Hole/Volleyball/Spades/Euchre/Dominos

Contacts:

Johnnie J.-330-745-0247, Lisa V.-330-612-8678, Mike S.-330-696-9592



## HEARD AT A MEETING.....

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

- ◆ We took so many chances out there. Can't we in here?
- ◆ In here I have 100% satisfaction. I'm a happy customer.
- ◆ The people that I thought were cool are dead. The squares are still alive.
- ◆ The most profound thing I can say is I didn't use today.
- ◆ If you want what we have to offer, sit your ass down and listen.
- ◆ The most miserable experiences cause me the most growth.
- ◆ People relapse because they say "I got this shit".
- ◆ Whenever I don't use NA, I get high.
- ◆ Without the 2nd step, I can't get to 6, then I can't work on 11 because I won't know a Higher Power.
- ◆ Pain is mandatory but suffering is optional.
- ◆ The moment of silence in a topic meeting is for the addict who needs to say something.
- ◆ The steps are the steps but if you aren't internalizing them, they ain't shit. You're just soliciting with the intent to recover.
- ◆ The only people to get even with are the ones who have helped you.
- ◆ When I stop blaming others and look at my own behavior, I feel better.

## Clean Time Anniversaries

04/24/13	Cerissa F. celebrated 1 Year	06/07/13	Daniel M. celebrated 11 Years
04/26/13	Jeff S. celebrated 3 Years	06/08/13	Dawn R. celebrated 6 Years
04/28/13	Doris C. celebrated 18 Years	06/21/13	Cheryl J. celebrated 5 Years
05/08/13	Tony L. celebrated 5 Years	06/23/13	Rachel H. celebrated 7 Years
05/09/13	Mark L. celebrated 6 Years		
05/13/13	Mike L. celebrated 18 Years		
05/13/13	Stephanie A. celebrated 23 Years		
05/15/13	Sheilimpa S. celebrated 7 Years		
05/23/13	Heather C. celebrated 2 Years		
06/03/13	Herb J. celebrated 18 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. 330-285-7991

**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.

