

November/December 2019

BAY area News

Narcotics Anonymous

LETTER FROM THE EDITOR:

This is one way to carry the message of recovery and to reach sick and suffering addicts. On some days that is me. Please share your stories. Share your experience strength and hope or share your art. This is your newsletter. This is your area. All you have to do is email us at: lit@bascna.org to submit something! *Thank You!*

Working a Program

I've spent many years not being okay with who I was or what I had, always trying to be someone I wasn't, trying to mask who I am to fit who you wanted me to be, and never actually taking the time to get to know myself. I used drugs in any way, shape or form to try not to feel. I would lie, steal, and manipulate to get what I wanted. It didn't matter who you were or the things you did for me; it was never enough, and I always wanted more. When I was completely broken down, lost and didn't want to live anymore, I went to my first NA meeting. You guys hugged me and told me to, "Keep coming back." You guys loved me when I hated me. You guys told me to, "Give myself a break and give recovery a chance." You said, "Don't leave before the miracle happens," so I stayed. You guys gave me suggestions, so I took them. You guys told me to, "Work the steps," so I started working them. You guys told me, "Just don't use no matter what," and I haven't. I didn't think it would work for me but you guys told me it would. You said, "It works, if you work it," so I'm

working it. You told me to, "Practice principles in all of my affairs," so I'm practicing them. You guys tell me, "I can only keep it if I give it," so I give it. Without you guys, I couldn't do it. I'm grateful for you guys and to say that just for today, I like me for me. I would have died without you guys.

Jordyn B.



Bay Area website: bascna.org

24-Hour Helpline 888-779-7117 Call before you use!

Willingness and Acceptance

Often we find ourselves wanting to run from an uncomfortable situation, or avoid the pain that life often brings... Acceptance of this pain brings a strength that's needed for prolong recovery. And the willingness to grow through the pain takes courage to sustain even the toughest obstacles that life throws our way. I have learned from my pain, more than from my joy. The pain I've experienced has been the thing that has guided me on my way through the pain. I have ended up discovering improved health... and I'm able to share that experience with others. I'm able to help them ease their pain, and what a blessing that is. I study this pain; it is the best teacher I know. I try things to feel better, I stretch and exercise, I get strengthened, I get quiet, I talk, I laugh, I cry, I work steps, I talk to my sponsor, I sharing meetings, and I make plenty of mistakes... Some things work, some things don't. It's a constant journey of process and refinement but my experience has taught me that we can get better if we are willing to work at it, and change your habits, and keep our hearts open to Hope. I am convinced that our pain comes not as a punishment to us, as we might believe but to teach us and guide us and point us towards a better way.

Lj B.



“We learn that the program won't work when we try to adapt it to our life. We must learn to adapt our life to the program.” - Basic Text, pg. 57

When I first came to NA at 20 years old, I had recently been kicked out of college due to my using. My education was not the only thing I had given away over the past 7 years of using drugs but it did give me a little motivation to at least try to quit drugs. I first learned about NA while I was in an outpatient program. I had never heard of it before so I thought I would give it a try. I remember how surprised I was when I realized there were other addicts like me. All throughout my using career I had never really met anyone who did drugs like I did. I also didn't really have a good definition of “addict” either because I thought I just “liked” drugs more than everyone around me. After hearing people share at NA meetings, I realized what I am. An addict. I also soon after admitted that my life was extremely unmanageable and that I am in fact powerless over drugs.

Unfortunately, I did not stick around very long. I got trapped in the belief that I could still associate with the same people that I had while using. I also was extremely rebellious and wanted to work the program my way because I was so much different than all of the older members of NA. I also looked for all the differences between me and other NA members. Little did I know, those differences lead me right out the door and just became “yets” that I would later experience. I left the rooms for about 4 years and those “yets” became my reality.

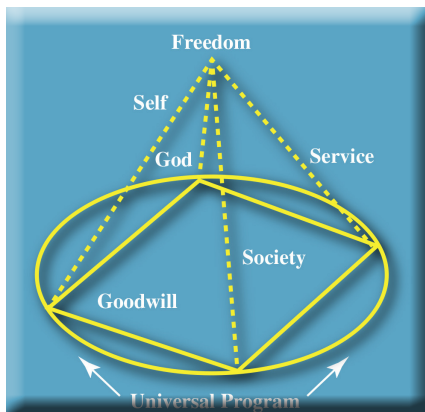
I was lucky enough to make it back to Narcotics Anonymous and have been clean for almost 2 years now. This time in NA I know that I can still find a lot of differences if I choose to between myself and other addicts. Instead I try to listen to the feelings shared and how I can relate to those feelings in my life. I have also learned that although I have gained a lot throughout this short time being clean, I have gained it by doing the basic suggestions of NA. No matter what new responsibility, job, relationship, or other life changes that I am blessed with, I continue to do the same things that got me clean in the beginning. I attend meetings regularly, I work steps, I read literature, I listen to my sponsor, and most of all I continue to develop a relationship with God each day that I can rely on for strength in my life. By the grace of God and by truly applying the spiritual principles I have learned in NA, I have gained back all that I lost and more. I will continue to build my life with NA as my base one day at a time because recovery has given me a life worth living. As it says in the Living clean, when I first came to NA I couldn't imagine having to live with going to all those meetings. Now I can't imagine life without NA.

Anonymous

It Works If You Live It

The very idea that recovery was going to be this lifelong battle that I would have to fight every moment of every day was terrifying, and it kept me out there using for a long time. Active addiction was already a daily battle, so why would I leave behind the one thing that made the misery bearable just to enter another war? Sure, I wanted a better life and I didn't want to be an active addict, but I wasn't willing to do the work. For a long time I waited for someone or something else to fix me. I tried finding the answer in relationships, jobs, therapists, self help books, you name it. I was determined to find an external solution to an internal problem, and it simply doesn't exist. When I first came into NA and tried to get clean I wasn't able to put more than a few months together, and looking back now I can see that I was still secretly hoping that someone would come along and save me. Needless to say it never happened and eventually I went back out, but at some point the pain finally became great enough and I surrendered. I accepted that there was no knight in shining armor coming to rescue me, and I was never going to simply "grow out of it". I have the disease of addiction, and if I wanted to survive this then I was going to have to start saving myself. For the first time I became willing to do whatever it took, and today recovery is a way of life for me. It's not a battle or an obligation, and most of the time it doesn't even feel like work. In the rooms they end the meeting with "Keep coming back, it works if you work it", but through my experience in recovery I have learned that it works even better when you LIVE IT.

Kimberly S.



The War Within

The war within,
Some may call it sin.
I don't know how to win,
It makes my head spin.
I can only fight it,
Can't flight it.
Ill begin again,
Each day a new,
Begin again and help you.
If I help you,
It helps me,
And then I don't want to flee.
I don't have to run,
From what I've done.
I can live today,
Like yesterday never happened.

Kate R.

Step Six

Step six took a lot of courage for me, because for so long I did not want to look at myself. Through willinness, acceptance of all my defects, and having an open mind, I was ready to have God remove all my defects of character. This is an everyday thing for me because the thing with character defects is they aren't going anywhere but with the awareness I have today, I can choose not to act out on them. When I started this step with my sponsor at the time, I was focused on the surface level defects, which is okay, but he said I had to dig deeper than that and so I did. I knew I needed a complete personality change. Like many, pride, arrogance and self pity were at the forefront. My pride and arrogance took me places my emotions could not handle. So what did I do? I replaced pride and arrogance with humility and gratitude. I have found that consciously doing this, I have fewer disappointments in my life. I've also learned that just because I've worked on other defects that new ones won't arise. I have to turn it over to my higher power everyday as long as I have the willingness. After all, willingness is the spiritual principle behind this step. If you're having internal difficulties with this step, it's ok, keep working on yourself and don't stop. You're right where you're supposed to be!

Bobby H.

ANNIVERSARIES

November

Janet M., November 2nd, 33 yrs
Sandy R., November 5th, 2 yrs
Kelly C., Relax & Recover, November 7th, 7 yrs
Erin C., Saturday Night Live, November 7th, 2 yrs
Jordan D., Resurrender, November 7th, 2 yrs
Stephanie B, Ladies to the Core, November 10th, 18 mths
Rodney F., Relax & Recover, November 11th, 25 yrs
Stephanie O., Happy & Free, November 11th, 2 yrs
Ryan F. It Works, November 14th, 1 yr
Ed C., DOA, November 14th, 35 yrs
Robert R., Primary Porpoise, November 14th, 31 yrs
Austinn E., It Works, November 15th, 1 yr
Sharon L., New Attitudes, November 20th, 22 yrs
Kristi-Beth F., We Do Recover, November 21st, 32 yrs
Kaitlyn W., The Dunedin Group, November 27th, 2 yrs
Lenny P., Happy & Free, November 28th, 15 yrs

December

Jerry A., Basic Meeting, December 1st, 24 yrs
Liz M., Stairway to Recovery, December 1st, 23 yrs
Melody, 1st Things 1st, December, 18 Months
Jim F., We Do Recover, December 3rd, 35 yrs
Serena H., We Do Recover, December 3rd, 4 yrs
Kristin L., December 3rd, 2 yrs
Robert H., December 7th, 1 yr
Michael V., Keys to Recovery, December 10th, 14 yrs
Dawn E., December 12th, 7 yrs
Danny K., Basic Meeting, December 13th, 3 yrs
Bobby C., The Dunedin Group, December 16th, 21 yrs
Lori M., SYA, December 19th, 2 yrs
James S., We Do Recover, December 20th, 32 yrs
TJ, The Magic is Real, December 20th, 21 yrs
Scott K., December 21st, 10 yrs
Karly W., Ladies to the Core, December 22nd, 9 yrs
Victoria K., Keys to Recovery, December 25th, 1 yr
Robin N., December 25th, 1 yr
Janet V., Clean Harbor, December 26th, 6 yrs
Dillon F., Just for Today, December 30th, 1 yr
Susie K., December 30th, 8 yrs
Robyn P., Noon Group, December 31st, 4 yrs

January

Craig G., We Do Recover, January 1st, 30 yrs
Chris D., New Attitudes, January 1st, 8 yrs
Roger A., January 1st, 5 yrs
Jamie P., Soul Sistas, January 2nd, 11 yrs
Maura C., Picnics & Recovery, January 7th, 1 yr
Don N., HOW Group, January 10th, 4 yrs
Ron E., Resurrender, January 13th, 1 yr
Juan B., Basic Meeting, January 15th, 28 yrs
Bob M., Clean Harbor, January 15th, 2 yrs
Allie R., Ladies to the Core, January 15th, 1 yr
Kimberly W., Clean Harbor, January 18th, 4 yrs
Brad F., Resurrender, January 19th, 1 yr
Julie S., Women & Recovery, January 26th, 14 yrs
William G., Saturday Night Live, January 27th, 4 yrs
Kim R., Listen to Learn, January 30th, 2 yrs



LOL



RECOVERY

<p>What society thinks I do</p>	<p>What my family thinks I do</p>	<p>What my friends think I do</p>
<p>What my sponsees think I do</p>	<p>What my sponsor thinks I do</p>	<p>What I actually do</p>



A New Life

As a person who was addicted to drugs and any things that will stop the pain, I found myself suffering from depression of the things I did to myself, my family and children. The guilt was so painfully deep; it arches every bone in my body. I would isolate from those I love and care about. These emotions lead me to increase the drugs. I was trapped in a world of addiction and saw no way out. The feeling of sadness, depression, loneliness, and anger were so deep; I didn't like anything about myself or anyone around me.

I saw no way out and continued to create horrible effects on my family and my friends in the path of my addiction. My family, friends and loved ones didn't trust me, nor believe a word I said. They were worried about me and scared of what outcome would occur during the destructive path I was leading in my addiction. My friends didn't trust me and the ones I thought were friends, were more my enemies, looking to take advantage of me at any cost, as I was with them. I withdrew from all of reality and from all that cared. I didn't want to be around anybody, who wouldn't consign my crap; that included my family or my friends, whoever I thought would judge me.

My glimpse of hope happened when I had no other choices, no other schemes, no other possible ideas of getting the next one, on whatever means and ways to get that next one, and asked for help. My process started when asking my parents for help and agreeing to speak to a treatment counselor. Then, actually keeping my word and coming into treatment. It was then; recovery began to change my thought pattern for a little hope and acceptance. It was by the grace of my higher power that I stuck and stayed and heard to messages from others and H&I.

My journey has not been graceful, but it has been about learning lessons of growing up, changing my thinking and behaviors. Staying grounded in steps 1, 2 and 3, having the willingness, making the changes, and going on blind faith sometimes. I take suggestions. It has been an amazing living the dream and receiving the gifts of recovery. In addition, I have and have restored relationships back with my family and friends, improved and made positive conditions in my life and rebuilt my dreams for the future—all without drugs or other substances. I was taught in early recovery, of giving back to other addicts and doing service work. Today, I sponsor a group of amazing men and help others to uplift and enrich their lives as they do mine, all providing a real chance of having happy and fulfilling existence without drugs.

Today I am truly blessed and happy where I'm at today.

Thank you for my recovery.

Allen R.



Balance

As I wonder about this word from time to time, in the mist of me searching for it, I often get overwhelmed and confused as to what it is, and whether or not I'll ever find it! Being in recovery in NA, I have often found brief moments, when my life seems to be on the correct dial and all the wheels are turning in the right direction! I have also found at times in recovery when it seems that balance is a figment of my imagination, I can't seem to find it anywhere! I still practice it and do my best to find it in the mist of chaos at times, and when my life is very full of all the blessings that recovery has given me. Sometimes, I feel like balance should be a spiritual principle, because like all the other principles, I'm taught in this program, it's something I try to practice on a daily basis.

Someone once told me, what if there is no balance to look for. What if you just accept that this is where your life is right now, and just go with the flow? Just let go, let God drive, and do your best to enjoy the ride, while practicing spiritual principles to the best of your ability! (THAT FLOORED ME) That is just one of the many reasons why I love this program and the people who are involved in it.

I am grateful for my recovery today; I am grateful for others like me who I can always learn something from who are not as sick as I am, on the same day. I love NA, and it loves me. I know that as long as I don't use, no matter what, I will continue to get better, I will continue to grow, and I will continue to learn on a daily basis all of the things that this program has to offer me. So whether there's balance in my life today or not, I will continue to move forward and continue to walk through life clean, full of hope and faith about the future.

Clarence H.

Grateful For...

Grateful I can show up for my family.

-Stephanie B.

My life back.

-Aaron C.

Grateful for spiritual principles in my life.

-Dorreena G.

Grateful for closing chapters and new beginnings.

-Shawn C.

Grateful for the people in the rooms teaching me how to live.

-John H.

Grateful that my higher power is always there, I just have to allow him to guide me.

-Joe P.

Women that I can be 100% honest with, and friends who hold me accountable.

-Lisa T.

Grateful to have replaced my fear with faith.

-Alli R.

The steps taught me how to live life on its own terms.

-Scott K.

Being able to lay next to my son's bed each night, and pray with him. We start out the way every night: "God, thanks for another day."

-Bruce G.

That which happens of itself.

-William G.

I am a productive member of society today!

-Ally G.

I'm grateful that NA has made me employable.

-Hailey B.

Grateful God and the program gave me another chance at being an active parent, my greatest gift!!!

-Jason L.

That I don't look to anyone or anything else for my happiness anymore. (For long) I can always come back to the *fact* that it starts with me.

-Toni S.

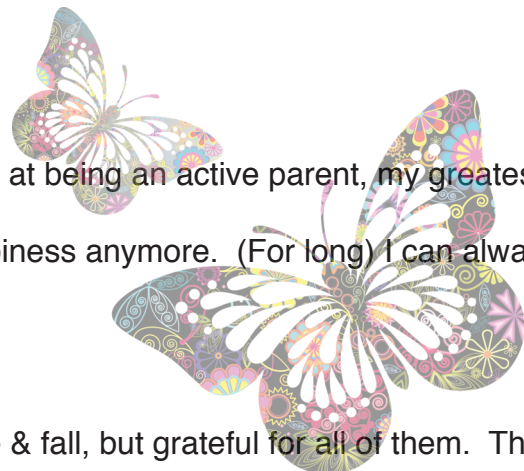
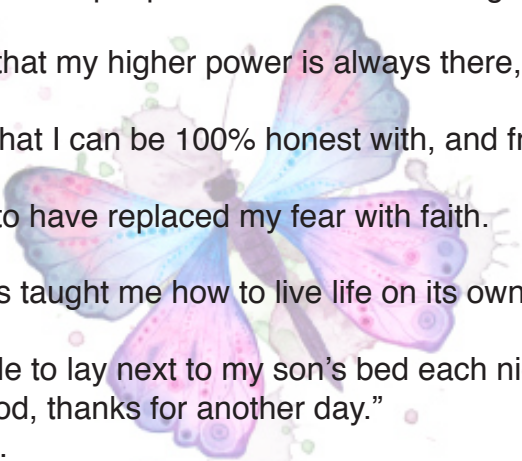
Grateful that today I have a choice.

-Donald C.

Grateful for the experiences. Sometimes I may stumble & fall, but grateful for all of them. They're part of who I am today.

-Julie S.

Being able to take my mom and son to Virginia to be with family and attend a celebration of life.



Grateful I get to instill spiritual principles in my son at an early age...All because of NA.

-Amber H.

Grateful for another day clean and friends that pick up the telephone!

-Susie K.

Grateful to know that no matter what...I don't have to pick up! This 10th year was my hardest struggles in life showing up & I was able to help others form my experience, strength, and hope that I have been taught. Everything happens for a reason. God is good!

-Mary B.

Grateful for the women of NA, who loved me until I learned to love myself.

-Laura R.

My sponsor.

-Tami B.

Grateful for 18 years of peace and learning to love myself. Thank you NA.

-Amber S.

I am grateful for:

My Higher Power, My recovery

My NA fellowship

My sponsor, My sponsorship family

My family

My friends, My new life

Myself

-Marie A.

Today I can be there for someone who's hurting and know just being there is enough.

-Ruth B.



Thank You!

The Therapeutic Value

“The therapeutic value of one addict helping another is without parallel.”

I used to read this statement and not understand the meaning behind it. After doing some work and learning about the disease of addiction, it started to make sense. The fact that another addict can truly understand another addict is priceless. Telling someone without the disease, some of the things that go through my head, would be pointless; whereas another addict understands because they have the same thoughts.

As I have continued to work on myself, my perspective has continued to change and my perspective on that simple statement has changed.

Today, the statement is about love to me. Love is the flow of life's energy between one person and another. I say that, because I thought the statement meant more about being there for others as they go through hard times. To me, it's more than that. It's being there for others through the hard times, the different times, the good times, and the times that we just don't know what is going to happen. Sometimes it has nothing to do with what we say to another but rather just being there without having to say anything at all, and that's where that flow of energy comes into effect.

As I sat in the meeting tonight and looked around, the flow of energy and love was strong. It made me reflect on all the different people I've been able to build relationships with and how we have been there for each other in so many different situations. What a wonderful feeling to have today. I've gone through so many things in the last 6 years and I know, that there's no way I would be where I'm at without the love of the people that I get to experience this journey with. “The therapeutic value of one addict helping another,” allowing that flow of love's energy to help one another. I am so blessed for the people I have in my life. #naiou1

Dan T.

I Finally Have Me

Today, after a meeting, I was starting my car and picking out some music for the ride. I picked a song about recovery which began a conversation that took me back to those early recovery days. I explained to the ladies how painful it was for me in early recovery to do any of the things that I had done previously, even listen to music.

I remember being at a meeting and one of my new friends gave me a CD. I popped it in the player, and I was in shock. The artist was in recovery and had taken his experience, strength and hope and added music to share his message with the world. I heard his message and it gave me hope. It gave me a sense of peace. I listened to that same CD every day for the next 6 months. It helped me in so many ways. It helped me to listen. It helped me to reprogram my brain, positive message after positive message.

I picked out my two favorite songs and played them. As we listened, I seemed to drift back to that day and the early days. Back to when I had to ask WHAT do I do next? WHEN will it stop hurting? WHEN will I not feel like I AM DYING? WHEN will it get easier? HOW will I get through the next 5 minutes? I remembered the night that I was so consumed by my own mind, that I was thinking about using, recovery music playing in the background. Then it happened. That song came on and it reminded me that there was a monster inside of me and that it wanted me to suffer and it wanted me to lose, but that I could decide to let that monster die.

I couldn't do it alone, but there were people who would help me, just as they had helped him. There were other people who had felt like me and they didn't feel that way anymore.

There was hope.

There was a solution.

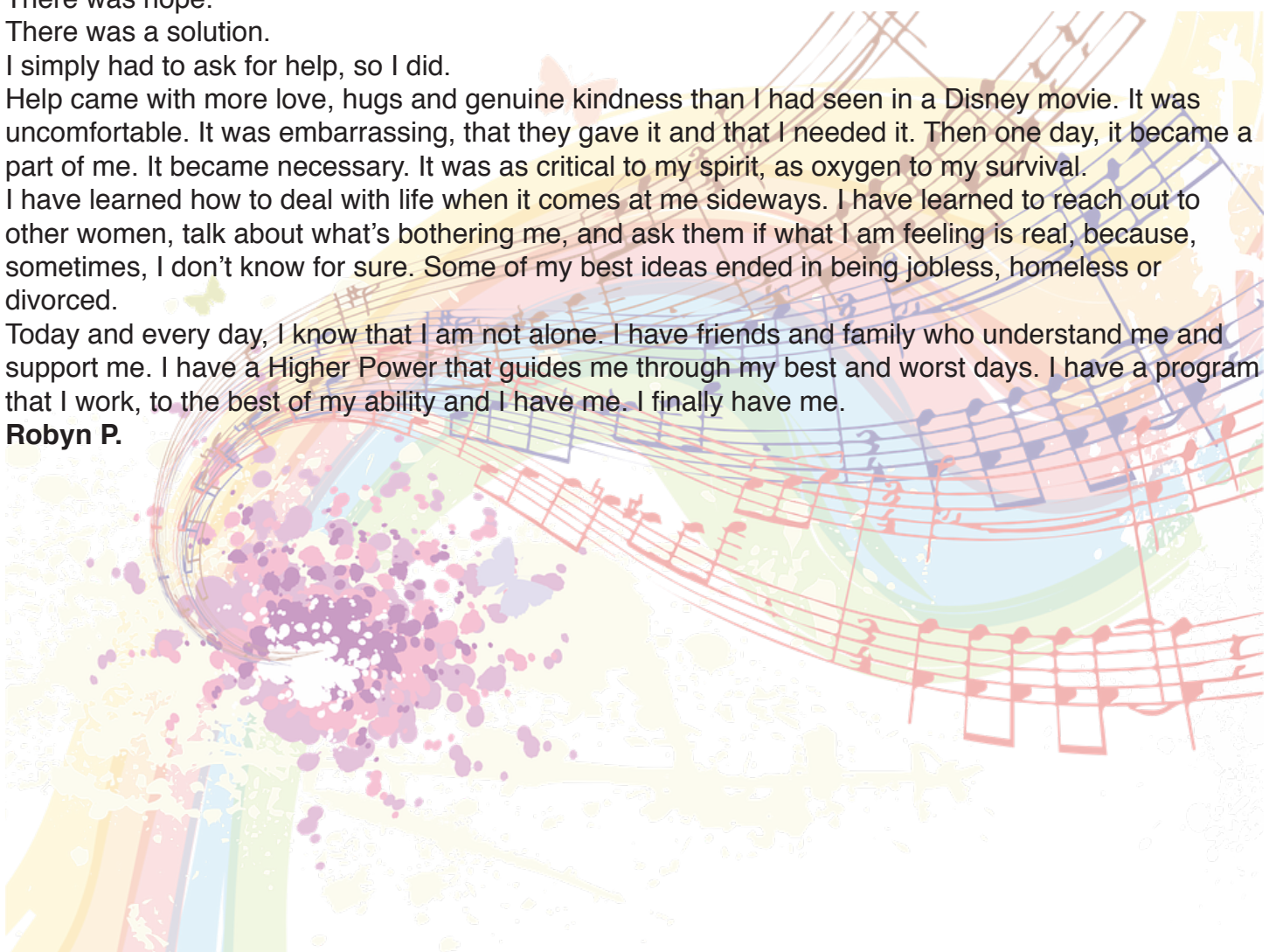
I simply had to ask for help, so I did.

Help came with more love, hugs and genuine kindness than I had seen in a Disney movie. It was uncomfortable. It was embarrassing, that they gave it and that I needed it. Then one day, it became a part of me. It became necessary. It was as critical to my spirit, as oxygen to my survival.

I have learned how to deal with life when it comes at me sideways. I have learned to reach out to other women, talk about what's bothering me, and ask them if what I am feeling is real, because, sometimes, I don't know for sure. Some of my best ideas ended in being jobless, homeless or divorced.

Today and every day, I know that I am not alone. I have friends and family who understand me and support me. I have a Higher Power that guides me through my best and worst days. I have a program that I work, to the best of my ability and I have me. I finally have me.

Robyn P.



ACTIVITIES

Fun Coast Activities

New Tampa NA will be having a Speaker Meeting & Karaoke Night

When: November 23rd, 2019

Where: St. James Church, 16202 Bruce B. Downs Blvd., Tampa, FL 33647

Time: 6:00 pm-10:00 pm

*There will be free food and fellowship starting at 6:00 pm.

Guest Speaker will be at 7:00 pm and Karaoke from 8:00 pm-10:00 pm.

Come join us! Everyone is welcome!

Recovery Coast Activities

FREE Thanksgiving Dinner & Gratitude Meeting

When: November 28, 2019

Where: Unity Spiritual Center Port Richey, 5844 Pine Hill Rd., Port Richey, FL 34668

Time: 5:00 pm-8:00 pm

*Come join us for a FREE Thanksgiving Dinner (5:00 pm-7:00 pm)

A Gratitude Meeting to follow dinner (7:00 pm-8:00 pm)

Everyone is welcome!

Coquina Coast

Clean & Serene Group along with Coquina Coast Activities

is hosting its

36th New Years Eve Bash

When: December 31st, 2019

Where: 709 Royal Rd.

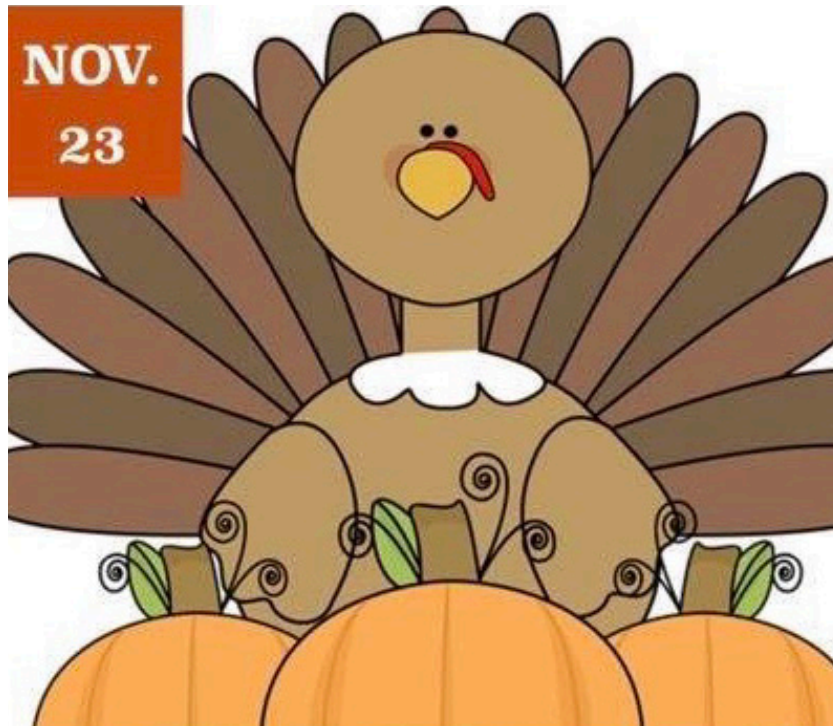
St. Augustine, FL 32086

Time: 6:00 pm-12:00 am

There will be Food, Fellowship, a Speaker

Meetings, DJ, Games, and Lots of Fun!

Come join us! Everyone is welcome!



**NOV.
23**

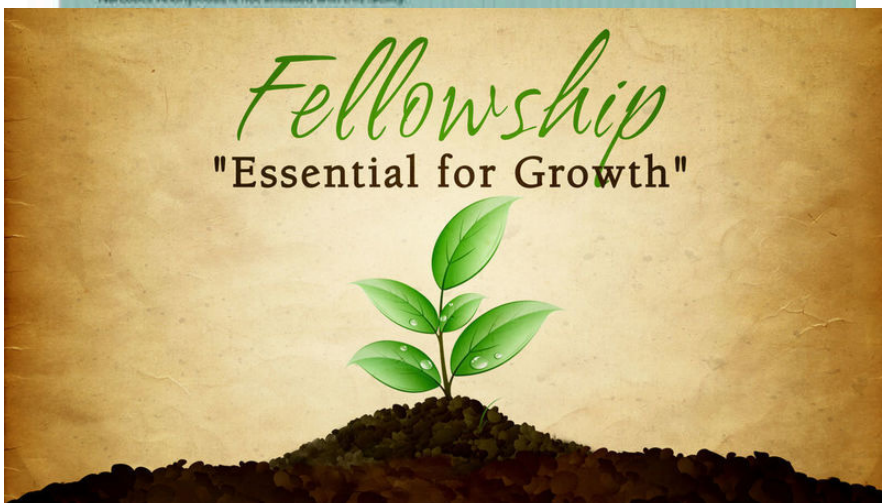
**NARCOTICS ANONYMOUS
SHARK COAST AREA
GRATITUDE DINNER**

Salvation Army
1051 Albee Farm Rd.

Food, Fun, and Fellowship
\$10 Suggested donation (No Addict Turned Away)

DOORS OPEN AT 4:00PM
DINNER SERVED AT 5:30PM
SPEAKER MEETING AT 7:30PM

*Narcotics Anonymous is not affiliated with this facility.



Fellowship
"Essential for Growth"

BAY AREA ACTIVITIES

Bay Area Activities Presents 

Harvest of Gratitude

November 23, 2019

Come and join us for food and celebration!

11am-4pm
Speaker Meeting at Noon.
FREE EVENT!

We could use your financial and/or food support.
Please bring a covered dish or dessert.

"My Gratitude speaks when I care and when I share with others the NA way"

Eagle Lake Park
1800 Keene Rd, Largo, FL 33771

NA is not affiliated with Eagle Lake Park

Please see a member of activities for more info.
activities@basna.org



THE RESURRENDER GROUP OF NARCOTICS ANONYMOUS
Is Happy To Present Our

Annual Holiday Party

SPECIAL APPEARANCES BY SANTA CLAUS AND MRS. CLAUS! WE WILL HAVE LOTS AND LOTS OF FOOD AND FUN FOR THE WHOLE FAMILY! PLEASE BRING YOUR FAVORITE COVERED DISH TO SHARE.

WHEN? - 12/18/2019
Food at 6 P.M., Speaker Meeting to start at 8 P.M.

WHERE? -
Northwest Presbyterian Church
6330 54th Avenue N.
St. Petersburg, FL 33709
Call 727-641-8164 for more details

KARAOKE



Picnics & Recovery

KARAOKE NIGHT

NOVEMBER 23

@TERRA NOVA - 9 til midnight

Maura C 781 913-4755 ♦ 7550 40th st N. Pinellas park ♦ TICKET \$5

*NA is not affiliated with Northwest Presbyterian Church

DO YOU REALLY WANT TO KNOW?

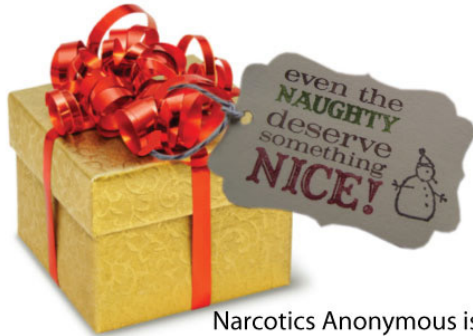
Holla-day Party

Monday Dec. 9th
come chill with your other "Fam"

Food: 5:30 PM
(Please bring a dish to share)

Lit Meeting: 6:30PM

St. John's Episcopal Church
1676 S Belcher Road, Clearwater, FL



Narcotics Anonymous is Not Affiliated with St. John's



Beach Please PICNIC EVENT

Annual NA Event Organized by
Freedom From Pain &
Serenity On The South Shore.

Location: E. G. Simmons Regional Park
2401 19th Ave NW, Ruskin, FL 33570
Shelter 14

Date: November 16, 2019 from 11:00 am to 4:00 PM

We will provide food and soft drinks, please bring your own dish or drink if you wish.
This is a family friendly event of Narcotics Anonymous, the admission is free.
Kayaking, swimming and fishing are permitted at the park. There is a playground for kids and plenty of natural activities for all.
For more information about the facilities please search online E.G. Simmons Park.

The Story I Told Myself

I like to write, it is something that I discovered I am actually good at in my recovery. Even if I am not as good at writing as I think, I enjoy it. It seems to be a healing process for me. I recently relapsed and my ego and fear of judgment kept me from being able to be honest about it for a period of time. We read and hear "our secrets die in the light and grow in the dark." While not being completely honest, my recovery was not able to progress, my addiction did though. I wasn't able to speak to my sponsor about it, or share about it. Because of that, I wasn't able to look at what happened, ask for guidance, or begin to heal. I feared that my circle wouldn't want me around, because I had talked so much crap about one white key tag, and why couldn't those that have relapsed understand. It was me that didn't understand, and me that was judging.

I see addicts pick up white key tags after going back out and I thought that I would never be able to be that brave. It takes a lot of courage to be humbled and admit that it happened. Now don't get me wrong, I am not saying that a relapse "has to be" a part of everyone's story, it doesn't. What I did discover is that those who were closest to me knew, and just let me go through what I had. They loved me through what I was going through, silently waiting for me to become honest, and when I did, I felt no judgment. No one's perception of me had changed. It was my story in my head that had been telling me that it would, and because of that story, I stayed sick longer.

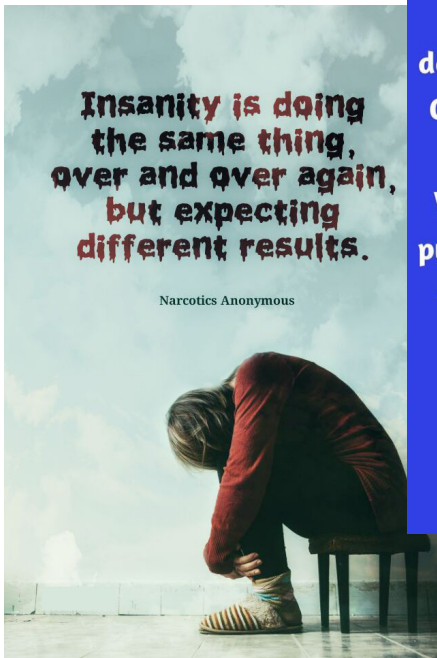
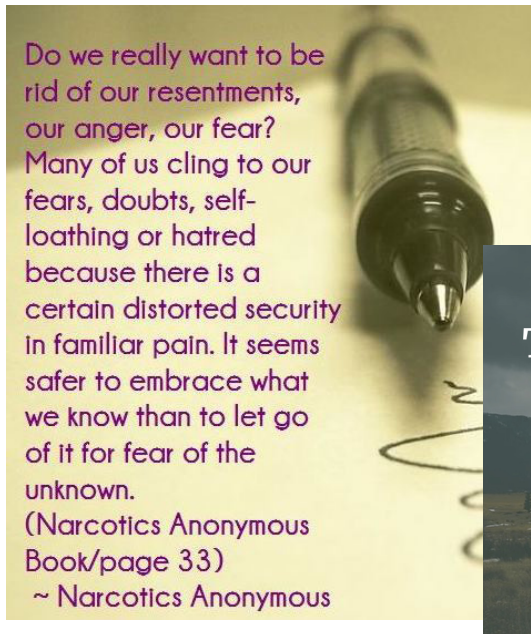
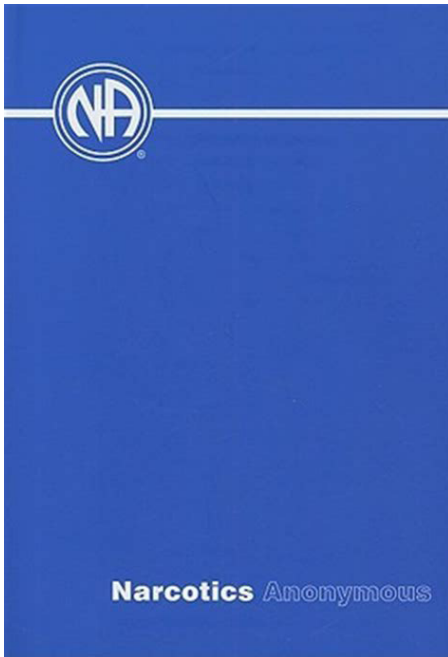
I have heard people say that they have been loved back into the rooms. I don't know that I ever really truly left; I just wasn't applying the program that had kept me clean. I came to meetings still and just sat in the meeting. I guess somewhere along the way I heard what I needed to hear and the pain "became great enough." I have a better understanding of that statement of being "loved back into the rooms."

I have been hearing in meetings lately if you have relapsed don't let us beat you up to much. What I have discovered is that I am the one that was beating me up, not you. I guess I just wanted to write this because I believed it would be different than reality, weird, huh? I was an addict telling myself a story that isn't true. I don't know, I just thought that someone may need to hear that the story we tell ourselves about coming back...it isn't true. At least my experience hasn't been. All I have received is love and acceptance since coming back. There are people who care that I am here, staying clean and healing now.

Adam W.



BASIC TEXT QUOTES



What is our message?
The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom.
When all is said and done, our primary purpose can only be to carry the message to the addict who still suffers because that is all we have to give.

Narcotics Anonymous.
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