



Experience, Strength, Hope

WRASCNA NEWSLETTER

November 2012

Gratitude in Recovery

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One of the first tools I learned about in recovery was a gratitude list. Recovering addicts told me that making a gratitude list would help to remind me about the good things in my life, especially during the times when I was having trouble identifying what those were. To be honest, this is not a tool I use very often but not because it is not effective. I have written gratitude lists in the times when I could not see anything for which to be grateful and then once the list was made, my perspective shifted. I began to have gratitude where there was none.

So it has been with the principle of gratitude; my perspective has shifted. Making a list to remind myself to be grateful has evolved into more actively applying this spiritual principle in my life.

When I am grateful, I try to express my gratitude through my actions. It started with my gratitude towards NA. I am grateful for the new way of life this program has

shown me, so in return, I come to meetings, work steps, get involved in service, and carry the message that NA saved my life.

Showing gratitude through my actions has slowly started to spill over into the other areas of my life. In other words, I have started "to practice [the principle of gratitude] in all my affairs". My work ethic is improving because I have started to become a responsible and productive employee. I have come to realize, through step work and talking to others in recovery, that if I am truly grateful for my job, I need to show up and be on time. It sounds so simple, but it was something I was unable to do for so long. In recovery, the things that seemed impossible are becoming possible.

Because of Narcotics Anonymous, I am learning to show my gratitude in many areas of my life. Today, I am grateful for the program of Narcotics Anonymous. It is at the top of my living gratitude list.

In loving service, Lauren D.



"We have become very grateful in the course of our recovery. Through abstinence and through working the Twelve Steps of Narcotics Anonymous, our lives have become useful."

The Basic Text, p. 8

WRASCNA Meeting Changes

The daytime meetings, Monday-Friday, are now all meeting at the Urban League at noon. They are all called **Dignity @ Noon** but they will retain their individual formats. You can find details in the new Area meeting schedule. Please show your support.



The Wednesday Barberton meeting **Our Message is Hope** has moved. It is temporarily meeting next door to its former meeting place. It is now meeting at 104 3rd Street in Barberton.

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.

- **THANKSGIVING MARATHON**

Thanksgiving Day, November 22, 2012, 9:00 am-9:00 pm

Emmanuel United Church of Christ, 1480 Eastwood Ave, Akron, OH 44305

Meetings every hour, bring a dish to share!

- **WOMAN 2 WOMAN PLANNING MEETING**

Friday, December 7, 2012, 6:30 pm

513 Vinita Ave, Akron, OH 44320

Come to be a part of planning for the 2013 W2W and to select trusted servants.

- **POLICY AND PROCEDURES MEETING**

Saturday, December 15, 2012, 1:30 pm

St. Thomas Hospital, 444 N. Main Street, Akron, OH 44310, Room A

Meeting for the trusted servants of WRASCNA; anyone may attend.



HEARD AT A MEETING...Part II

Experience, Strength, & Hope compiled by Jenny K.

- My phone call might keep someone clean.
 - I don't want to use because I don't want to live through that pain.
- Even after years clean, I still have a long way to go.
 - I'm still as much of an addict as when I first walked in here, my actions may be different but my thinking is exactly the same.
 - I refuse to be miserable in the process.
- I'm one of the silliest people I know, but I am serious about my recovery.
 - I went four days without car insurance and I was a mess. Darn program.
 - It's getting uncomfortable with the old behaviors.
- Eventually the fear is replaced with faith. And I'm not stuck in fear– the outcome is never as bad as I thought it would be.
 - It's not a race, it's a journey.
 - If I learn from it, I'm working a program.
- Thank you recovery for letting me put down the masks.
 - Knowing it and applying it are two different things.
- If you went through what I went through you would have a God of your understanding too.

WRASCNA.ORG....It's Here!!!

A new WRASCNA website is now here and it is our sincere hope that you will find it serves your needs and the needs of the area. Go to www.wrascna.org to find the new site. Keep in mind that it is very new so it may not be the first thing that comes up when you search. We are working on improving our search visibility and it will get better the more it is used.

On it you will find information for newcomers, an interactive meeting schedule, links to this newsletter, and other important NA resources. We will also keep an up-to-date list of WRASCNA activities and events, as well as regional and world events. If your group would like to submit information for an event or activity, simply send an email to: wrascnaneletter@gmail.com

We will gladly include the information in upcoming issues of this newsletter and post them to the website. There is also a clean time calculator and a way to submit your name and clean date for inclusion in coming issues of the newsletter.

In loving service, Lauren D.





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.

