

**THE SPACECOAST JOURNAL OF NARCOTICS ANONYMOUS**

**MAY 2008**

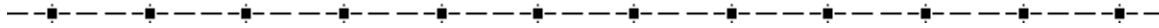
# SPACECOAST RECOVERY BI MONTHLY NEWS

**VOLUME 3**



**FOR RECOVERING ADDICTS BY RECOVERING ADDICTS**

**SPACECOAST RECOVERY  
BI-MONTHLY NEWS**



**From The Editor**

Recovery and Relapse, what a concept. I have learned from this fellowship that this can happen. However, **THIS TOO SHALL PASS**. In our text it tells us that you can not save your face and your ass, so you have to make a choice, which one will you save? **COME HOME!!!!!!**

Michelle C- Newsletter Chair

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The Space Coast Recovery Bi-Monthly News welcomes letters from all readers. Letters to the editor can respond to any article that appeared in this newsletter. First name and last initial will be used as the signature line unless the writer request anonymity. Please email comments to [spacecoastrecoverydailynews@yahoo.com](mailto:spacecoastrecoverydailynews@yahoo.com)

# PERSONAL STORIES/POEMS

By Carlton H.

## Slow Death of an Addict

My addiction took me to places with  
guns and thugs,  
prostitutes and pimps, punks and playas,  
users and takers, hustlers and bumps,  
crack houses, dope holes, juke joints and pool halls  
From dusk to dawn, I scored among the lost souls of the night  
I hustled for more, generated cash flow for playas of the game

I Slipped into the darkness and lost my soul  
I paid the price; I was lost in the night, blowing in the wind free falling  
with no control, fearless of the end of the road  
The pleasure was of orgasmic proportions that obsessed my mind  
I tried to bottle it in time and I hustled for more orgy of pleasure  
It felt soo..... good I chased that moment again and again

Delusion set in, mental masturbation consumed my being  
Preoccupied with pleasuring myself  
I was self consumed by the agent of pleasure  
Despair set in and my addictive voice was given a born on date  
Propelled by fear I was trapped in the belly of the beast  
A user in the game I took my place in the game amount the lost souls of the night  
Hopeless and trapped by my addiction I settled in to die

Collie, 4/2008

# SPONSORSHIP INTERVIEWS

By Dani P.

## SPONSEE:

1. What made you chose your sponsor?

*Answer: I felt a connection with her. I had never felt this connection before. I'm grateful that I listened to my instinct.*

2. What do you want to come out of this relationship?

*Answer: Many things have already come out of our relationship. She is my mentor and I am her student. She is a dear friend. She is also somebody that I trust implicitly.*

3. What do you want to learn from your sponsor?

*Answer: I want to learn how she stayed clean. One day I hope to have her level of spirituality. And, of course, I want to learn the 12 steps and 12 traditions.*

4. Are you willing to do whatever your sponsor suggests to you to stay clean?

*Answer: Short of killing someone (giggles) - absolutely.*

5. Did you read the sponsorship pamphlet before choosing a sponsor?

*Answer: I read the sponsorship pamphlet years ago.*

## SPONSOR:

1. What made you accept your sponsee?

*Answer: My sponsee knew what sponsorship was all about, and I was honored to be asked.*

2. What are you expecting out of this relationship?

*Answer: Actually, I am not expecting anything, because I realized a long time ago. Don't put expectation on anything or anyone.*

3. Do you have any specific ways you go about guiding your sponsee through the 12 and 12?

*Answer: It varies from sponsee to sponsee.*

4. What are some helpful tips you could give any new comer that has questions about getting a sponsor?

*Answer: Read the sponsorship pamphlet, listen to what people are sharing and hang around after the meetings. Make sure you have something that you want."*

5. Are you willing to do whatever it takes to help guide your sponsee through the 12 and 12?

*Answer: I am willing to do what it takes to freely give what was given to me.*

# **FOR THE NEWCOMER**

By Shea O.

## **Unconditional Surrender**

**“ Help for addicts begins only when we are able to admit complete defeat. This can be frightening, but it is the foundation on which we have built our lives” Basic Text, pg 22**

**Most of us have tried everything we can think of, exerted every ounce of force possible, to fill the spiritual hole inside us. Nothing- not drugs, not control and management, not sex, money, property, power, or prestige- has filled it. We are powerless; our lives are unmanageable, at least by ourselves alone. Our denial will not change that fact.**

**So we surrender; we ask a Higher Power to care for our will and our lives. Sometimes in surrendering, we don't know that a Power greater than ourselves exists which can restore us to wholeness. Sometimes we're not sure that the God of our understanding will care for our unmanageable lives. Our lack of certainty, though, does not affect the essential truth: We are powerless. Our lives are unmanageable. We must surrender. Only by doing so can we open ourselves wide- wide enough for our old ideas and past wreckage to be cleared, wide enough for a Higher Power to enter.**

**Just For Today: I will surrender unconditionally. I can make it as easy or as hard as I chose. Either way, I will do it.**

# "MEETING BUZZ"

By Heather A.

You don't graduate the program of Narcotics Anonymous until  
you die, CLEAN!

5<sup>th</sup> Tradition

If you don't pick it up, you can't get high.

Principles Before Personalities

Reality is Living Life on Life's Terms

Grow or Go

This program is about Progress not Perfection

Keeping it Real

# WORD FIND

## Complete Surrender

We must surrender to win. You can't save your face and your ass at the same time!

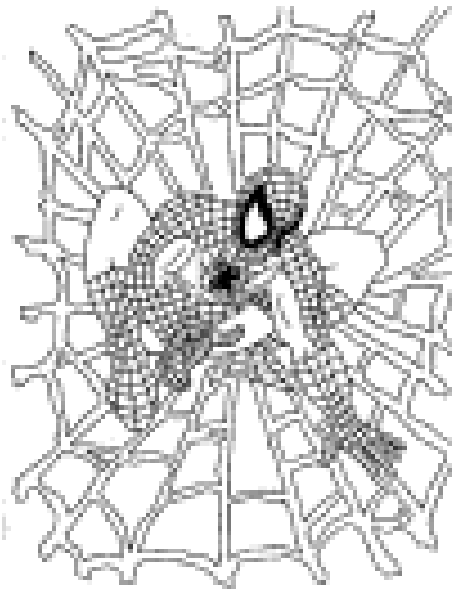
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m e f w m e p p l r r e o  
n r o a d d i c t i o n o  
e t e e i d e i a o w d e  
p n e c o t n s n c s i n  
o a i l s o h t w y d s e

addiction surrender powerless

honesty willingness openmindedness

recovery sponsor faith

# FOR THE KIDS/CARTOONS



# "ABOUT OUR SUB-COMMITTEES"

By Heather A.

Interview with Donnie G., H & I Subcommittee Secretary

## **What is H & I?**

Hospitals and institutions. We take NA presentations into those who are unable to attend regular meetings – Jails, Hospitals, and Institutions (Detox and Rehab Centers). A presentation is sharing from participating NA members who share their experience, strength, and hope with the addicts and potential addicts in these facilities. We also allow the patients/inmates to share any issues going on in their life. The most important thing is to let sick and suffering addicts know that a new way of life is possible.

## **How long have you been doing H & I?**

1 ½ years

## **Why did you choose H & I?**

I first heard the NA message through H & I.

## **What is the clean time requirement to be a member of the H & I Subcommittee?**

No clean time can be a subcommittee member. After two consecutive meetings the member has voting privileges.

90 days clean to be a panel member.

A minimum requirement of 6 months clean the member can go into the facility (Rehab & Detox)

After 1 year clean a member can become a panel leader.

A minimum requirement to take a presentation into the jail is 2 years clean.

## **How many are on panel?**

Currently there are 12 to 15 panel members

## **How often do panel members go into facilities?**

Two panel members go into Circles of Care 5 nights a week

## **When and where does the H & I subcommittee meet?**

1<sup>st</sup> Monday every month 6:00 pm at Grow or Go, 106 N. Riverside Drive, Indialantic (Eastminster Presbyterian Church)

## **In your opinion why is service work important?**

It takes me out of myself and it is a good way to pay back what was so freely given to me.

# THE CLASSIFIEDS

By Michelle C.

**WHAT'S GOING ON IN OUR AREA!**

**FRCNA REGISTRATION IS OUT. REGISTER BY 05/01/08 TO GET THE PRE-REGISTRATION PRICE. SEE YOUR GSR FOR MORE INFO.....**

**ACTIVITIES SUBCOMMITTEE IS HOSTING A COOKOUT AND SOFTBALL TOURNAMENT ON MAY 25, 2008. WHO'S GOING TO WIN? NORTH? OR SOUTH? PLEASE SEE JIM L. TO PUT YOUR NAME ON THE SIGN UP SHEET.**

**MORE CONVENTIONS? WORLD CONVENTION WCNA-33  
20-23 August 2009**

**Centre Convencions Internacional (CCIB)  
Barcelona, Spain (COOL)**

**ALL SUBCOMMITTEES ARE IN NEED OF SUPPORT, GET INVOLVED.  
REMEMBER "PERSONAL RECOVERY DEPENDS ON NA UNITY"**

**GOT A STORY? A POEM? OR JUST WANT TO BE A PART OF THE NEWSLETTER? COME TO A SUBCOMMITTEE MEETING, OR SEE ONE OF THE FOLLOWING TRUSTED SERVANTS, OR GO TO [SPACECOASTRECOVERYDAILYNEWS@YAHOO.COM](mailto:SPACECOASTRECOVERYDAILYNEWS@YAHOO.COM)**

**CHAIR- MICHELLE C.**

**VICE-CHAIR- VALERIE M.**

**SECRETARY- CASSIE S.**