The Gulf Coast Area of Narcotics Anonymous

Newsletter | February 2021



While everyone's favorite February holiday tends to be about love and connection, the same concerns surrounding physical meetings are still around. Due to the amount of contact and romance during this holiday season, 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 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 4:00PM - 5:00PM 6:00PM - 7:00PM	The Ultimate Weapon Freedom Clubhouse End of the Road Fort Myers' Grace Church Not Quite There Yet Freedom Clubhouse
MONDAY	
10:30AM - 11:30AM 12:00PM - 1:00PM 6:30PM - 7:30PM 7:00PM - 8:00PM 7:00PM - 8:00PM 7:00PM - 8:00PM 8:00PM - 9:00PM	Down & Dirty Freedom Clubhouse Sick As Our Secrets Reflections Park Recovery First Christ Central Church Clean & Serene Cape Connections Church Filling the Void Freedom Clubhouse New Beginnings Cape Coral's Grace Church Lehigh On Recovery Faith Lutheran Church
TUESDAY	
12:00PM – 1:00PM 7:00PM – 8:00PM	Sick As Our Secrets Reflections Park Women Do Recover Freedom Clubhouse
WEDNESDAY	
12:00PM – 1:00PM 6:30PM – 7:30PM 7:00PM – 8:00PM	Sick As Our Secrets Reflections Park Lehigh On Recovery Faith Lutheran Church Just For Today Freedom Clubhouse
THURSDAY	
12:00PM – 1:00PM	Sick As Our Secrets Reflections Park
FRIDAY	
10:30AM - 11:30AM 12:00PM - 1:00PM 6:30PM - 7:30PM 7:00PM - 8:00PM 8:00PM - 9:00PM	Down & Dirty Freedom Clubhouse Sick As Our Secrets Reflections Park Lehigh On Recovery Faith Lutheran Church Dare to Win Freedom Clubhouse Bridge to Recovery Beach Baptist Church
SATURDAY	
8:30AM - 9:30AM 6:30PM - 7:30PM 7:00PM - 8:00PM	Solutions in the Sand Bowditch Point Park Recovery First LaBelle's Christ Central Hot Topic Group Freedom Clubhouse

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

Loving You Is Easy... Local Addicts Talk About Loving Themselves and Others

"Higher mental and emotional functions, such as conscience and the ability to love, were sharply affected by our use of drugs. Living skills were reduced to the animal level. Our spirit was broken. The capacity to feel human was lost. This seems extreme, but many of us have been in this state of mind." - Basic Text, p. 5

Below are three short, anonymous reflections from local addicts reflect on love as it relates to their recovery.

My Family - - - - -

"Thanks to the program, I've got my family back in my life again. My parents had to stop being part of my life when things got really bad. I don't blame them. Now, thanks to what I've learned in recovery, I can let them back into my life without resentments. It's been hard. I want to hate them for stopping calling, for not returning messages, for cutting me out. But, I was dangerous – I stole from them, hurt them. Stopped acting like their daughter. For them, loving me and letting me go – loving me from afar, I guess – must have been almost harder. I get that now. I have empathy. It's different. But, I'm different today thanks to NA."

---- Myself

"I don't have a Valentine this year. But, I do have myself, my health, and my recovery. That's enough for now. I can wait to love things beyond me once I start getting right. Right now? I need to be a little selfish. I've got under a year clean and I'm actually trying to follow "the suggestion" even though my sponsor says that its not really in any literature besides that Living Clean book! I know me, and I know what I can do to myself if I try to hard to love someone else without loving myself first. This is a Me Program, and just for today I only need to love me and my Higher Power.

My Partner - - - - -

"I never had a stable relationship. Parents. Friends. Boys. Teachers. Whatever. I never had someone to turn to. I never had someone to look out for me. And I think that's why I never had a stable relationship. I was too busy looking for people to fix me. Through NA, I learned that I need to become a person that doesn't need to be fixed, and who doesn't try to fix everyone around me. The stable relationship I needed was with myself, and with a Higher Power. I still don't have that on lock, but I am trying. And as I've been trying, I've started to attract people who are also trying! I met my boyfriend, who has been part of my life since I had two years clean, outside of the rooms. He's one hundred percent a normie, but he's working on himself, trying to be better, just like I'm working on myself. He knows everything about what I'm going through and is supportive without being condescending. It's amazing that I know that's what healthy is today. And that's only thanks to NA."



"The unconditional love we experience will rejuvenate our will to live, and each positive move on our part will be matched by an unexpected opportunity." - Basic Text, p. 41

Below are four love-focused gratitude lists from local area addicts. They were asked to write these lists with the concept of love in mind.

My Higher Power
 The rooms
 My dog
 My mom
 My Recovery

My girl
 My job
 My homegroup
 My friends
 My Higher Power

My daughter
 My father
 My Higher Power
 My therapist
 My new kitten

My sister
 My Higher Power
 My stepdad
 My car
 Myself <3



A Stepwork Crossword for Those with Nothing to Do

STEP EIGHT

Clues from Step Eight in the Basic Text or inspired by - r o m a n c e -



Across

2. What you can hold, but what you must also sanitize.

4. What we relieve ourselves of by doing the Eighth Step.

Either on a calendar or at a restaurant.

8. Someone we always to forget to put on the list.

12. The Eighth Step is an _____ step.
14. We can listen to other _____ stories about this step.

Down

What we need to do to ourselves and others.

What we need to make in the NEXT step, when we are ready ...

- We must be this on every single step!
- What we need to do to ourselves.

9. We thought we were _____ before starting our stepwork.

10. The people we put on our Eighth Step were

11. Our higher _____ can love us before we love ourselves.

13. How long should you wait to get into a relationship?

From the Subcommittee Looking for Love (or Support) in the Gulf Coast Area

To the Gulf Coast Area,

I hope everyone out there has a nice Valentine's Day this year. This newsletter is still a one-man operation. I can't do it forever, and I need some help. If you have any ideas about what you want to see in the newsletter, email me at:

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 a lack of events.

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.