



Space Coast NA
Vol. 1 Issue 6
Mar. 12, 2006



THE SPACE COAST
NEWSLETTER
Volume 1 Issue 6
Mar.12, 2006

The Space Coast Area Service Committee of Narcotics Anonymous publishes space Coast NA bimonthly®. It is distributed free to our groups and made available on our literature tables to further our primary purpose: To carry the message to the addict who still suffers. Home subscriptions are available at our cost for printing and mailing. *To request subscription information, submit ideas/concepts for editorial content, personal stories of recovery, or comments/inquiries about the newsletter in general, please email our editor, Lester1444@msn.com* Meanwhile, we will regularly update this section with stories from current and past issues.

AREA NEWS:

Area Service Committee
Meets the 2nd Sunday of each
month 1770 Ceder Street
Rockledge, Fl at 2:00 pm

Subcommittee News:

H&I (next Meeting)
6pm, 10/10 Grow or Go

P.I. the next meeting will be at 1 pm
at 1770 Ceder Street (before Area
Service on Sunday Dec.11, 2005

Literature:
(contact Area Service)

Policy:
(contact Area Service)

Newsletter:
contact Lester O.
Lester1444@msn.com

Area Functions:
STACNA 1 31 March - 2 April
2006

Regional Functions:
HACNA 3 October 14-16, 2005
FRCNA XXV
JUNE 29 - JULY 2, 2006

World functions:

Space Coast NA
April 2005 Volume 1, Issue 4

Space Coast AREA NARCOTICS
ANONYMOUS NEWSLETTER
Email subscription:
send your email address to
Space Coast NA @spacecoastna.org

Index:

Page 1: Cover

Page 2: Index

Page 3: R.C.M. Report

Page 4: Event Flyer

Page 5: Event Flyer

Page 6: Event Flyer

Page 7: Event Flyer

Page 8: Event Flyer

Page 9: Event Flyer

Page 10: Want Ads

Page 11: Poetry Corner

Page 12: NA Quiz

Page 13: NA Quiz

Page 14: Personal Story

Page 15: Personal Story

Page 16: Personal Story

RCM Report from FRSC to SCASC Feb. 12th 2006

Good Afternoon Space Coast Members,

I would first like to thank the members of the Space Coast Area for entrusting myself with the privilege to serve you in this position and I am honored to be your servant. This is truly a humbling experience.

The HOTT Topic of business going on within our Region and Our NA Fellowship as a whole is the CAR Report. I did attend the Multi-Area CAR Workshop in Palm Coast Area, and in the Orlando Area. There will be one more Multi-Area Car Workshop in the Uncoast Area on Sunday February 26th.

March 17th thru the 19th will be Regional Weekend and the 18th will be the day of the GSR Assembly. This is the day that the GSR's bring their Groups Conscience to the Regional Assembly and participate in the discussions voicing their Members/Groups Conscience on the Topic Questions in the CAR and also bring their Groups vote on the Motions. Our Regional Delegate and Alternate Delegate gather this info and form our Regions Conscience and they, then in turn carry that Conscience to the WSC (World Service Conference). It's the Process that guides our Service Structure and the Individual Member is the most important person in the process.

I am willing to help out any GSR's doing their CAR in their group. Not am I only willing, it is a Duty of the RCM to Serve the Groups. Please feel free to contact me. I do have some dates and times set for the following groups,

Grow or Go - Feb. 22nd at time ??:??pm and if needed March 1st at time ??:??pm
<----- Grow or Go Representative plz let me know times!! I do have a H&I Ad-hoc meeting scheduled for 6pm at Grow or Go on March 1st.

Hope without Dope - Feb. 23rd at 5:30pm and if needed March 2nd at 5:30pm...

JFT - Saturday March 4th, 4:00PM

That leaves - 5th Tradition, One Day at a Timers, Principles Before Personalities

Having said that, I need to know from GSR's who will be staying in a Regional room. I must have that information to our RD & AD later today so they can reserve the rooms.

Also, I have attached the business from Regionals for the groups. There are 9 budget motions Tabled to Areas for Groups to vote on and approve.

Just a little note; Communication goes a long way toward building and enhancing our common welfare. With an attitude of open-mindedness, we seek to understand other perspectives. Reports may tell us a lot about what's happening in other groups or areas, but our common welfare depends on more than just information. True communication involves an effort on our part to "listen" as we read or hear reports, seeking a better understanding of the needs and problems of both our own group and other groups, wherever they may be. Encouraging each member to speak openly from the heart enhances our ability to work together. Regular reports, through discussion, and active listening lead us to the kind of understanding that helps us find creative solutions that benefit us all.

In Loving Service, You're RCM, John C. S. 02-12-06

"Perhaps the second-most well-known 12 Step organization in the world, this little brother to AA* made it possible for drug addicts to have a place to recover. (*AA and NA are not affiliated and neither endorse nor oppose one another.) "

Question 1: In what year was NA founded? (a) 1935 (b) 1953 (c) 1963 (d)1943

Question 2: What was the original name of Narcotics Anonymous? (a) AANA (Alcoholics Anonymous and Narcotics Anonymous) (b) San Fernando Valley Alcoholics Anonymous and Narcotics Anonymous (c) Narcotics Anonymous (d) Addicts Anonymous

Question 3: An alcoholic who has never done any other drugs may attend open meetings, but may not join NA as NA is open to drug addicts only. (a) True (b) False

Question 4: In what decade was NA's "Basic Text" first published?(a) 80s (b) 70s (c) 60s (d) 50s

Question 5: What is the official name of NA's "Basic Text"?(a) Narcotics Anonymous (b)The Basic Text Of Narcotics Anonymous (c)The Basic Text (d)The NA Basic Text

Question 6: In the chapter of the "Basic Text" entitled "The Twelve Traditions" reference is made to the "hard won experience" of "our predecessors". This is in reference to the founding members of NA. (a) True (b) False

Question 7: NA actually had numerous founders. However, one man is generally given credit as being the person who held NA together in the early years, or being "THE Founder". What was his name?(a) Jimmy Keenan (b) James Kay (c) Jim Beam (d)James Kinnon

Question 8: Although NA got its Steps from AA, its true history can be traced to the old 13-Step "Addicts Anonymous" and "Narcotics Anonymous" groups of the 1940s. (a) True (b) False

Question 9: The word "narcotics" in the name "Narcotics Anonymous" refers to what? (a) All drugs (b) Opiates and synthetic opiates - Only drugs falling under the official "narcotic" classification (c) "Street" drugs (d) "Street" drugs and prescription drugs

Question 10: The words "drugs" and "narcotics" appear nowhere in NA's Twelve Steps. (a) True (b) False

Question 11: How much does it cost to belong to NA? (a) Each individual group sets its own dues (b) There is a one-time lifetime membership fee of \$100 (c) One dollar per meeting (d) Nothing

Question 12: How do you become a member of NA? (a) Simply decide you are a member (b) Be court ordered or obtain doctor's referral and present it to the local NA service structure (c) Have someone "sponsor" you in (d) You may apply for membership at any meeting

Question 13: What does "sponsorship" in NA (or any other 12 Step fellowship for that matter) primarily concern? (a) Membership dues (b) Mentoring, or guidance through Step work (c) Application for membership (d) All of these

Question 14: Jimmy K's personal story does not appear in the "Personal Stories" section of the "Basic Text". (a) True (b) False

Question 15: In the early days of NA, who stated that the reason literature needed to be written was because there were addicts who had not even been born yet that would someday need it? (a) Bob S (b) Jimmy K (c) Si M (d) Pele



REGISTRATION INFORMATION

Name _____

Address _____

Clean Date _____ Area _____

Before 3/1/06....\$15 -- # _____ = \$ _____

After 3/1/06.....\$20 -- # _____ = \$ _____

Buffet Banquet...\$35 - # _____ = \$ _____
Including A Chocolate Fountain!

Newcomer Donation.... \$ _____

TOTAL ENCLOSED ===== \$ _____

Holiday Inn* \$99 Per Night
 COCOA BEACH OCEANFRONT RESORT
 1300 N. Atlantic Avenue
 Cocoa Beach, FL 32931
 (321) 783-2271
 www.HICocoaBeach-Oceanfront.Com
 Villas & Suites Extra
 Cut-Off 3/1/2006

*NA is not affiliated with Holiday Inn and does not endorse April Fools Day Pranks

12/12/12

Play Volleyball

Lose Self-Obsession & Find A New Way To Live

Share ES&H

Dance!

The Most Carefully Selected Speakers

ICE CAPS

ODOP



DAYTONA AREA OF NARCOTICS ANONYMOUS PRESENTS:

DACNA VII May 19-21 2006

FOR RESERVATIONS: PHONE (386)

239-9800 FAX (386) 253-6435 www.plazaoceanclub.com

Room Rates: Single or Double \$89 + tax (One night deposit required payable by check or credit card)

(For Room Discount Mention DACNA) Discount Reservation Cut O Date: April 15, 2006

RESERVATION CANCELLATIONS: To avoid loss of deposit or charges on credit cards, individuals

must cancel their reservations 72 hours prior to their arrival date.

PLAZA OCEAN CLUB 640 NORTH ATLANTIC AVE DAYTONA BEACH, FLORIDA 32118

----- tear here

Please indicate: Staying at the Host Hotel? yes____ no____

Number of Rooms Reserved? _____

How many nights? _____

Is the room in your Name? Yes____ no____

FIRST NAME _____

LAST _____

ADDRESS _____

CITY & STATE & ZIP _____

PHONE () _____ CLEAN _____

DATE _____

AREA & REGION _____

EMAIL _____

REGISTRATION (BEFORE 4/1/2006) \$10.00 _____ X _____

REGISTRATION (AFTER 4/1/2006) \$15.00 _____ X _____

NEWCOMER DONATION \$ _____

TOTAL \$ _____

MAKE CHECKS & MONEY ORDERS PAYABLE TO:

DACNA

POST OFFICE BOX 247

DAYTONA BEACH, FL 32115

REGISTRATION CHAIR: TAMMY O. (386) 212-6067 OR CHAIR: STEVE S. (386) 569-6809

* **Why Register?** The simple answer is this: The money is used to pay for all convention expenses. The reason to register is clear once the participants understand that registration fees make the event possible. Your

registration makes our event a success.

SPEAKERS : If you would like to be considered for one of the main speaker positions, please mail a cassette or cd, clean time and contact info to: DACNA P.O. Box 247 DaytoNA Beach, Fl. 32115

NA is not affiliated with The Plaza Ocean Club

RENAISSANCE RESORT at WORLD GOLF VILLAGE

1 World Golf Place St. Augustine, Florida 32092

- 1. **Get to Interstate 95** from whatever direction you are traveling:
North from Daytona on I- 95 , **South** from Jacksonville on I- 95, **East** from
Gainesville to I- 95 and head North, or **West** from St. Augustine to I- 95 and
head North...
- 2. Take the **International Golf Parkway** exit **323**
- 3. Turn **west** at **International Golf Pky**
- 4. Turn **right** at **WGV Blvd** - go **1.2 mi**
- 5. Turn **right** at **S Legacy Trl** - go **0.2 mi**
- 6. Turn **right** at **World Golf Pl** - go **0.1**

More detail can be found at [http:// maps. yahoo. com/](http://maps.yahoo.com/)

FCACNA VI "NO MATTER WHAT
ANYTHING IS POSSIBLE"

RENAISSANCE RESORT at WORLD GOLF VILLAGE (ST. AUGUSTINE, FLORIDA)

April 14 -16, 2006 (FRIDAY - SUNDAY). **Why Register?**The

simple answer is this: the money is used to pay for all convention
expenses. The reason to register is clear once the participants understand
that registration fees make the event possible. Your registration makes our
event a success.

Registration Form (Please Print All Information Clearly).....

Last Name _____ First _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____ Clean Date _____

ITEM COST

HOW

MANY? TOTAL

Pre- Registration before

12/ 31 \$15.00 _____

Registration after 12/ 31 \$20.00 _____

Buffet Banquet \$35.00 _____

Special Event \$10.00 _____

Newcomer Donation ANY _____

GRAND TOTAL _____

Cut Form Here

Please mail form and make check payable to: FCACNA

P. O. Box 16158

Jacksonville, Florida 32245- 6158

FCACNA VI Convention Committee:

Chair ----- Janell S. (904) 707- 0107

Vice Chair ----- Richard A. (904) 502- 5855

Secretary----- Jeanna H. (904) 356- 6950

Alt. Secretary ----- Sharnice D. (904) 472- 3411

Treasurer ----- Jerry U. (904) 710- 7228
Registration ----- Gail B. (904) 744- 3742
Convention Info ----- Elvin E. (904) 814- 2593
Programming ----- Clinton A. (904) 742- 5328
Hotels ----- Sue S. (904) 399- 3802
Fundraising ----- Jacquelin B. (904) 386- 3728
Arts & Graphics ----- Tom B. (210) 274- 7804
Merchandising----- Frank P. (904) 378- 3116

FIRST COAST AREA OF NARCOTICS ANONYMOUS PRESENTS

FCACNA VI "NO MATTER WHAT - ANYTHING IS POSSIBLE"

April 14 -16, 2006 (FRIDAY – SUNDAY)

FOR RESERVATIONS: Toll Free # (888) 740- 7020, Fax (904) 940- 8008

(For Room Discount Mention First Coast Area of Narcotics Anonymous)

Room Rates: Single or Double \$89 + tax

Discount Reservation Cut Off Date: March 31, 2006

After Cut Off Date Call: (904) 940- 8000

(One night deposit required, payable by check or credit card.)

The Resort is Wheel Chair Accessible

RESERVATION CANCELLATIONS : *To avoid loss of deposit or charges on credit cards, individuals must cancel their reservations 72 hours prior to their arrival date.*

SPEAKERS & WORKSHOPS: If you would like to be considered for one of the main speaker positions, please mail a cassette or cd, clean time and contact info to:

FCACNA

P. O. Box 16158

Jacksonville, Florida 32245- 6158

If you have a willingness to speak at a workshop, please contact

Clinton A. @ (904) 742- 5328 or email to [Dylean@ msn. com](mailto:Dylean@msn.com)

Visit our NA Website for more information: [http:// www. firstcoastna. org/](http://www.firstcoastna.org/)

For more resort information and a virtual tour go to:

[http:// www. worldgolfrenaissance. com/ hotel_ index. html](http://www.worldgolfrenaissance.com/hotel_index.html)

Complete One Registration Form Per Person

DATE _____ **FIRST 250 REGISTRANTS WILL RECEIVE A RETRO "FRCNA I"

COFFEE MUG**

LAST NAME:

ADDRESS:

CITY: STATE: ZIP:

HOME PHONE:

CLEAN DATE: ARE YOU A MEMBER OF THE PRESS?

PRICE # TOTAL BE A PART OF.. I WOULD LIKE TO HELP:

REGISTRATION PRIOR TO MAY 31, 2006 20.00 \$ \$ CHAIR A WORKSHOP

REGISTRATION AFTER MAY 31, 2006 30.00 \$ \$ *SPEAK

MAIN BANQUET (SATURDAY PM) 35.00 \$ \$ HOSPITALITY

ENTERTAINMENT EVENT 10.00 \$ \$ REGISTRATION

T-SHIRTS M _____ L _____ XL _____ 15.00 \$ \$ CHAIR A MARATHON MEETING

2XL _____ 3XL _____ 4XL _____

BREAKFAST BUFFET (SUNDAY AM) 20.00 \$ \$

SIX PACK SPEAKER TAPES 20.00 \$ \$ **ADDITIONAL CONSIDERATIONS**

Please describe any handicapped facilities

NEWCOMER DONATION \$ you might need:

TOTAL AMOUNT \$115.00 \$125.00 \$135.00 \$

www.floridarso.org to register online

click on secured order form or for info 109.00 \$

email; frc@floridana.org or 863-683-8224

83.00 \$

WRITING AT LEAST 30 DAYS PRIOR TO 800-315-2621 or 561-659-3880

THE START OF THE CONVENTION. cut off 6/14/06

When making reservations mention Narcotics Anonymous or FRCNA

na not affiliated with any hotels... NA is not affiliated with these hotels... **A valid credit card or deposit**

will be required. **rates Do Not include tax**

FRCNA XXV

COME CELEBRATE OUR 25th

CONVENTION OPTIONS

AREA/REGION: Lakeland, Florida 33801

NO CASH

REFUNDS MUST BE REQUESTED IN

800-376-2292 or 561-833-1234

FIRST NAME:

NON-ADDICT?

Three Main Speakers will be the Three Main Speakers from FRCNA I, II and III

West Palm Beach Marriott (Host)

Hotel Information

****HOTEL SPACE AND BANQUET SPACE LIMITED. RESERVE AND REGISTER EARLY TO
SECURE YOUR SPACE.****

Room Rates

Do you speak Spanish?

JUNE 29 - JULY 2, 2006

Quad Rate **cut off 6/20/06**

Make Checks Payable To - FRCNA

Single & Double Rate Triple Rate

C/O Florida Regional Service Office

706 N. Ingleham Ave

WANTED:

FIELD REPORTERS

QUALIFICAIONS: Addict In Recovery

EXPERIENCE: None (On the job Traning)

DUTIES: Collect Data and Submit to Newsletter
Chairperson at Lester1444@msn.com

Data will consist of (1) Personal Recovery Stories. (2)
Home Group News (Birthdays and/or Events, (3) Any NA
Recovery Related
Material (Excluding Gossip)

Pay: You just might get to stay Clean for another day.

Bonus: Occasional or Frequent Miracles occurring in your
Life proportional to the amount of Service Work that you
do.

Trapped by my thoughts

**A prison created
The ambience of freedom I did not feel.**

**I was a slave to my mind
A mind that created and directed a consistent chatter
Where delusions rented space with overpowering irrational fears**

**I remember many days my body was consumed with sweat
I searched, peaked and seek for another piece
Moving room to room inside and out.**

**Window to window I felt possessed
My chatter convinced me that entities unknown were awaiting me
My mind control my every move**

**My heart ached with emotional pain
I was spiraling, the lows got lower
The shame and the guilt move to feelings of worthlessness**

**Spiritless and hopeless I felt
A hollow shell of a man
My body, mind and soul was trapped**

**Nowhere to run the end seemed near
I begged my God to end the pain
My chattering mind blocked Gods message**

**With nothing to lose I continue to beg
Because I knew no other way to end my pain
Persistent paid off, I heard Gods truth**

**God called to me in a whispering quiet voice from within
My mind was opened, my heart and soul followed
His power broke the chain of slavery from my paralyzed mind**

**My mind chatter slowed then ended
Hope and Grace replaced, I felt my spirit awakened,
I was born again, my mind was healed through the spirit of God**

**I took my place in the human race as the spiritual being I was born to be
God have allowed me to feel the ambience of freedom
My journey continue with His Grace**

**I am no longer a slave
One day at a time**

My Introduction to my first NA Home Group

By Gus V.

Anyhow, after my initial 30-day stay, I went back to Twin Rivers for “After Care” meetings for six months. Every week I attended meetings led by Scott, my “After Care” therapist. He was very patient and supportive of my initial recovery- which was very shaky, as I was a frequent relapser during those first six months of “After Care”, having a hard time putting a few weeks together. Old friends, places, and beliefs were often a threat to my recovery in those early days. Initially, I rejected the recommendation of going to ninety meetings in ninety days. I also did not stay in touch with my sponsor or another recovering addict in that timeframe. I even kept dating my old girlfriend Eve, although she did better than most- restraining from doing anything other than alcohol when she was with me. It took me multiple slips to realize that I needed to change my old addictive belief system- in addition to changing playmates, playgrounds, and playthings. By the end of that six month period, I was doing better- having about three months clean- at that time Scott left Twin Rivers for another facility. Both of my Twin Rivers therapists, Scott and Bob, were God-sent blessings to guide me in my early recovery, despite my rebellious self-will.

During my second week of “After Care”, Scott told me that I should get a home group and a sponsor. At Twin Rivers, I got myself a meeting list of both AA and NA and started going to meetings. Eventually, I visited various NA groups (“Give Me Shelter” in Indiatlantic, “Titusville Group in Florida” in Titusville, and “New Alternatives” in Cocoa). It was the last group which I chose as my home group, been the NA group closest to my house.



Cocoa Presbyterian Church in Dixon Boulevard, location of first NA meeting in Cocoa (1985)

The "New Alternatives" NA group met in a classroom located in the Presbyterian Church at Dixon Boulevard in Cocoa. This was the predecessor to the group known today as "Just for Today". There were only three folks at the first NA meeting I went to, a man a year my junior and two women about thirty. They were called Angela, Julie, and Bill D. In latter meetings, Bruce R., Ann, and Bo R. would often attend. Bill and Angela were recently married. To this day, I can not exactly recall what was said in that first NA meeting that I attended. What I recall was the loving and caring message of hope offered to an addict then new to recovery like myself, and how somehow I identified with the message. I found there more spiritual kindness than in the bar scene and even that with some rather not too sensitive folks at work. Finally, it felt like I had arrived to a new home at that meeting!

It was a spiritual and emotional low point in my life that got me introduced to recovery. I had run out of ideas to get out of the pain and misery of addiction! Old beliefs, friends, and places were a threat to my recovery. Thus, I needed to change my beliefs, playmates, playgrounds, and playthings, so I could find a new way to live clean and in a spiritual manner. My egocentric self-will kept me from opening my mind to the new ideas and changes needed in my life. People in the program would convince me to change myself, instead of trying to change the people and situations around me.

Eventually, after I had ninety days clean, I did service work at "New Alternatives" opening the room and making coffee. Other than me, I recall three other newcomers that came a few months after me to "New Alternatives" from mid-86 to mid-87, who currently have about eighteen to nineteen years clean: These are Victor, Reed, and Albert D.- in latter years Reed moving back to his native New England, and the other two moving to Orlando.

The most obvious place to look for a sponsor is at recovery meetings. Talk, share, and listen to folks in recovery; get plenty of phone numbers and use them. When you find someone with whom you can talk openly and relate, simply ask that individual to be your sponsor. I asked Bill D. to be my sponsor, a tall fellow a year my junior who was clean and serene in recovery for about six years. He was a man of modest means, who at the time worked at a hardware store. Although Bill and his wife Angela lived in Cocoa at that time, Bill had grown up and graduated from High School in Titusville- where he would occasionally take the recovery message to a halfway house named "HOW House". These initials stood for Honesty, Open-Mindedness, and Willingness. Later I learned that Bill had been nicknamed "Wild Bill" in his younger days- I guess recovery must have brought much serenity to his soul!

A sponsor is a recovering addict; someone we can trust to share our life experiences with (both good and bad); a combination of humility and spiritual courage. Sponsorship is the heartbeat of the NA program- the therapeutic value of one addict helping another person to whom we can go with our problems that may be too personal to share with the group. To be a sponsor, a recovering addict must have working knowledge of the twelve steps, the twelve traditions, and possess a combination of humility and spiritual courage. Sponsorship is the heartbeat of the NA program- the therapeutic value of one addict helping another

. Communication is the key to the sponsor-sponsee relationship. When a sponsee has questions about any part of the program, he can look to his sponsor or any other recovering addict with experience. It is the responsibility of the sponsee to get in touch with his sponsor during these times. Whether it is by telephone or in person, sponsees share their experiences, good or bad, with their sponsors. It is important that sponsees be honest with their sponsor, that they listen with an open mind to suggestions, and that they are willing to try a way other than own self-will. Often my way to one of my occasional relapses was preceded by closing my mind to my sponsor's suggestions (e.g. stay away from old partying friends) or by holding back reservations (e.g. once I get some time under my belt, perhaps I could go on a binge). The sponsor can also guide the sponsee thru living according to spiritual principles; such as self-honesty, open-mindedness and willingness.

Primarily, a sponsor is a guide through the Twelve Steps of recovery, which serve as the foundation of a good recovery program. Recovery itself is the responsibility of each individual addict, not the addict's sponsor. However, sponsorship is a two-way street, helping both the newcomer and old timer alike.

I close my discussion on "My Introduction to Recovery" by doing two things:

Express gratitude to the two men- Bill D. and Rick T. - who have sponsored me thru my ups and downs in recovery during the last twenty years.

Expressing my gratitude to all of you either listening or reading these words, for these last few minutes you have been part of the miracle of keeping this one addict clean one more day... Thank you very much!

