

EXPERIENCE, STRENGTH, HOPE

WRASCNA AREA

Western Reserve Area Service
Committee of Narcotics
Anonymous

MAY/JUNE/JULY 2018

CARRYING THE MESSAGE

By Sharing How Others in Recovery Help us

Hello Family! I want to thank all the addicts who contributed to this newsletter. As I read what people wrote, I noticed a theme emerging. Jon Y. wrote about finding new associations who are clean and living a new way and the difference it makes in his life. Crys D. shared her transition from the old to a new way of life and how she has people in her life that support her unconditionally. Andrew G. submitted a piece by an anonymous writer about the people who come into our lives. Chris R. did some cool artwork, and Jenny K. shared some wisdom she heard in a meeting. I hope you are planning to attend our outdoor activities in the next couple of months. Whether it's a fundraiser or a FUN-raiser, we always have fun. Bring a newcomer to show them that we enjoy recovery! In Loving Service, Lisa V

What is our message? The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom. When all is said and done, our primary purpose can only be to carry the message to the addict who still suffers because that is all we have to give. (From the NA Basic Text)

UPCOMING EVENTS

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WRASCNA CAMPOUT

Bear Creek Ranch
(Canton/East Sparta
KOA)
3232 Downing St. SW
East Sparta, Ohio
July 27-29, 2018

H & I Learning Day sponsored by WRASCNA

Saturday, June 30, 2018
Noon-4pm @ Choices
320 E. South St. Akron
Food provided! Side
dishes welcome!

Contacts:

Kathy T. 330-338-3173
Tony W. 330-697-2049
Mark L. 330-314-3694

3rd ANNUAL OCA FUNDRAISER POKER RUN

August 25, 2018
Start Point & End Picnic:
Schellin Park
427 Maple St. Wooster,
OH

NEW ASSOCIATIONS

By Jon Y.

So many lines from the basic text and phrases heard at the meetings jump out when I think about my associations in recovery and how they affect me. "Just for today I will have faith in someone in NA who believes in me and wants to help me in my recovery." "Just for today I will be unafraid, my thoughts will be on my new associations, people who are NOT using and who HAVE found a new way of life. So long as I follow that way, I have nothing to fear." "Stick with the winners." "This is a WE program, I can't do it alone." "...for one addict can best understand and help another addict." These, of course, barely scratch the surface. For me it was only after hanging out with other recovering addicts long enough that I truly began to believe in the idea of complete abstinence, that I could stay abstinent and never have to use again. I couldn't believe it nor did I want to at first. I still

had reservations; I still had plenty of 'yets' and I wasn't quite ready to give up on all the old friendships and connections I was holding on to. And it was these relationships that kept helping me find my way back into trouble or keeping me from the growth I so desperately needed. When I look back at my journey I can see that the more I got involved with recovery, the more my daily associations changed. After some time a very large portion of my interactions throughout any given day was with other recovering addicts. Today, outside of my family and work, my associations consist mainly of other recovering addicts. Not to say I don't associate with those who use but I by no means hang out with anyone who is still using or who encourages my old ways of thinking and behaving. I must focus on new associations who are not using. I have found myself struggling over and over again since the beginning of my recovery in many different ways. Now that I am out of

prison and reentering society after being away for the better part of six years my struggles have multiplied. This again is a new way of life and I am still just learning how to live it. There are many times on a regular basis when I will lose focus, when I will not be aware or when I get caught up in the cycles of daily life or depression and anxiety, and in times like these I need those in my life who can understand and appreciate those situations; I need those who know what it is like and have been through it and have gotten through it and are still clean. Hanging out with those who share a similar interest and purpose keeps me focused on that purpose of my own. I need those in my life who will call me on my s*** when they see me acting out on a defect or when I'm slipping a little bit. I need those in my life who will help me up when I fall, who will encourage me to be a better person. I find all of that in other recovering addicts and they help me stay clean for one more day, because I really cannot do it alone.

A NEW WAY OF LIFE

By Crys D.

"They say idol time is the devils time" The last time i stared out the big glass window in the front of the library I was killing time waiting for the devil to arrive with his magic potion. The antidote that made time fly by and stand still simultaneously. What started off just having fun eventually turned into almost two decades of chaos, misery, heartache, and pain. Yes there was a few actual moments when I can say I had fun. Once that fun took a turn for the worse it became a mental and physical obsession. Consuming my every thought. It took control over my entire being. I cant even say it stole my soul cause I sold it many times over. Staring out that window typing out my feelings listening to music drinking coffee, sounds lame right? I wouldnt change it for the world. Everyday I become more in tune with who I am and the things I enjoy doing. I

enjoy my company today. I finally found myself, yet ive been here the whole time. With eyes wide shut clouded by the disease of addiction I couldn't see what was staring back at me in the mirror. I've wasted so much time on destroying my life that repairing it sounds like one hell of a job. Actually not so much because I have people who never gave up on me even when i gave up on myself. Im on a mission of success. Today i can make plans not just false dreams. Today I dream big not day dream small.

A REASON, A SEASON, OR A LIFETIME

By Anonymous
(Submitted by Andrew G.)

People come into your life for a reason, a season, or a lifetime.

When someone is in your life for a REASON, it is usually to meet a need you have expressed or just felt. They

have come to assist you through a hard time, to provide you with guidance and support, to aid you physically, emotionally or spiritually. Then, suddenly, the person disappears from your life. Your need has been met; their work is done.

Some people come into your life for a SEASON, because your turn has come to share or grow or give back. They bring you an experience of peace or make you laugh. They give you great joy. Believe it; it is real. But only for a season.

Lifetime relationships teach you lifetime lessons—things you must build upon to have a solid emotional foundation. Your job is to accept the lesson, love the person and put what you have learned to use in all your other relationships.

Think about the people in your life over the years. Whether they were there for a reason, a season or a lifetime, accept them and treasure them for however long they were meant to be part of your life.

And when they are gone, be thankful for the gifts you received from them when they were here—for a reason, a season or a lifetime.

LEARNING TO LET OTHERS HELP ME

By Lisa V.

I always remember what it felt like to be a newcomer in NA. I was irritated that I had to go to meetings when I didn't even want to be clean. I didn't know anyone and felt like an outsider. My license was suspended, so my parents were driving me to meetings (which frustrated and embarrassed me.) The judge was making me get a paper signed, but that didn't mean I had to get to know anyone. It certainly didn't mean I had to like anyone.

I'll never forget how people told me things to help me. They gave suggestions, but it sounded more like a job than something I wanted to do. I would nod and say okay, but I never had any intention of following through with any

of it. It was as if they thought they knew me, but that couldn't be true. After all, in my mind, I was different from the rest of the people in meetings. I was unique, so I didn't need to take their suggestions. I thought I knew everything, but I didn't even know that I was just like every other addict in the room.

The first thing I heard them say was to get a home group. That was easy for me, since my probation required 3 meetings a week and my first home group met twice a week. It kept my circle small and my exposure to others in recovery limited, but at least I'd done something that was suggested.

Next, I was told repeatedly that I needed a sponsor. They said I should look for a woman who had what I wanted, but all I really wanted was for everyone to leave me alone so I could get high without consequences. I didn't want accountability, and I didn't want to trust anyone. I finally asked someone to sponsor me so that people would just stop nagging me

about it. It turned into the first real relationship I had with someone in years. Not only did she guide me through the steps, but she taught me that it's possible to love and trust someone without ulterior motives and with no expectations of getting something in return. The third thing I heard about getting involved in the program was the value of a support group. To me, that sounded like friends; and since "friends" had seriously betrayed me in my recent past, the idea of a support group was very unappealing. Now, I'll admit that I reluctantly started to develop some friendships, but I honestly didn't start to trust people for "support" until had about a year clean. That was when I finally started to accept invitations to go out after meetings for food or coffee. I then began to attend anniversary meetings and activities like dances and campouts. I played cards and volleyball with others in recovery. I found a new way to live and realized I'd lost the desire to use.

I may not have believed it when I got here, but others do help us find freedom from active addiction. So, if the phone feels like it weighs a thousand pounds, pick it up anyway and call someone you met in NA. It will help them as much as it helps you.

HEARD IN A MEETING

By Jenny K.

I had to get busy with the steps before some shit came up and i only had Dope to rely on.

Our crap of what works and what doesn't work- the steps help ya see what's genuine and what's fear based.

Through the steps i got to believe that God was gonna provide for me the ability to feel my emotions and survive them.

Fourth step shook me up and i had to come tell you guys about it. Thanks NA, you'll nurse me back to health but not till I'm ready.

Doing stepwork and going to meetings is doing something about my problem.

Taking an inventory shows another addict and show myself where i don't wanna go again.

Know that the steps work without your permission.

I would hate for someone to think I'm just a crackhead. I hope they say Man, she cussed a lot but she had a good ass message.

I had the f***-it's, the bad attitude, crap credit, not being a good friend- i found it all out in the stepwork.

No i ain't high. I'm smiling cuz i ain't high.

When they say it's an inside job- that's REAL TALK.

You best believe i ain't gonna settle for no m-f-er.

You gotta use what you

learn- at work too not just here.

If you don't get humble you get humiliated.

Gratitude is God removing attitude.

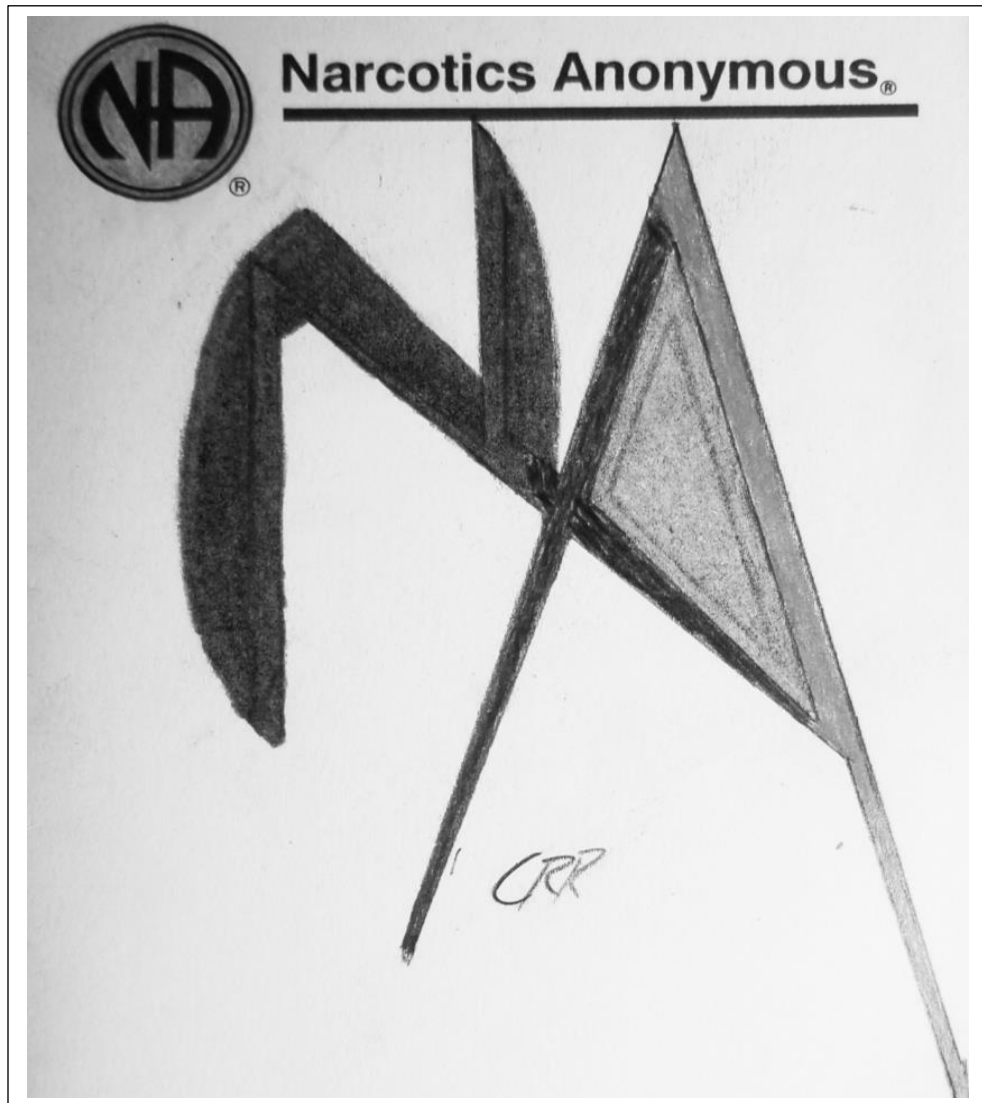


Do you want to contribute to our newsletter?

Do you have a talent for writing or creating recovery-related art? The Newsletter Subcommittee is looking for submissions that express your gratitude for our program and way of life.

Please submit items with a clear NA message and NA language to:

Newsletter Chair Lisa V
neoLisaV@gmail.com or
call/text 330-612-8678



MEETING INFORMATION

Drawn to Recovery (formerly held on Saturday nights) now meets on Thursdays. The location is the same.

Thursdays 7:30 pm 1055 Reimer Rd. Wadsworth, OH 44281

Woman to Woman is a new meeting that meets every Sunday from 3 pm-4:15 pm @ The Front Porch Café (798 Grant St. Akron)

Contact Karen T. 330-896-9161 (home) or Lisa E. 330-459-4153 (cell)

COME SUPPORT THESE MEETINGS!