

# *The Gulf Coast Area of Narcotics Anonymous*

Spookletter | October 2020







# Masks and Halloween

## Staying Safe During the Spookiest Month of the Year

As the Gulf Coast Area lurches into the final few months of 2020, we still find ourselves struggling with the “new normal.” COVID and all the restrictions surrounding it still haunt the rooms. Keep in mind that, while local and state government bodies might have lifted certain rules and limitations surrounding restaurants, the right to enforce mask and social distancing regulations still rests with individual business and property owners. As it stands, local addicts should still respect the rules of whatever establishment has been generous to host their meeting. We experienced the terror of meetings closing and dying when the pandemic first hit, and as responsible members of society we must endeavor to use common sense to keep the doors wide open. While attending any of the meetings listed here or on the area website, as well as any themed parties or events surrounding the upcoming Halloween holiday, please continue to stay safe and smart. We didn’t get clean to get sick all over again...

### 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
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### 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.*



## *Expression and Recovery Artistic Growth During the Plague*

*"Our disease involved much more than just using drugs, so our recovery must involve much more than simple abstinence" - Basic Text, p. 55*

~ It is easy to get stuck in complacency, in more ways than one, especially when our recovery isn't going the way we want it to. One of the many ways local area addicts get out of their heads is through art. Poetry is one of the tools the Gulf Coast Area turns to when things get scary. Britney S. reached out to local addicts for poetic pieces on recovery and self-exploration. Below are three anonymous contributions. ~

*No matter what means  
Even if the sky is falling or my world is  
upside down  
If my heart is breaking or if my  
thoughts won't calm down  
If I'm powerless  
Or out of control with rage or sadness  
If I fail or fall  
Or lose my sense of self at all  
If I don't feel loved enough  
Or special enough  
Or strong enough  
If I lose those that mean the most to me  
No matter what; I won't use*

*\*  
I used drugs  
to feel better.*

*\*\*\* I stopped \*\*\*  
using drugs  
to be better.  
\**

## *Forgive yourself.*

*Forgive yourself for not  
knowing better at the time.*

*Forgive yourself for giving  
away your power.*

*Forgive yourself for past  
behaviors.*

*Forgive yourself for the*

*survival patterns  
and traits you picked up  
while enduring trauma.*

*Forgive yourself for being who  
you needed to be.*

## *Forgive yourself.*

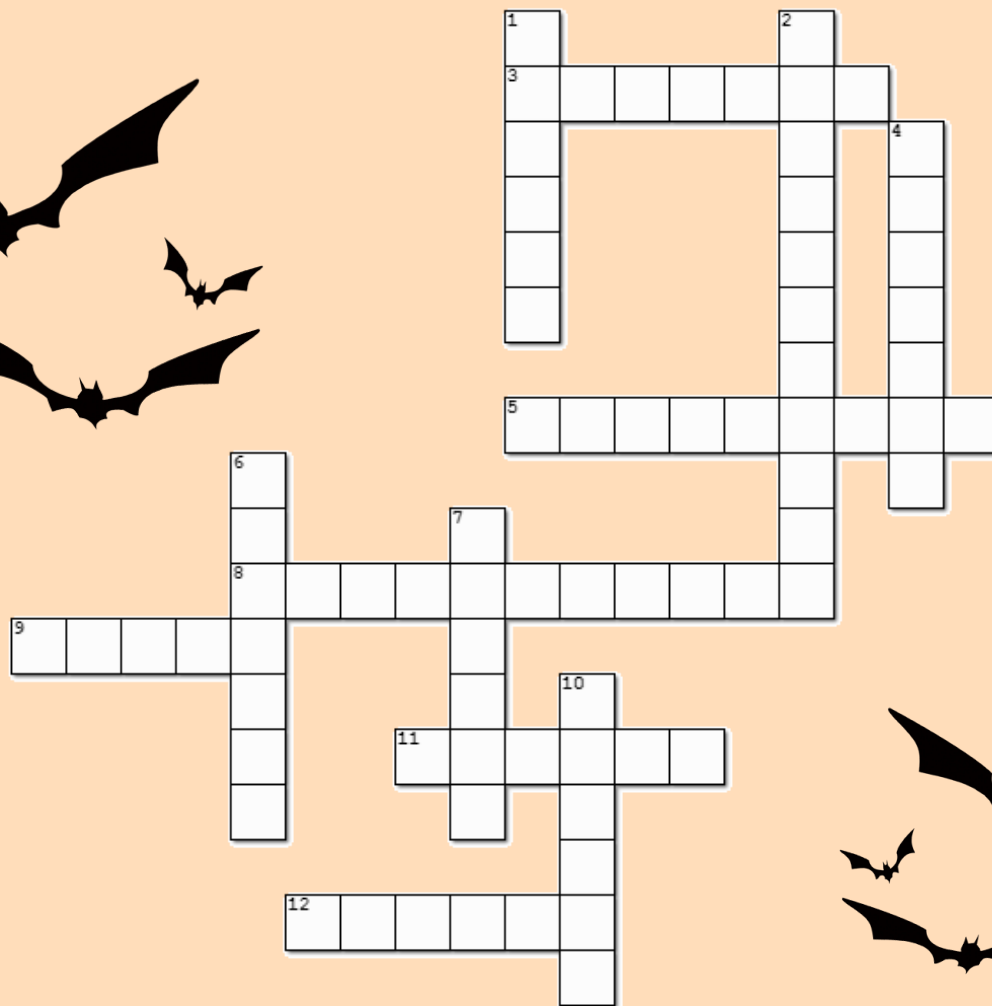




Name: \_\_\_\_\_

## STEP FOUR

Questions derived from the Basic Text and the Halloween Season...



### Across

3. Might be named Jack O. Lantern?
5. Must be searching and fearless.
8. What our writing our fourth step unlocks.
9. When they don't text back, or when they wear a white sheet.
11. Our surprising good qualities.
12. What you feel like on the way to work, or if you climb out of a grave.

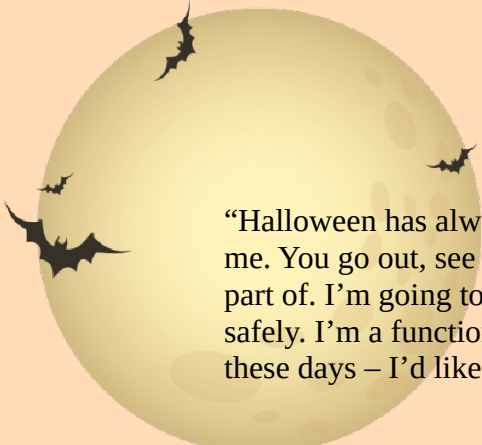
### Down

1. Also referred to as 'spoop' by the youth.
2. Guilt, shame, remorse, and more.
4. Speaks with a lot of V's and loves the night air.
6. What the impact will be if we follow step four with step five immediately.
7. What we were not when we were using.
10. Caused when the pain of doing step four outweighs the pain of using.



## Halloween in the Gulf Coast Celebrating during Difficult Times

With Halloween fast approaching and very few Narcotics Anonymous events planned due to COVID, many local addicts are wondering how they're going to get ~ into the spirit this year. Fortunately, a few of our fellow members have some ~ thoughts and ideas on what it means to get **extra spooky** this October. Let's just say opinions are mixed... Below are some of their musings on this very different Halloween season.



"Halloween has always meant community to me. You go out, see the neighbors, and be a part of. I'm going to try my best to do it safely. I'm a functional member of society these days – I'd like to try and enjoy it."

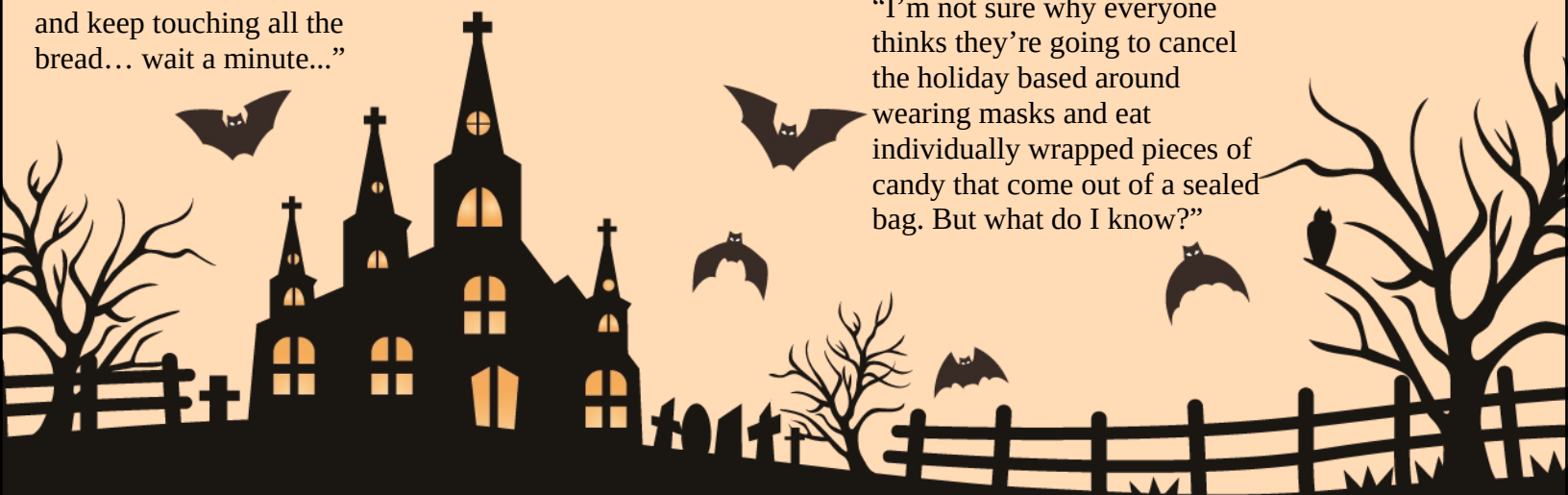
"I figure the kids are already wearing masks, so what's the harm going to be? Sure, the folks at the grocery store don't wear their masks half the time and keep touching all the bread... wait a minute..."

"Halloween has always been a little scary for me. Pun intended. I had my very first relapse at a Halloween party. So, I think with everything going on, I'll probably just stay in and watch scary movies."

"I'm ready to go all out. I've had my costume planned since January and nothing is going to stop me from strutting out with it. I was tempted to switch to Sexy COVID, but my wife told me that was a bad idea."

"Listen, I don't give out candy anyways so this year is a win for me emotionally. I don't feel quite as bad as I normally do. But, hey, it is still 2020. I'm sure something will come along and get under my skin."

"I'm not sure why everyone thinks they're going to cancel the holiday based around wearing masks and eat individually wrapped pieces of candy that come out of a sealed bag. But what do I know?"





## *Letter from the Subcommittee Getting Involved*

To the Guys and Ghouls of the Gulf Coast Scary-a,

That pun is the most horrifying thing that's going to happen to you this Halloween, hopefully. I'd like to thank Britney S. once again for sourcing those poems, as well as being our first reoccurring subcommittee member. If you would like to get involved, please reach out at:

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

Or, call me directly at **239-339-3512** with anything you'd like in the newsletter. Remember, **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...

And Happy Halloween!

Nick H.