

# *The Gulf Coast Area of Narcotics Anonymous*

Newsletter | December 2020



# Meeting Merriment

## Physical Meetings in the Gulf Coast Area



Since it is the holiday season, many local addicts will be traveling to celebrate with families and friends. Those addicts whose families are not able to celebrate with them might be gathering locally, or might even find themselves working during a holiday rush. Due to the amount of travel and contact coming this month, 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 the 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; 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
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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 – 10:00AM	Solutions in the Sand   Bowditch Point Park
6:30PM – 7:30PM	Recovery First   LaBelle's Christ Central
7:00PM – 8:00PM	Hot Topic Group   Freedom Clubhouse

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





# Home for the Holidays

## Three Addicts on How They're Spending the Holiday

~ "Our new friends in the Fellowship will help us. Our common effort is recovery. Clean, we face the world together. We no longer have to feel backed into a corner, at the mercy of events and circumstances. It makes a difference to have friends who care if we hurt. We find our place in the Fellowship, and we join a group whose meetings help us in our recovery." - Basic Text, p. 56 ~

Since there are so many holidays at the end of the year, the below is a continuation of last month's piece on how addicts are spending the holiday season.

### TRAVEL

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*I had it all set up. My dad invited me home for the holidays, I bought the plane ticket, I rented the car, I got the presents. Thanks to the program, I've got a life that affords me the opportunity to make purchases like that.*

*But, things don't always work out. My grandparents told my dad they wouldn't be coming if I showed up after being on a plane during the pandemic. So, I was dis-invited. Can't get a refund on the ticket. Can't refund the car. Can't return some of the presents.*

*Old me would have been mad, bitter, spiteful. Pre-NA me would have called my dad and told him the most horrible kind of stuff.*

*But new me? New me just went to UPS and got the presents shipped. New me said, "I understand, Dad."*

*Old me made the choice to be mean and miserable. New me makes the choice to be better.*

### SOLITUDE

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*A lot of my friends in the program make a big deal about getting their family back. I lost mine when I got clean. They all use. Drink, drugs, whatever. They all live to use and use to live. Toxic.*

*So, I get a little bit of a different holiday this year. I'm not flying home. I'm not buying gifts. I'm not having a fancy dinner. I'm hanging out with my cat. I'm making myself a small meal that I want to eat.*

*For the first time in my life, I don't have to put on a fake face and pretend that I want to be around those people. Enablers. Abusers.*

*I don't have to mend bridges that others set on fire. I don't have to pretend to be nice to people that hurt me. I can stay away, and stay clean. I can have a holiday alone for the first time in my life, guilt-free. Happy. Joyous, happy, free. And I know that if I do need company, the folks in the rooms are just a call away.*

### A NEW FAMILY

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*I was cruel when I was using. Hurt a lot of people. Spent a lot of time in prison. No one really wanted anything to do with me. Least of all my family or friends. I deserved it, too. I was a monster. For decades. I got old, and I got even more bitter.*

*Then I came to Narcotics Anonymous. I found out that my using was making things worse, and that my using was something I could overcome with the help of a Higher Power. So, I got one of those. I got a sponsor. I got some stepwork done. And what do you know? My friends and family still didn't want anything to do with me. Like I said, I'd done a lot of bad things. But, I know that I'm trying to be better.*

*And so do people in this fellowship. And they want me around. So, I'm going to see them this holiday. They opened their doors to the new me, the better me that I want to become. One day things might change. But for now, I can work with this.*

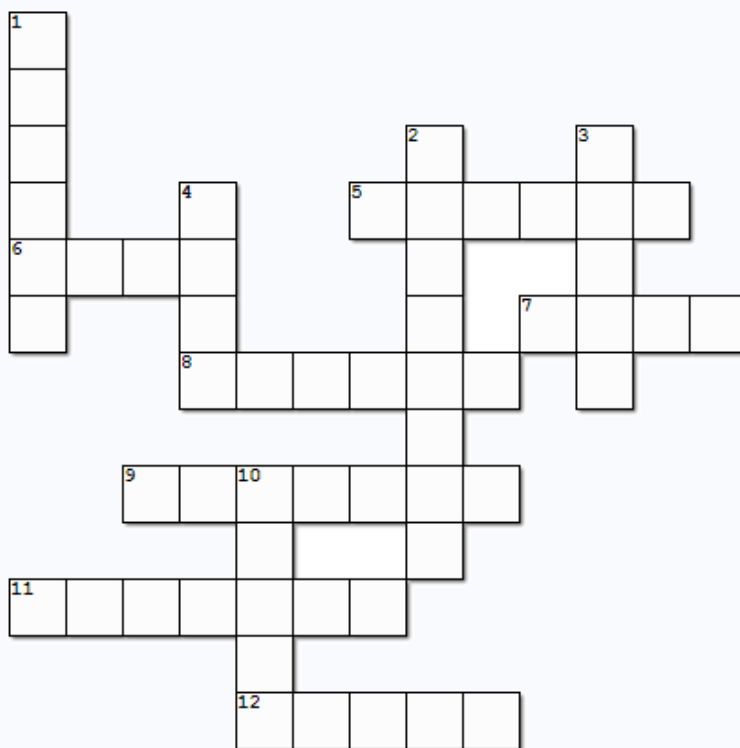


# Stepwork Crossword

## The Gift No One Asked For

### STEP SIX

All clues are from The Basic Text, and some are holiday-themed!



#### Across

5. Something you should do only if you can do it safely.
6. How our mind must be when we approach defects.
7. 'We \_\_\_\_\_ or otherwise become willing, ready, and able...'
8. Another name for this time of year.
9. What our Higher Power helps remove, if we ask...
11. 'Did you let go?' Yes, to the best of my \_\_\_\_\_.
12. What we must remember that we are when doing this step.

#### Down

1. We feel better, and for the first time, see a new \_\_\_\_\_ for our lives.
2. Hopefully, you get what you want!
3. What we cling to.
4. Falls from the sky and is not showing up in Florida.
10. Replaces pride and rebellion.



## ***From the Subcommittee***

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

To the Gulf Coast Area,

I hope everyone out there has something to do this holiday season. If you don't, share about it! So many addicts in the Gulf Coast Area are just looking for ways to open their doors to members of our Fellowship.

If you have any ideas about what you want to see in the newsletter, email me 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.