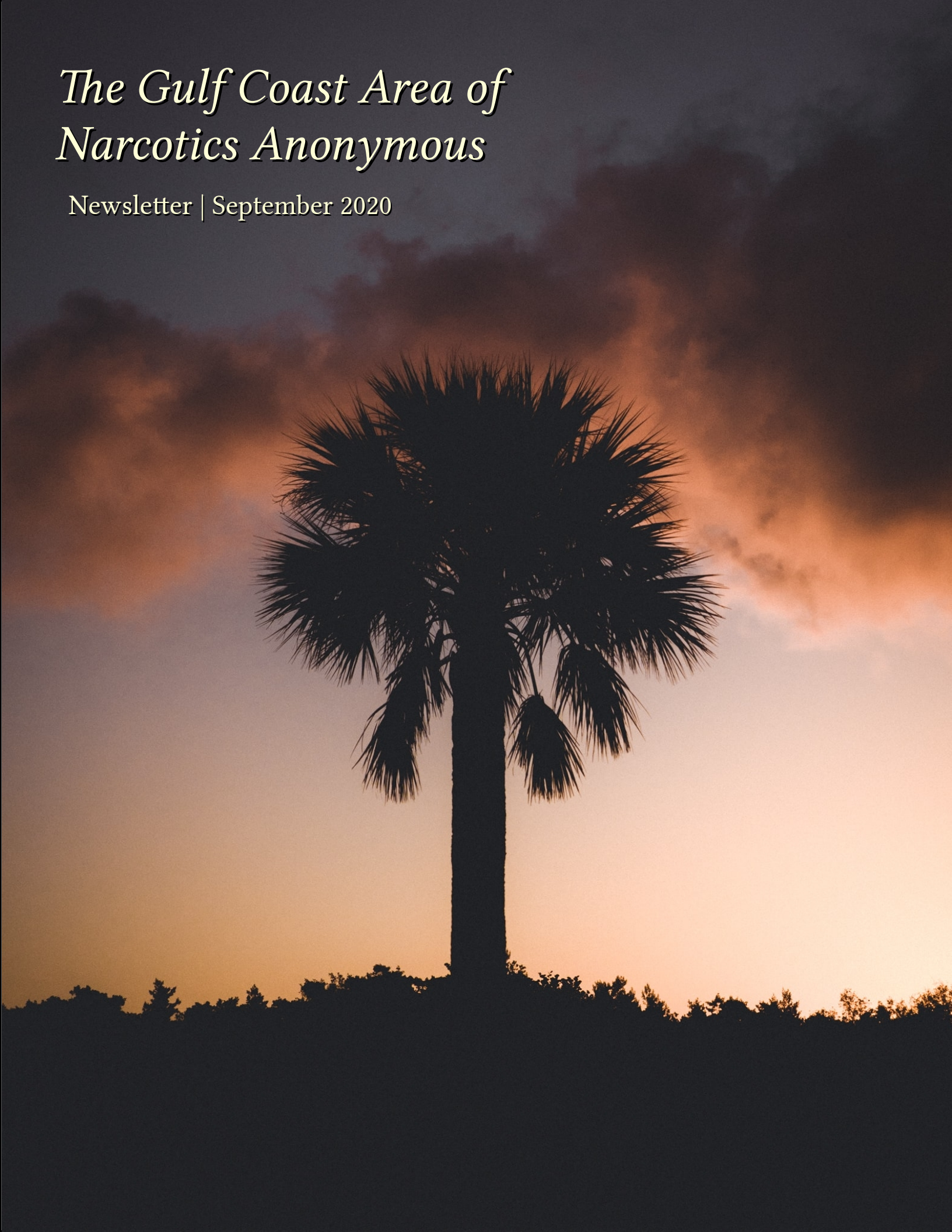


# *The Gulf Coast Area of Narcotics Anonymous*

Newsletter | September 2020





## Still Strong

### Physical Meetings Are Still Open in the Gulf Coast Area

Physical meeting attendance is going strong in the Gulf Coast Area. Narcotics Anonymous takes no stance on outside issues, but many facilities that host our meetings are re-establishing their COVID safety guidelines. When making the choice to attend physical meetings, please adhere to the rules of the establishment, as well as any recommendations from the Center for Disease Control. It is our responsibility to ensure that we do everything we can to keep our meetings open in these trying times. Check the Gulf Coast Area of Narcotics Anonymous calendar at [nagulfcoastfla.org](http://nagulfcoastfla.org) for more information on various attendance regulations and safety suggestions. Further, digital meetings are still available every day for addicts who do not wish to attend meetings in person and these meetings will remain active for the foreseeable future. Feel free to reach out to us with updates to make sure the included list is complete!

#### GENERAL GUIDELINES

- Wear your face covering over the nose
- Maintain six feet distance from other attendees while sitting or standing
- Use hand sanitizer after touching door knobs, chairs, tables, books, etc.
- If hosting a meeting, sanitize all items used during the course of the meeting
- Do not touch your face or eyes
- Do not pull your face covering down while speaking, sneezing, or coughing
- Do not attend if you have been in contact with someone sick, feel sick yourself, or have traveled recently
- Respect the concerns of others at all times



#### SUNDAY

9:30AM – 10:30AM	The Ultimate Weapon   Freedom Clubhouse
12:00PM – 1:00PM	Sick As Our Secrets   Reflections Park
4:00PM – 5:00PM	End of the Road   Fort Myers' Grace Church
6:00PM – 7:00PM	Not Quite There Yet   Freedom Clubhouse

#### MONDAY

10:30AM – 11:30AM	Down & Dirty   Freedom Clubhouse
12:00PM – 1:00PM	Sick As Our Secrets   Reflections Park
7:00PM – 8:00PM	Clean & Serene   Cape Connections Church
7:00PM – 8:00PM	Filling the Void   Freedom Clubhouse
7:00PM – 8:00PM	New Beginnings   Cape Coral's Grace Church

#### TUESDAY

12:00PM – 1:00PM	Sick As Our Secrets   Reflections Park
------------------	--

#### WEDNESDAY

12:00PM – 1:00PM	Sick As Our Secrets   Reflections Park
7:00PM – 8:00PM	Just For Today   Freedom Clubhouse

#### THURSDAY

12:00PM – 1:00PM	Sick As Our Secrets   Reflections Park
6:30PM – 7:30PM	Against All Odds   Fort Myers' Grace Church

#### FRIDAY

10:30AM – 11:30AM	Down & Dirty   Freedom Clubhouse
12:00PM – 1:00PM	Sick As Our Secrets   Reflections Park
7:00PM – 8:00PM	Dare to Win   Freedom Clubhouse
8:00PM – 9:00PM	Bridge to Recovery   Beach Baptist Church

#### SATURDAY

9:00AM – 10:00A	Solutions in the Sand   Bowditch Point Park
7:00PM – 8:00PM	Hot Topic Group   Freedom Clubhouse

Please note that none of the listed facilities are affiliated with Narcotics Anonymous.



# Women Do Recover Gratitude Among Women in the Gulf Coast Area

*"We focus on anything that isn't going our way and ignore all the beauty in our lives" - Basic Text, p. 80*

~ One of the biggest things the pandemic reminded addicts of is the need to be grateful. Gratitude is one of the most powerful motivators for addicts during dark times. For our **first unique piece** by another addict, Britney S. reached out to several women with various lengths of clean time to find out what keeps them going strong by asking them to compose gratitude lists. ~

9/27/90

1. God, for keeping me alive
2. NA, for showing me how to live
3. My life and my health
4. The Fellowship
5. My sponsor
6. My family & friends

\*\*\*

9/6/95

1. My spiritual connection
2. My creativity
3. My empathy
4. My connection to nature
5. The people I surround myself with
6. To have a future that I can look forward to

\*\*\*

9/12/00

1. The God of my understanding
2. Another day clean
3. My health
4. The healing in my relationships
5. The beach
6. Living a life beyond my wildest dreams

...Oh did I mention coffee & chocolate too

5/11/01

1. **The miracle of life:** I live to serve a purpose – although I overdosed a few times and was exposed to so many dangerous situations while in the compulsion to get just one more, God spared my life!
2. **The freedom to be me:** I am able to give pure love and embrace the love of others. I am no longer hiding from my past and have acceptance of the present; including my failings even when others don't accept me as I am.
3. **Connection with God:** The work I've done through the 12 Steps of NA has enhanced and deepened my connection with my higher power and increased my level of self-awareness and self-acceptance. The peace and security of this allows me to be vulnerable with others and connect with the God within them.
4. **The ability to pursue my dreams and passions and keep raising that bar for myself.** "As a result of working the Ninth Step, we are free to live in the present, able to enjoy each moment and experience gratitude for the gift of recovery. Memories of the past no longer hold us back, and new possibilities appear. We are free to go in directions we never considered before. We are free to dream and to pursue the fulfillment of our dreams. Our lives stretch out before us like a limitless horizon. We may stumble from time to time, but the Tenth Step gives us the opportunity to pick ourselves up and keep walking forward. Our Higher Power has given us an invitation to live, and we accept it with gratitude." (It Works How and Why, Step Nine, pg. 95)
5. **The gift of helping others** recover and find a new way to live!
6. **The desire to use has been lifted** and there is peace in my heart and mind. *Thank you for this opportunity to share my gratitude.*





# *Women Do Recover*

## *Continued from Previous Page*

2/25/13

1. The opportunity to be a part of NA
2. Connection to HP
3. Love (For others & self)
4. Laughter
5. Family
6. Hope

\*\*\*

6/19/13

1. My health & the ability to take care of myself
2. My pets who love me unconditionally
3. My home that I have made my own
4. My friends who have my best interests in mind
5. Nature
6. The freedom I've gained

\*\*\*

4/29/16

1. NA
2. Home group
3. Sponsor
4. Friendships
5. Job
6. Serenity

\*\*\*

1/31/17

1. To be alive
2. To be clean
3. My kids
4. Relationships with my family
5. Relationships with my friends & my network
6. My job

8/8/19

1. **I am most grateful for the love and patience** of a member of NA introducing me to the road of recovery.
2. **My new found conscious contact with my higher power**, surrendering to that faith and opening my mind to all the greatness in my future.
3. **The 12 step program of NA** which has enabled me to start my journey of self discovery and self love.
4. **The guidance of my higher power** in bringing me to the perfect sponsor to help me on my road to recovery.
5. **My family and newfound friends** for supporting me and loving me until I loved myself.
6. **For every day that I live clean.**

9/3/2019

1. My serenity
2. Being able to share my story
3. My family here and in NA
4. My partner & best friend
5. Sports!
6. The 12 steps

\*\*\*

11/11/19

1. My higher power
2. My clean time
3. My program
4. My sponsor
5. My family
6. My job

\*\*\*

7/15/20

1. Air conditioning
2. My mother
3. Health insurance
4. A bed to sleep on
5. Chocolate
6. Cigarettes

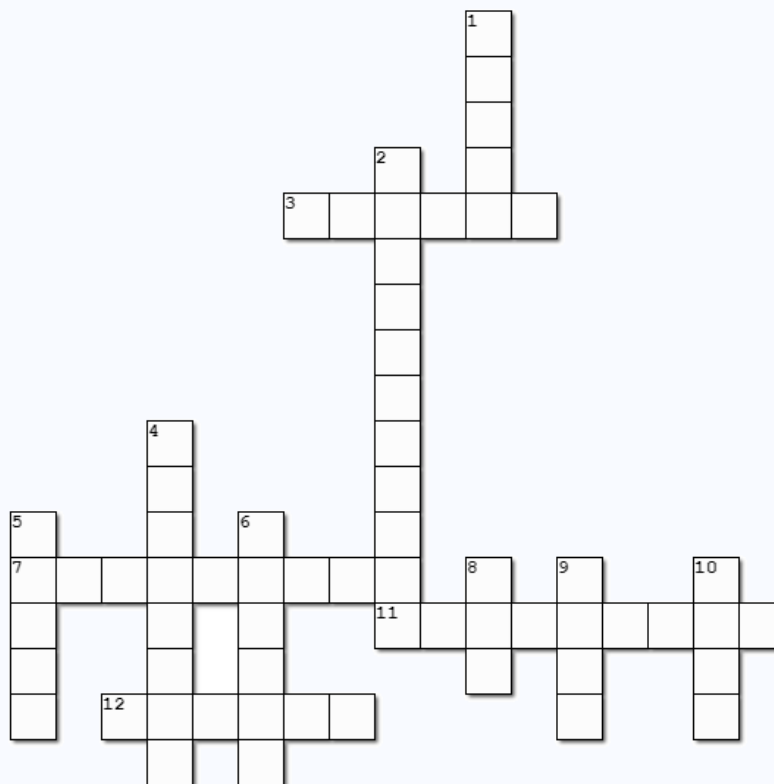


# Stepwork Crossword

## One Hundred Percent COVID Free Puzzle

### STEP THREE

All clues and words derived from the Third Step in the Basic Text.



#### Across

3. What the program does for us if we allow it.
7. What we DON'T have to be to take the Third Step.
11. Gets easier with daily practice.
12. What sort of self-appraisal are we ready for now?

#### Down

1. We cannot \_\_\_\_\_ in our spiritual program; we want all that we can get.
2. All that is required.
4. The word \_\_\_\_\_ implies action.
5. What controlled our will and our lives.
6. The \_\_\_\_\_ our drugs took us, the lower they brought us.
8. All that we needed to do is \_\_\_\_\_.
9. God's \_\_\_\_\_ is our greatest source of strength.
10. Open-mindedness, willingness, and surrender.



## *From the Chairperson*

### *Looking for Support in the Gulf Coast Area*

To the Gulf Coast Area,

We had our first piece by another addict in this month's newsletter. Big thanks to Britney S. for getting involved! And you can, too. Please, reach out to me via email at:

[newsletter@nagulfcoastfla.org](mailto:newsletter@nagulfcoastfla.org)

Or, call me directly at **239-339-3512** with anything you'd like in the newsletter. We are still short on content due to, well, 2020 being one heck of a year. But... **your** ideas need to be heard and seen – this newsletter isn't meant to be the product of one person.

If the newsletter isn't your thing, ask **anyone** how you can get involved in area service at any level. You are an **essential** part of my and every other addict's recovery, no matter what!

Thank you for letting me serve,  
Nick H.