



# Experience, Strength, Hope

WRASCNA NEWSLETTER

October 2012

## Special points of interest:

- Women to Women 2012
- Upcoming activities and events
- Home group highlight
- Call for submissions
- Heard in a meeting...

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## Women to Women 2012

The annual meetings of Women to Women were held the weekend of October 5-7, 2012 at the Clarion Inn and Conference Center in Hudson, Ohio. This year's theme, **Relax Deeply...Dream Big...Believe With All Your Heart**, gave the women in attendance a great source of inspiration for sharing experience, strength, and hope. Women to Women is held annually on the first weekend in October and offers women a weekend of meetings, speakers, and fellowship with other women in recovery. Come for a meeting or stay for the whole weekend. Drive in or get a room and make it a mini-vacation. If you are a woman in recovery, plan to attend next year. Watch the newsletter for announcements and updates and look for flyers next year with information on pre-ordering your W2W apparel and details about the annual meetings for 2013.



### A Women to Women Reflection

By Jenny K.

This was my first Women to Women weekend, and even though it was small, I felt welcome right away. The ladies hugged me and the ones I didn't know introduced themselves and we talked and laughed before and after the meeting. The meeting itself was indescribable, as are most great meetings. The speaker was phenomenal and made a lot of us tear up. She spiritually moved us all with her experience, strength, and hope and I couldn't have asked for a better message on a Friday night. Afterwards some of the old timers invited us in their hotel room like we were their own and we belonged! They invited us back the next day. For a small weekend retreat, I would recommend any lady and newcomer girl to go because the strength behind these women is strong. It's hard to turn up a strong message especially if it's free! And like they say, women with the women.



Literature Quotes.....

**"The message we carry is that, by practicing the principles contained within the Twelve Steps, we have had a spiritual awakening. Whatever that means for each one of us is the message we carry to those seeking recovery."**

*It Works: How and Why, p. 118-119*

# WRASCNA Meeting Changes

All meetings previously held at 680 E. Market St. are now being held at 41 Arch St. on their same days and times. This includes:

**Dignity @ Noon**

**POP (Principles Over Personalities)**

**WE Wednesday**

**Thursday Morning Wake Up**

**We Do Recover**, 8:00 pm at 41 Arch St. has moved from Wednesdays to Tuesdays

**Steps and Traditions** has moved time, day, and location. It will now be held Tuesdays at 7:00 pm at 754 Kenmore Blvd

**Magic City Recovery** has changed time from 9:00 pm to 8:00 pm

## 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](mailto: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.

- **WRASCNA 2012 HALLOWEEN BASH**

October 27, 2012, 7:00 pm-11:00 pm

Church on the Boulevard, 754 Kenmore Blvd, Akron, OH 44314

\$5 for adults, \$2 (ages 13-17), \$1 (ages 3-12), 2 and under free

Prizes for Most Original and Scariest costumes; Dancing; Food

- **7TH ANNIVERSARY ~ BY ANY MEANS NECESSARY**

October 30, 2012, 6:00 pm, Speaker at 7:00 pm

Trinity United Church of Christ, 150 E. North Street, Wooster, OH 44691

Sloppy Joes/hot dogs provided; bring a covered dish to share!

- **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!



## HEARD AT A MEETING...

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

- Recovery had become every fiber of my being, apart of my everyday life. I keep the strands fibered, so the clothing doesn't fall apart.
  - No matter where you are, it's not worth picking up.
- I'm still as much an addict as when I first walked in here, my actions may be different but my thinking is exactly the same.
  - Go into newcomer status: go to 90 meetings in 90 days to get the NA perspective
    - We make fun of ourselves and we enjoy life.
- If I tell on it, I know I'll get through it.
  - Grasp the concept of being a part of something positive.
    - The process came to me before I knew it was a process.
- This is not something I do, this is what I am today.
  - I am worth giving myself a break and working these steps, and so are you.
    - If you don't have a foundation you're building on sticks and sand.
- I laugh a lot today.
  - I give recovery the same amount of energy as dope and using.
- You can live in the past and make excuses or live in the present and make a difference.

## WRASCNA.ORG...On Its Way

An new WRASCNA website is on its way and it is our sincere hope that you will find it serves your needs and the needs of the area.

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

We will gladly include the information in upcoming issues of this newsletter and post them to the website. There will also be a clean time calculator and a way to

submit your name and clean date for inclusion in coming issues of the newsletter.

Our plan is to launch the website by the end of October. If you have suggestions or feedback, please do not hesitate to send an email to the newsletter email address.

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](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 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](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 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.

