

THE SPACECOAST JOURNAL OF NARCOTICS ANONYMOUS

SEPTEMBER 2008

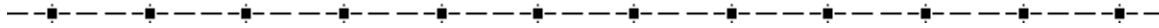
SPACECOAST RECOVERY BI MONTHLY NEWS

VOLUME 5



FOR RECOVERING ADDICTS BY RECOVERING ADDICTS

**SPACECOAST RECOVERY
BI-MONTHLY NEWS**



From The Editor

Service is an important part of my recovery. As soon as I walked in the fellowship of NA I became of service. I was told I can not keep what I have if I don't give it away. This selfless part of me developed over time, because I was very self-centered. Get out of yourself and do some service.

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

PERSONAL STORIES/POEMS

I have multiple years of recovery, just like you. One of the hardest things I had to do in my recovery was share in a meeting that, with two years clean; I had reached a point of having absolutely no spirituality. The disease deceived me into thinking that recovery was a destination at which I had long since arrived. Recovery is a path, and we all lose our way from time to time. With that surrender, my sanity has returned, and I have faith that my serenity will return again also.

I realize that you are just another addict seeking recovery. I can see through your ego, which lies to convince you that you are somehow better than the rest. Believe me, I know that ego well. I can see, too, that it would be hard for someone like you—who has much more clean time than I do—to honestly admit powerlessness over the disease of addiction.

False pride and cockiness, which grow at a dangerous rate with some measure of clean time, are aspects of our addiction. It takes great courage for an addict, especially an old-timer, to be honest about his or her fears and weaknesses, and to ask for help. We can take the first step at any time. We can surrender with multiple years of recover, or we can surrender with twenty four hours clean, if we are lucky enough to make it back alive. We must remind ourselves that no one here has any seniority. We are all clean just for today.

Hope S, Arizona

FOR THE NEWCOMER

By: Shea O.

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. There are no dues or fees. The only requirement for membership is a desire to stop using.

You don't have to be clean when you get here, but after your first meeting we suggest that you keep coming back and come clean. You don't have to wait for an overdose or jail sentence to get help from NA, nor is addiction a hopeless condition from which there is no recovery. It is possible to overcome the desire to use drugs with the help of the Twelve Step program of Narcotics Anonymous and the fellowship of recovering addicts.

Addiction is a disease that can happen to anyone. Some of us used drugs because we enjoyed the, while others used to suppress the feelings we already had. Still others suffered from physical or mental ailments and became addicted to the medication prescribed during our illnesses. Some of us joined the crowd using drugs a few times just to be cool and later found we could not stop.

Many of us tried to overcome addiction, and sometimes temporary relief was possible, but it was usually followed by an even deeper involvement than before. Whatever the circumstances, it really doesn't matter. Addiction is a progressive disease such as diabetes. We are allergic to drugs. Our ends are always the same: jails, institutions, or death. If life has become unmanageable and you want to live without it being necessary to use drugs, we have found a way—The Twelve Steps of Narcotic Anonymous.

Taken from "For the Newcomer IP"

PERSONAL STORIES/POEMS

A GIFT IN THE CUPBOARD

I made a promise to myself that after my ten-year recovery birthday several months ago, I would treat myself. As it worked out, an NA convention was coming, and the timing was right, so away I went to rent a condo by the beach for a weekend convention of NA. I had an opportunity to spend time with sponsees and do step work. This was a great experience of being a part of, as well as enjoying my own company during that weekend.

A few weeks ago, I decided to take my daughter to the ocean for a weekend. This was also where the NA convention was held. The good memories were present when we drove into town.

When we got to the condo, after a hot drive, we unpacked and got settled. I was putting things away in the kitchen and opened the cupboard. I stepped back for a moment and felt a sense of being in the presence of recovery. There was a coffee mug from the convention looking right at me: “Lost Dreams Awaken—Clean and Free 2007”.

I felt overwhelmed and full of gratitude. My first thought was, “I am never alone when I am in recovery”. I have received many gifts from my Higher Power, and I don’t believe in coincidence. Whether someone left it by accident or on purpose, doesn’t really matter, I just remember how I felt, and that feeling has stuck with me ever since. That small occurrence was powerful and made an impact.

Don’t get me wrong: I did think about taking the coffee mug home, but remembering that I don’t practice dishonesty today, I left it. I also decided that if someone in recovery is having a hard time or needs a reminder, that coffee mug could give them hope that they don’t have to be alone. Just reach out, and it’s right in front of you—from one addict to another.

Anonymous

FOR THE KIDS/CARTOONS



SCOOBY-DOO

Goes
Hollyw★★d



WORD FIND

LOVE THROUGH SERVICE

s n o e t t v n c s e t e s n
n y y t i m y n o n a a r l o
o e y d n i h n n n o i p n v
i e r t s t t s v i t u t l f
t r u s t e d s e r v a n t s
i s t r u v r n n l p v o a i SERVICE
d l n o e c i v t o f n n e t ANONYMITY
a l v c r l l l i s v l o a e CONVENTION
r r r n p n a a o c e h e n t AREA
t w e l v e c o n c e p t s e REGIONAL
e n e a e v g l l o e t d n s HELPLINE
v h o n t p s s e n i a o t t TWELVE CONCEPTS
l o t s t w o t g r s g u u e TWELVE TRADITIONS
e e l r h a u e s e e o e g r SELFLESS
w v a y t n a s n l i n a r e TRUSTED SERVANTS
t r r e o m v c f e p e t o y

CLASSIFIEDS

Welcome New Groups to the ASC

We Do Recover

Mainstream Recovery

We have a lot of activities going on in the Area☺

September 21, 2008- Mainstream Recovery is holding a day of fun. Flyers have been distributed

September 28th 2008- SCACNA committee is meeting at Hope without Dope at 3pm

October 5th 2008- The Fifth Annual Beach Bash “Catch the Wave of Recovery” to be held at Futch Park

October 25th 2008- SCACNA is holding a Spaghetti Dinner, Speaker, and Dance at 5th Tradition (Flyer will be distributed)

A lot of events are coming up for SCACNA, so be on the lookout!!!

Sponsorship for SCACNA: SCACNA is looking for sponsors from Groups and individuals. Flyer to be distributed

What we have all been waiting for:

SCACNA; A Vision of Hope 1, Back to the Basics will be April 3-5 2009.

If you have more activities or events that you would like to see in the newsletter, please email at spacecoastrecoverydailynews@yahoo.com