

THE SPACECOAST JOURNAL OF NARCOTICS ANONYMOUS

JULY 2008

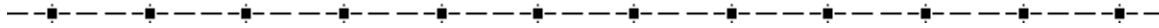
SPACECOAST RECOVERY BI MONTHLY NEWS

VOLUME 4



FOR RECOVERING ADDICTS BY RECOVERING ADDICTS

**SPACECOAST RECOVERY
BI-MONTHLY NEWS**



From The Editor

YOU ARE NOT ALONE; WOW! After coming to the fellowship of NA, I realized I was not unique. As much as I tried to look for differences, I couldn't find them. Yes, we may have different experiences, but what we have in common is what binds us together. We are recovering addicts, and I now know I am not alone.
Michelle C- Newsletter Chair

IN THIS ISSUE

- Personal stories/poems Page 3
- Humor Page 4-7
- For the Newcomer Page 8
- Puzzle/Crossword Page 9
- For the Kids/Cartoon Page 10
- History of N.A. Page 11-12

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

PERSONAL STORIES/POEMS

**By: Scott W.
Keeping it Real**

... Our thoughts are our action...

Since the way you think about something directly affects
how you feel about it

Then how you feel about something can directly affect
what you do about it

...Think, feel, and act...

...Clean and serene...

...Just for today...

HUMOR

BY VALERIE M.

How To Save Narcotics Anonymous

Have you ever thought that maybe **you** have been spiritually singled out to lead the masses in Narcotics Anonymous?

If you feel it's your chosen destiny to better the NA fellowship in spite of its pure simplicity and mundane loving nature,

this post is for you.

Many personalities in the rooms of Narcotics Anonymous have acted in the alleged behalf of all the still suffering addicts in and out of recovery.

The following is a list of things to do when you have concluded that you, and only you, are in the position of saving the fellowship.

- **J**oin as many subcommittees as humanly possible.
- **D**on't join H & I, as you will have to go to jails and institutions (to carry the message to the addict who might otherwise never hear the words "You never have to use again.") You need the limelight to quickly move up to the top of the food chain in the service structure. Addicts in the rooms, especially in the inner city clubs, will come to recognize you as Mr. or Ms. Addict. Now you are starting to feel the power!
- **F**eel free to lump all people into categories as you see fit. Forget where you came from, it will do you no good where you are going and it will only make you weak.

- **S**hare at ALL meetings you attend. after all, what YOU have to say benefits the fellowship. God's word is spoken directly through YOU. What you share is vastly more important than anyone else's words, so feel free to inspire the masses for at least twenty minutes.
- **O**n that note, when someone else does get a word in edgewise, talk to the addict next to you and squirm in your seat as if you are completely bored and, of course, what they say is meaningless. Especially the newcomer.
- **N**ever take on meaningless responsibilities like opening the doors to the meeting and taking the responsibility of being there every week for a year. You have better things to do, and sometimes they are more important than being a secretary.
- **A**t NO time should you ever make coffee, set up the chairs, or stay afterwards to clean up the room.
- **I**f you don't demand the recognition you deserve (as a born leader), you will never find the platform you need to begin your rise to power.
- **C**arefully manage all of your sponsees! Direct them to the join subcommittees that most need your impact. This next part may be difficult.....
- **M**AKE SURE they know exactly what your opinion is before they get to the meeting, so you can have an impact. That way you can avoid going to those damned meetings altogether.
- **A**s a bonus feel free to tell them and those they sponsor what to do in all relationships and situations. Pound into their heads that the cannot ever go against you or you will FIRE them! (And don't forget to remind them of all the horror stories and gossip about other available sponsors.)
- **C**ollect and wear loving t-shirts with sayings on them like "One program: One Disease: Mine!" You should be able to get a color for every day of the week. :)
- **D**on't have sex with newcomers in THIS program. (You might have to occasionally grace the rooms of other programs to initiate this kind of action.)

- **Y**ou may hate this one (we all do) but we do have to make the sacrifice in order to get the program back on track. Try this: Hook up with someone who has considerably less times than you have (over a year, sometimes nine months if they are really cute).
- **T**his is how to build alliances with the opposite sex. If you are dating them, they have to do as you say. Teach them as if they were just another one of your sponsees. And make sure that she (or He) hammers your rules and regulations into **their** sponsees. Soon everyone will know the Right Way To Think.
- **I**f you manage to work up to the World Service level, remember that you probably won't be as revered in the same way as you are at home. Although your ego (now so inflated that it barely gets through the doors to the rooms) says you should be venerated at the WSC, almost every one else there feels the same way. However, the folks back home will think you are "all that and a bag of chips, errr key-tags" when you get home. Always remember the names of the people who work at WSC. (You will find out why in the next instruction.)
- **Y**ou should really be able to steer your region/area in the right direction. Drop names of the heads of different subcommittees and potentates at World, reminding the region that **YOU** were there and **THEY** weren't. This should probably get a few bylaws and rules run through with limited objection. (Damn those people who still think for themselves...) You may also be able to throw some of those people off the committees!
- **S**ponsor everyone you can, even if you don't have time for them. Make a list of do's and don'ts and just hand it to them when they need something.
- **H**old a monthly meeting of all of your sponsees in your home (or some church in the area) to make sure they are all on the same page. This cuts out those problematic "weekly meetings" with your sponsees. Usually by the time the monthly sponsee meeting comes along, they won't need your help about that problem anyway!
- **D**o not waste time on anything other than being a high ranking soldier in the field of NA. This means **NO** school and **NO** hobbies. Try not to have to take the kid more than once a month. They start getting you

to think in a different perspective, and you may find that they don't melt under pressure the way your sponsees do.

- **R**emain vigilant in service (AND in gossip!) and know what is going on around you at all times. You must control it, you **MUST**. Get in there and nip it in the bud before it gets out of control. Always remember the two key words in NA leadership: Power and control.
- **O**k boys and girls, go get em! Remember NA needs you, you don't need NA.

FOR THE NEWCOMER

CONCERN FOR OTHERS BUILD SELF ESTEEM

BY RALPH M.

"Our negative sense of self has been replaced by a positive concern for others." Basic Text, p. 16

Spreading gossip feeds a dark hunger in us. Sometimes we think the only way we can feel good about ourselves is to make someone else look bad by comparison. But the kind of self-esteem that can be purchased at another's expense is hollow and not worth the price.

How, then, do we deal with our negative sense of self? Simple. We replace it with a positive concern for others. Rather than dwell on our low self-esteem, we turn to those around us and seek to be of service to them. This may seem to be a way of avoiding the issue, but it's not. There's nothing we can do by dwelling on our low sense of self except work ourselves into a stew of self-pity. But by replacing our self-pity with active, loving concern for others, we become the kind of people we can respect.

The way to build our self-esteem is not to tear others down, but to build them up through love and positive concern. To help us with this, we can ask ourselves if we are contributing to the problem or to the solution. Today, we can choose to build instead of destroy.

Just for today:

Though I may be feeling low, I don't need to tear someone down to build myself up. Today, I will replace my negative sense of self with a positive concern for others. I will build, not destroy. pg. 162

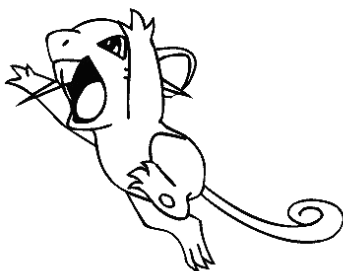
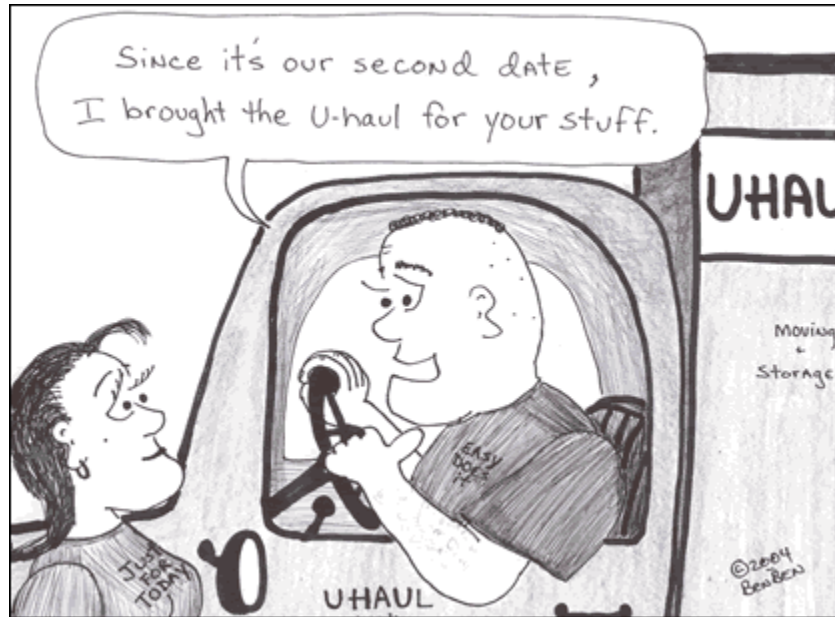
WORD FIND

You Are Not Alone

R N P D E Z X B G K U M H X U X R P D Y Y S L D Q
Z E C E V P P U V X J O H L L T X I W F P F C T I
X P C P E L O Q O C N H M F Y Y S W I Y Y F O Y K
K P A O P N X H Q M V J O C C G R T L T B U I G R
W K F E V I O I Q V U O S R R D N S U I B A D M K
Y Q A E R E D G N T S A B V X E O J N M C H L N Q
F C I E X H R H U W U X Y D T N C M Y W I P O F
E A T R M L U E N A V B X I T G A V V N N W F Z K
K I R S Y W Z R Z M F H K L T Q U H Q O V V P V L
V F C H N Z T Y Z H A W E R E W O P E N H I H R E
U X F Y S R K G K X B F Z E N J A X D A I Z S Z L
F O W Q D K S V L E C B E D Z G O U L U M Z Q J L
A U I K X H S A Y L D X N A U R M E O B R Z H R S
K R T B W A R P N L P U L M U I F E A A H U R S H
E C N E I R E P X E R N T V K H B G D F K G D K H
G L A H C S Z I C O A F L I S T R E N G T H Z Q X
W G G D I Z H T P H Z P W D T Z J M U P D U G J K
N A M Z A V A I F P Q I U A C A L M H T J K W B G
Z J X C B T Z Q G S Y A K T S K R T N A X G L J Q
S Y K H I T J U M L M A D P Z Y J G C G D B N O Q
Q D I O A U W Q S Z V H J R Z N U B W S W E X S T
X R N U P N R P C K B Q R Y X T P V P X P K J M Q
K S G H W Y H L W S V Z J H C A R D J D A H S W P
Q U O E L E K V Y K X B J C H W D G L M H C Z X H
U M C S N F F U E U B Q S L Y A B E N H N K H P U

ANONYMITY
EXPECTATIONS
EXPERIENCE
GRATITUDE
HIGHER
HOPE
IDENTIFY
PEACE
POWER
RECOVER
STRENGTH

FOR THE KIDS/CARTOONS



HISTORY OF N.A.

BY VALERIE M.

Early history of N.A.

Narcotics Anonymous was founded (as AANA) in California in 1953 by Jimmy Kinnon and others.^[10] This group differed from its predecessors in that it specifically attempted to form a fellowship or network of groups that would be mutually supporting.

Throughout that summer, founding members, most of whom had found recovery in A.A., debated the bylaws of the organization, and the first documented meeting occurred August 17, 1953. On September 14, 1953, they received notice from the leadership of A.A. that they could use the A.A. steps and traditions, but not the A.A. name. The organization then officially changed its name to Narcotics Anonymous.

In 1954, the first N.A. publication was printed, called the "Little Yellow Booklet". It contained the 12 steps, and early drafts of several pieces that would later be included in subsequent literature.^{[2][11]}

At this time, N.A. was not yet recognized by society at large as a positive force. The initial group had difficulty finding places that would allow them to meet, and often had to meet in people's homes. One of the most difficult places for NA to become established was in the State of New York. The Rockefeller drug laws there had made it a crime for drug addicts to meet together for any reason, making N.A. in effect illegal. Addicts would have to cruise around meeting places and check for surveillance, to make sure meetings would not be busted by police. It was many years before N.A. became recognized as a beneficial organization, although some early press accounts were very positive.^[12] In addition, many N.A. groups were not following the 12 traditions very closely (which were quite new at the time). These groups were at times accepting money from outside entities, conflating A.A. with N.A., or even adding religious elements to the meetings. For a variety of reasons, meetings began to decline in the late 1950s, and there was a 4-month period in 1959 when there were no meetings held anywhere at all.^[citation needed] Spurred in to action by this, Jimmy Kinnon and others dedicated themselves to restarting N.A., promising to hold to the traditions more closely.

Resurgence

In the early 1960s, meetings began to form again and grow. The N.A. White Booklet was written in 1962, and became the heart of N.A. meetings and the basis for all subsequent N.A. literature. N.A. was called a "hip pocket program", because the entire literature could fit into a person's hip pocket. This booklet was republished in 1966 as the N.A. White Book, and included the personal stories of many addicts.

The first N.A. phone line started in 1960, and the first "H&I" group (H&I is a sub-committee of Narcotics Anonymous that carries the message into hospitals and institutions where people cannot get to an outside meeting) was formed in 1963. That year a "Parent Service Board" (later renamed the World Service Board) was formed to ensure that N.A. stayed healthy and followed closely to the traditions. Confusingly, in 1962, the Salvation Army started a group also called "Narcotics Anonymous" that followed a different "13-step" program, but this program soon died out. The N.A. program grew slowly in the 1960s, but the program was learning what was effective and what was not, as relapse rates became less common over time and friction between N.A. groups began to decrease.

In 1971, the first N.A. World Conference was held, and others have followed annually. This was a period of rapid growth in N.A.'s history. By 1970, there were only 20 regular, weekly meetings, all of them in the United States. Within two years there were 70, including meetings in Germany, Australia, and Bermuda. By 1976, there were 200 regular meetings, including 83 in California alone, and others in Brazil, Canada, Colombia, India, the Republic of Ireland, Japan, New Zealand, and the United Kingdom. Five years later, there were 1100 different meetings all over the world. A World Service Office was officially opened in 1977.^[13]

KEEP COMING BACK!!!