

Have something to put in the newsletter?

Do you like to write or draw?

Email the newsletter committee at:  
[wrascnanewsletter2021@gmail.com](mailto:wrascnanewsletter2021@gmail.com)

## Inside!

- Info on Ripley, WV convention and Dignity at Noon Anniversary
- Meeting updates and event flyers
- OCNA (Ohio Convention) Subcommittee info
- “Heard in a meeting”
- Clean time  
Shout-outs
- What’s my faith by Ayo H.
- “Leaving Treatment”

“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.”

*Basic Text, page 65*

# EXPERIENCE, STRENGTH & HOPE

## WRASCNA NEWSLETTER OCTOBER 2021

### COMING UP ON HALLOWEEN WEEKEND:

**“Our Primary Purpose”**

**Fall Convention 2021**

**October 29-31, 2021**

**Cedar Lakes Conference Center  
Ripley, WV**

PRESENTED BY

MOUNTAINEER REGIONAL SERVICE COMMITTEE OF  
NARCOTICS ANONYMOUS

- Welcome meeting
- Topic meetings
- 5 Speaker meetings
- Marathon meetings
- Campfire meetings
- Morning meditation
- Saturday night dance

**Convention Registration = \$30**

~~Not included in Cedar Lakes lodging fees!~~

For more info on Ripley, WV convention, please go to:  
<http://mrsca.org/for-members/convention-information/>

# A LOCAL FAVORITE FOR THE WRASCNA AREA:

## CLEAN TIME SHOUTOUTS!

David P 9/15 9 Years  
 Alex P 9/21 4 Years  
 Emory F 9/21 3 Years  
 Roy F 9/27 10 Years  
 Cassandra A 9/29 1 Year  
 Alicia L 10/3 4 Years  
 Semadar P 10/3 12 Years  
 NA! 10/5/1953 68 Years  
 Eddie B 10/5 22 Years  
 Robyn P 10/10 34 Years  
 Kimberly T 10/11 1 Week  
 Emily S 10/13 2 Years  
 Gary B 10/13 18 Years  
 James A 10/14 8 Years  
 Brandin F 10/25 4 Years  
 Steven B 10/18 16 Years  
 Mary R 11/6 13 Years  
 Dan B 11/21 13 Years  
 Kevin G 11/22 1 Year

Tell us if your anniversary is coming up!

Email:

[wrascnanewsletter2021@gmail.com](mailto:wrascnanewsletter2021@gmail.com)

Come out and



DIGNITY@NOON 5 DAYS A  
WEEK

## 9th Year Anniversary!

**Where:** Church on The Blvd

754 Kenmore Blvd.

Akron, Ohio 44314

**When:** 11/12/2021

**Time:** 12:00 P.M. – 1:30 P.M.

*Panel, Food & Fellowship*

**Contact:** Tony W. 330-697-2049

Joel S. 330-812-5163



# MEETING UPDATES IN THE SURROUNDING AREA



## FOLLOW THE LIGHT

Starting October 4, 2021 – 7:30 PM

**\*\*Bring a newcomer and come support the new meeting\*\***

Location:

Chatham Community Church  
6324 Avon Lake Rd. Medina, OH 44256

Contact: Bill F. 330-840-8148 or  
Ben S. 330-441-0313



## Hopeful Beginnings

meeting of Narcotics Anonymous

Wednesdays @ 7:30 pm

Starting October 6, 2021

@

200 Highland Drive, Medina

For information contact: Ken K (330) 204-9971 or Skip D (330) 421-5772



If you have a flyer you would like added to the WRASCNA newsletter, please email it to [WRASCNAnewsletter2021@gmail.com](mailto:WRASCNAnewsletter2021@gmail.com) or update it to [wrasrna.org](http://wrasrna.org)

Thanksgiving Day Marathon 2021



Church on the Boulevard

754 Kenmore Boulevard

Akron, OH 44314

Hosted by the Steps and Traditions Group of  
Narcotics Anonymous

Narcotics Anonymous Meetings  
on the hour, every hour

**9:00 am – 12 midnight**

Food will be provided

Contact information

Eddie H. (330) 780-4549

Ken C. (330) 212-9906





*The Buckeye Region Service Committee is Hosting*

# OCNA38

Ohio Convention of Narcotics Anonymous

May 27 - 29, 2022

## And We Need You!

*Our Service Committee has many sub-committees and service opportunities in need of your support:*

### Hotels & Hospitality

*Facilitating Our Event Location and Hotel Amenities*

Contact- Ruby K (216) 240-0926  
Email- msrubyk@gmail.com

### Registration

*Registration Fees and Support Make the Convention Possible!*

Email registerocna38@gmail.com  
Or Contact- Jesse G (330) 573-0772

### Serenity & Security

*Promote an Atmosphere of Recovery!*

Contact- Thurman B (216) 258-1928

### Merchandising

*Help Make this Event Memorable!  
T-Shirts, Souvenirs, and More!*

Contact- Will M (440) 813-3410  
Meeting: Last Saturday/ Month, 10am  
Cleveland Marriot East

### Art & Graphics

*Artistic and Creative? Help Make the Convention Look Amazing!*

Contact- Zach W (330) 604-8775

### Programming

*Strategic Planning of Speakers and Convention Content Sound Fun?*

Contact- Barry B (561) 309-6048

### Fundraising & Entertainment

*Love Going to NA events?  
Make Our Convention Fun Too!*

Contact- Chris D (330) 671-2044

### Welcoming

*Love Giving Hugs and Sharing NA Love?*

Contact- Jenny K (330) 396-6458

### Media

*'Attraction Rather Than Promotion'  
Help Spread the Word!*

Contact- Dnyelle M (330) 979-5586

OR, Come to the Committee Meeting!  
Last Saturday of Every Month, 11am  
Cleveland Marriot East  
26300 Harvard Rd  
Warrensville Heights, Ohio 44122

# WHAT'S MY FAITH

By Antonyo "Ayo" H.

What I must desire sometimes is the hardest to achieve  
My love is being received  
But I never want to mislead  
What we all want is to be accepted in some way,  
But being neglected can hurt in so many ways  
Learning how to love again is changing my thinking  
Not talking about pain, oh there are so many reasons  
Patience is the best way to receive a blessing  
My mistakes show me a lesson  
I feel ashamed about my relapse,  
but that doesn't mean I have to get off the track  
I turn around and there are no friends that have my back  
Feelings sometimes are numb, but fear is something I don't want to face  
There is so much destruction, I have no safe place  
To lay.  
I keep telling myself its okay  
To be afraid  
But where do I muster the strength to be brave  
Im concerned for my well-being, but first I have to understand  
Its ok to fall short for I'm only a human being  
Today I'm learning how to live again and its ok  
To fail, its ok to try  
Its ok to question-  
But don't question why!!!  
Keep getting up and try to live again  
For the moment I've realized that my faith is not far away  
Now its time to live today.

## “HEARD IN A MEETING”

I always do destructive shit. I must do a fourth step to humble my ass

My last relapse taught me snakes are in the green grass and they tear me up every time

If you come in and say alcoholic-addict; throw in the towel. And put two dollars in e basket.

I got 16 years and feel like my self-esteem isn't shit. The fourth step really brought me back to who I was supposed to be

If you don't use, come back: I dare you to work steps and traditions and not change.

We freak when we move too fast. We get this gift when we slow it down. When I'm not open minded to change, I'm hit

I live the honest way but sometimes it's hard to share it that way  
My recovery is exposed to you guys but some things i go to God and my sponsor

When you run out of things to try, we will still be here.

Showing up every single day and practicing the principles- that's what i want to do before i die.

What makes me a spiritual person is I'm willing to grow and change

Lost possibilities awaken- we don't even know what the dreams are, but we do eventually surrender

We are always looking at the weeds in our life and not looking at the flowers

There's no one not in the circle, just how far out of the circle are you?

Sometimes addicts get busy and they don't come around. But it doesn't mean they are getting high

A lot of the time i want to run the show and it's not really working

What makes a spiritual speaker a spiritual speaker? Nothing. We just show up. Sometimes the only person I can help is the person in the mirror.

Trying to grab these grandkids and raise them is trying to work my Sponsee's recovery for them. It doesn't make sense.

I have to come to believe but my spirit has to agree.

What I've done for my recovery is speak on how I feel.

It's not about being on a pink cloud it's about where is your gratitude.

# LEAVING TREATMENT

I feel biased even writing something on this topic, because I have never been to treatment before.

Working in treatment is a whole ‘other ball game.

It’s been almost eight years since I’ve been to a meeting where I wasn’t surrounded, interrupted, talked to, or approached by a current client at my day job. Sure, it was fun and thrilling: driving the van to meetings, introducing them to Narcotics Anonymous in a very (originally) AA driven facility. Watching newcomers find sponsors and working steps in the fellowship that saved my life, introducing them to the people I look up to and strive to be like. Being a positive influence of NA to my boss and my bosses boss, telling them about the activities in the area, driving the clients there, being at an NA meeting on the clock. It’s the job of a life time.

I’m in tears now, thinking about how I am really leaving treatment this time.

Some of the client’s bitch and moan about being in treatment thirty, sixty, ninety days. I tell them don’t worry, we will miss you, when we are still here after you leave. Don’t worry about us! When you grow up and move on, and rip the band aid off our hearts, that grew there in replacement of the last newcomers we watched the lightbulb turn on for, we will still be here. Damn, its hard loving them until they can love themselves. Of course, their nonsense and their headache complaining day in and day out can be annoying, but watching their lightbulb turn on and “catch on”, is worth it. Some of my closest people in my life now were clients in my workplace halls years ago.

However, it’s been heartbreaking in the last few years. The overdoses rip the band aid off even harder, leaving an open wound no doctor can heal, a callus that only grows working with the disease. Watching clients die consistently after treatment and repetitively is like watching people doing the 3, 2, 1, 0 step shuffle on repeat.

I tell them this: Most clients leave and use again. Most leave and do the 3, 2, 1, relapse pattern. It usually starts with taking their will back (3), followed by not believing the program really works (2) and not thinking they are powerless anymore (1) and get high. It is rough. But what is even more rough is looking at the current clients like ghosts, wondering if they will be next. Teaching and counseling and breaking out in tears because sometimes they don’t care, and you do, and you see the result. Say it with me here:

Jails, institutions, or death.

I apologize if you are reading this with your morning oatmeal, but hey. I am constantly reminded that this is life or death. Talk about adjusting your life to the program!

So, I’m turning a page. Not all due to the hard, emotional work that coincides with working in treatment, but other reasons too. It is bittersweet. I have really grown up in treatment too. I have learned how to separate my recovery and my work, how to apply step 12 and do service elsewhere and realize my job isn’t 12, and how to have real boundaries. I have grown a backbone, self-esteem, guts, strong shoulders, and a tougher heart. I have also learned on a deeper level what the IP’s self-acceptance and the triangle of self-obsession are about. And most importantly: I have learned the hardest newcomers to work with are the ones that remind me of me.

I don’t know that I will leave treatment forever. I love the energy of a place that feels like home, where people come for their first spiritual awakenings. But I realize I am ready to move up in my career and that involves moving on to another place in my life. And hey, didn’t Narcotics Anonymous teach me something about change?

I think about how weird it’ll be that half the staff at my new job won’t be in recovery, and I will have to apply principles in another place that isn’t gung-ho-12-step. I thank the people before me, who share work struggles during discussion meetings, because I learn from them. So, thank you.

When I went into my recent interview, I was nervous as hell, didn’t know how to place my hands, didn’t know how to breathe normally, clenching my teeth and shaking a knee. I saw a basic text hiding in the waiting room, along side other books that have nothing to do with recovery. Just one single basic text. It was like God winked. “You’re right where you are supposed to be”.

**BY: ANONYMOUS**