



# Experience, Strength, Hope

WRASCNA NEWSLETTER

SEPTEMBER 2013

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## COINCIDENCES?

By Kyle C.

Every addict has their own individual struggles in allowing the program to help us. Some addicts were afraid of the infamous 4th or 9th Steps. Obviously, we were all afraid to admit Step One earlier in our addiction. For me, my initial fear was the 2nd Step. This step shook the core of my life's foundation. I avoided NA because my close-minded thinking would not let me open up and understand the differences between spirituality and my preconceived notions of religion. The words Higher Power automatically equated to Jesus, God, Allah, etc, in my mind. Fortunately, I did something different when I came around to the program this time. I listened.

Many addicts that have a working knowledge of the program recommended that I be willing to try something new. I always told myself that if there is some evidence of a Power greater than myself, I need one of those "spiritual moments" to happen to me. I need proof. Faith, to me, is accepting something without evidence, and I could not do that. I was willing to try anything to stay clean at this moment. I was told to "fake it until I make it" by some people. I did not understand this at first; I just kept showing up at meetings. Eventually, I started to hear some things from other addicts that indicated that some of this shit might actually be helpful. I said to myself, "Why aren't all of these people miserable?" It opened my mind, at least enough to have some hope that something here might be working.

A couple months in, I did not have an overwhelming desire to use. When I realized this, I started to get depressed and ask, "Why is this so easy? Why didn't I do this before? Why??" This may have been the

first time I prayed, even though I didn't realize I was doing it. Well, the next day, the obsession to use came rolling in like a battalion of tanks. I did not know what to do. I went to a meeting that night; it was a topic tag. I was asked, "Why do you keep coming back?" I knew the textbook, sound, good answer. My mouth opened with intentions to sound good, like I was working a good program. At that moment, all that came out was crying. I was choked up. This doesn't happen to me; what the fuck is happening here? I had to pass. Everyone thanked me; I thought I screwed it up. I was upset that I couldn't get out that textbook answer to sound good. I felt humiliated. The person that asked me that question came up to me after the meeting and asked how I was doing. I tried to lie. I couldn't do it. I told that person that I had been upset that things were too easy and then I was hit with a ton of bricks. My desire to use was too much to handle. The recommendations that addict gave me were to talk to other addicts, talk to my sponsor, and pray. I told him that I did not like that idea and that prayer is just me talking to myself. That addict's response was to just try it. I have heard from other people to "try" before, but this was the first time I needed it.

That night, I tried. I asked for the desire to use to be lifted. I spent more time telling my Higher Power that I hated and resented him. I just wasted my fucking time, or at least I thought that. It was about 2 am on March 9th. I don't know how to explain this, but I felt something. I felt love. I felt I was not alone in this fight anymore. I did not understand why, but as our literature says, "we can use this power long before we understand it." Was this the spiritual experience I needed? I called the addict who told me to try at 2 am. He was happier than I was, and I was pretty damn ecstatic. (Cont., p. 4)



## Woman 2 Woman

By Doris C.

"Everything we know is subject to revision, especially what we know about the truth."

Revision-to take another look. CHANGE! Truth-to see ourselves for who or what "we" really stand for. SOUL SEARCHING!

The W2W committee has been asking for women who are recovering to join the committee so that "we" can help the addicts who are suffering. We say that the newcomer is the most important person at a meeting, but sometimes the old timer is in need of help from other women for problems that we face today. Women are raising children, heads of household, working, going to school, and most importantly, seeking recovery.

Women can help women so what, in your spirituality or hang ups, keeps you from getting with women? We do not need another W2W meeting in the area; we need to women to unify together as one. If you have any ideas or suggestions, bring them to the committee meetings at 6:00 pm the first Friday of the month. Meetings are held at 513 Vinita Avenue, Akron, OH 44320.

If there are women who want a weekly meeting, come to the committee meeting because the W2W meeting at one time was weekly. I know this personally because when I came into the NA program, it really helped me obtain recovery!

### AKRON RECOVERY SPEAKER JAM

OCTOBER 5, 2013 ~ Noon-9:00pm

Summit Lake Community Center

380 W. Crosier Street Akron, OH

Jimmie D.-330-475-4784, Ron S.-330-983-3970, Ray W.-216-926-8835

### WOMAN 2 WOMAN ~EVERYTHING WE KNOW IS SUBJECT TO REVISION, ESPECIALLY WHAT WE KNOW ABOUT THE TRUTH

OCTOBER 11-13, 2013

Clarion Inn & Conference Center

6625 Dean Memorial Parkway Hudson, OH 44236

\$79.00 per night (includes breakfast)

Call for reservations and mention W2W for this rate: 330-653-9191

Dinner Meeting Saturday, 10/12 is \$35.00

Brenda B.-330-968-6181, Philomena S.-330-869-0536/330-612-0216



## HEARD AT WCNA 35....Part One

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

- ◆ NA is a language of empathy, we all know that here!
- ◆ Look around the room. They say the broader the base, the higher the point of freedom!
- ◆ There's only one way to get better, and that's the new way!
- ◆ The depth of this disease can't be measured by the number of hits I took or jail time.
- ◆ The idea to stop using was bright and new and I felt relief. The next day I used again; I was using against my will.
- ◆ The choice was obvious; to get help or die.
- ◆ There's a light switch that got very dark but very slowly. That's the disease.
- ◆ I brought my newcomer clothes but they don't fit me anymore. They say we grow in recovery.
- ◆ I didn't come here to get miserable; I put down the dope and started to feel some shit.
- ◆ If you don't use, don't die, and you surrender, you too will become an old timer.

## Clean Time Anniversaries

07/26/13	Chris L. celebrated 1 Year
07/31/13	Joe H. celebrated 1 Year
08/07/13	Lauren D. celebrated 2 Years
08/08/13	Brenda W. celebrated 11 Years
08/14/13	Bev H. celebrated 2 Years
08/17/13	Linda B. celebrated 26 Years
08/26/13	Laura F. celebrated 19 Years
08/29/13	Angela G. celebrated 6 Years
09/02/13	Nonya S. celebrated 3 Years
09/09/13	Jimmie D. celebrated 15 Years
09/12/13	Cassandra A. celebrated 1 Year
09/13/13	Dave G. celebrated 7 Years
09/15/13	Eddie H. 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

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**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!**

## COINCIDENCES? CONTINUED FROM p. 1

So, time to be honest. I was able to shake that moment off as coincidence. Close to that time, I was driving to a meeting where one of the ways I could go would take me past my old dealer's house. I sincerely thought and started to put into motion that I could stop real quick; no one will know. When I turned onto the block he lived on, out of nowhere, an ambulance appeared. The sirens were blaring, the lights were flashing, and it was going about 50 in a 25. Okay HP, I get it; I am going to the meeting. I laughed about it later, but if that wouldn't have happened, I might have relapsed.

I can still write that off as coincidence, right? Well, the most recent situation that has happened to me was the thing I needed that turned the idea of faith into a reality for me. First, I want to say that anonymity can, and in this case, needs to apply to situations outside of the program. The basis of this situation is

that about seven years ago, something happened that I have had issues with letting go. Recently, I was put in a position where I had to be around the person involved in the situation. I went to a wedding where there would be a lot of people partying. I was afraid of handling that situation alone. Just the idea of being around people I do not know and being in a place where there was alcohol openly available terrified me in early recovery. When that one person showed up, the desire to use was lifted and I was filled with the desire to hurt this person.

Luckily, by this time, I had a little bit of recovery under my belt. I prayed beforehand to have the strength to accept the things I cannot change. I prayed that I would not have the desire to use. I called other addicts beforehand for advice. I was not expecting to have to confront this issue. I was fine with repressing it. I thought my only struggle

would be to not use. I spent so much time in my life hating this person and planning what I would do to them when I had the chance. I wanted to hurt them. I wanted them dead. Out of nowhere, my ill-will vanished. I didn't repress the feelings, I didn't try to ignore them; they just went away. I wasn't even being indifferent. My actual thought process was that, if I act on this, I will ruin everyone's night and this night is not about me. Later, upon talking to other addicts, I realized what had happened was forgiveness. This was the most amazing feeling I have ever experienced in my life. Let me say that again. Forgiving someone who hurt me was the most amazing feeling I have ever experienced in my life. Letting go allowed me to focus on the more important things in my life that I had been neglecting. I did not let this go out of self will. I cannot do that. It was a Power greater than myself working in my life.