



Space Coast NA

Sept/Oct 2003



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From The Desk of Justin H.

Beach Bash Huge Success!!!

The sun was certainly shining bright upon Lori Wilson Park on Saturday August 23rd, 2003 for the Space Coast Area's first Fun, Sun & Recovery Beach Bash. NA members from all around Central Florida to celebrate unity, eat some food, lay in the sun, or just whatever was on our minds. Whatever the

goal was for the day, one thing was certain – everyone who showed had a great time.

Much thanks went out to the committee who took care of the organizing and to each of you who came together to make this event the success it was. No addict went hungry or thirsty ... physically or spiritually

speaking.

From what I know, plans will be made next year for another beach bash. SO, in the mean time...enjoy the fall, winter, and spring. The Space Coast Area of Narcotics Anonymous will continue striving for UNITY! Make the newcomers feel welcome!

Space Coast NA Represented at SFRCNA

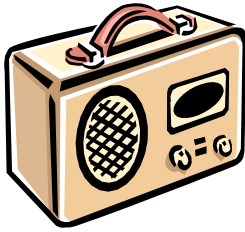
Hi brothers and sisters, I recently had the honor of attending the SFRCNA convention, **HIDDEN TREASURES**, on Aug.29 - Sept.1 2003 .I had the pleasure of being joined by four other space coast area members. The trip to Sanibel, Florida was long but well worth the

trip. **We had a blast.** The weather was close to perfect, and the resort was magnificent . The resort offered everything from a day spa complete with massages to a yacht trip and everything in between. There were two swimming pools a couple of restaurants volleyball, horseshoes,

live music both Friday. and Saturday. The workshops were very well thought out and everyone connected with the event was polite and knowledgeable. But this addict got the most out of the speakers. I arrived to late for the...

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SCANA Represented (cont.)



...Friday night speaker but got to hear Melvin L. from Chicago at the Treasure coast convention last year. His story was similar to mine in some aspects .The whole audience loved him . On Saturday the speaker was Mike M. from Detroit he was a ball of fire. Mike had

a hard edge to his story yet at the same time was full of hope. I was blessed to have been asked to fill in as the speaker for the twelve concepts workshop. The scheduled speaker could not attend. I felt proud to be able to serve my brothers and sisters of N.A.

In loving service

Mike W.

“The full fruit of a labor of love lives in the harvest, and that always comes right in its season...”



Space Coast Area now has a daytime meeting

The Heart Beats Group noon meetings on Tuesday and Thursday are going strong at the Zen Room in Cocoa Village. We usually have about eight addicts attend, although the number sometimes soars to 16. Since we hold our meetings in a yoga/meditation studio, we use pillows on the floor instead of chairs. It's a very different atmosphere and many of our regulars say they enjoy the room because "It's peaceful." Our meeting leader prepares a topic and select a reading from our literature. We always ask if anyone

has a desire to use or has a problem related to their recovery and are willing to provide some specific experience, strength and hope before proceeding to the topic. The prepared topic provides a structure and promotes an atmosphere of recovery with a solid base in the NA program. It's great to get in a mid-day (for some, it's still 'morning') meeting. It helps the newcomer in getting that meeting a day for 90 days and gives some mid-, or old-timers a refreshing change of pace during the week. If you

haven't attended the only daytime NA meeting on the Space Coast, drop by and see us if you get the chance.

Thanks,
Jack

The Heartbeats Group of Narcotics Anonymous meets at Noon on Tuesdays and Thursdays. The address is 631 Brevard Ave. Cocoa Village Suite C in Cocoa, FL.

From the Chair's Desk...

Hey Guys. I promised you that I wouldn't give a newsletter totally from my point of view. You know you don't want that. So what I need from you is willingness to just shoot my a

though, experience, or gripe even if you want to.

As an addict, I would love to be able to do it all myself without anyone's help, but to seriously consider that is ludicrous. So....with

that in mind, feel free to contact me at my email address

dj_jus10@earthlink.net or call me and leave a message 321-242-8771.

Justin H. (The DJ)



Meetings need support.

The One Day at a Timers Group in Titusville needs support. It is the only meeting in the Titusville area, and the 5th Tradition states that our primary purpose is to carry the message. How

can we do this if there is not a meeting for an addict to go to? times and don't be afraid to direct a newcomer to one of these meetings.

Also, Life on Life's Terms is in need of support down in Palm Bay on Wednesdays. Check your meeting lists for



"The full fruit of a labor of love lives in the harvest, and that always comes right in its season..."

Big Bold Step

Wednesday, September 24, 2003

Big bold step

The more time you spend outside your comfort zone, the more comfortable and familiar that new territory becomes. Before long, your comfort zone has been enlarged, and your positive possibilities have grown along with it.

To move forward, you must be willing to continually go beyond what is familiar and comfortable. Sure it can seem a bit frightening and

intimidating at first, but it pays to persist. For soon enough, what was once new and intimidating can become positively exhilarating. Soon enough, you'll wonder why you ever entertained even a moment's hesitation.

The world is overflowing with new places, things, people, ideas, challenges and experiences. They are all out there ready to be discovered and met and explored. You cannot now know what positive value they'll bring to your life, but you can know this. They are

most certainly worth the effort and courage it takes to overcome any apprehension you may have about venturing out to meet them.

On a regular basis, take a big, bold step away from the comfortable and familiar. What you discover will astound and delight you.

-- Ralph Marston