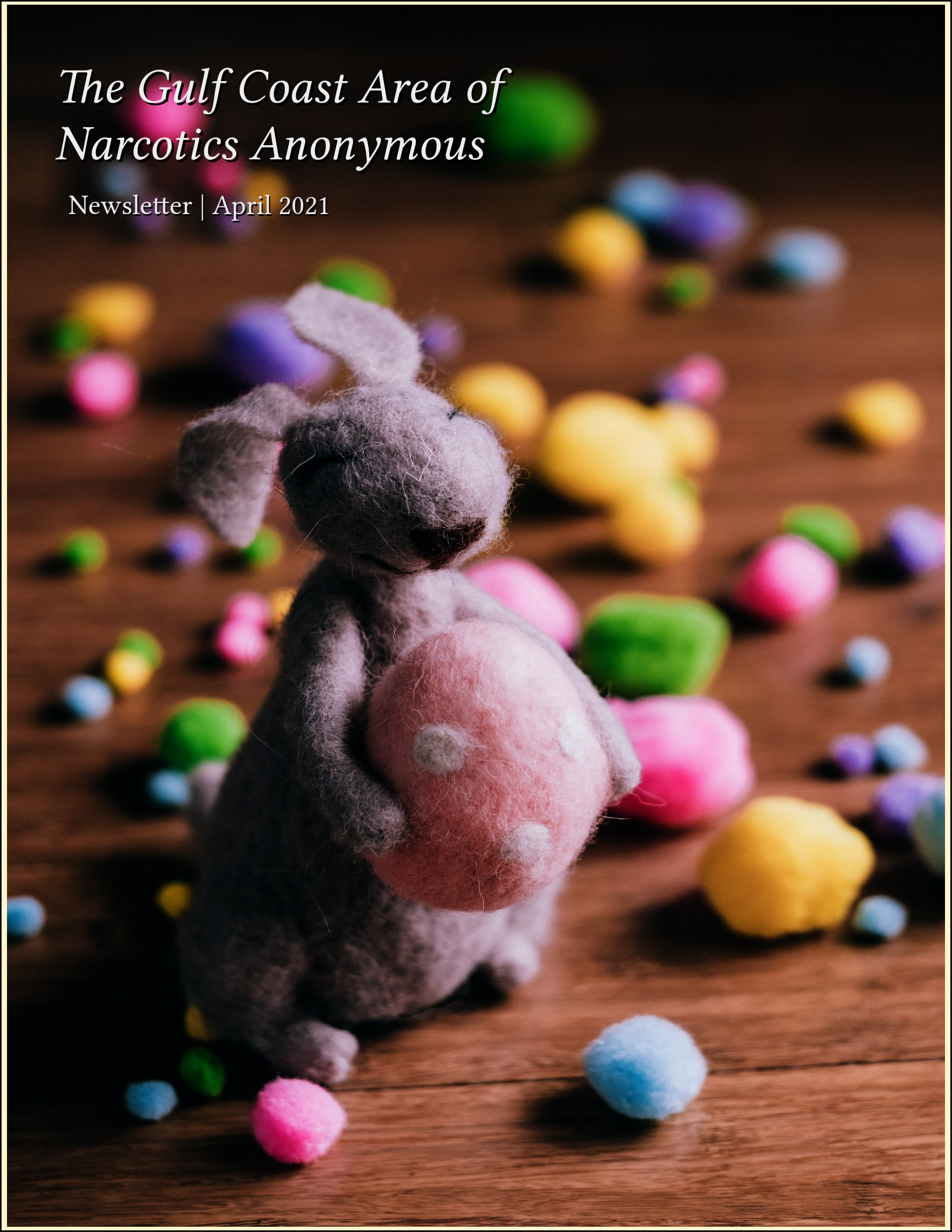


# *The Gulf Coast Area of Narcotics Anonymous*

Newsletter | April 2021







## *Hop Into a Meeting*

### *The Gulf Coast Area is Still Open*

There's yet another meeting opening back up in the Gulf Coast Area. We can barely keep up – gonna have to stretch this bad boy onto a new page soon! And to make sure that happens, please, 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
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
6:30PM – 7:30PM	Recovery First   Christ Central Church
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
8:00PM – 9:00PM	Lehigh On Recovery   Faith Lutheran Church

#### TUESDAY

12:00PM – 1:00PM	Sick As Our Secrets   Reflections Park
7:00PM – 8:00PM	Women Do Recover   Freedom Clubhouse

#### WEDNESDAY

12:00PM – 1:00PM	Sick As Our Secrets   Reflections Park
6:30PM – 7:30PM	Lehigh On Recovery   Faith Lutheran Church
7:00PM – 8:00PM	Just For Today   Freedom Clubhouse

#### THURSDAY

12:00PM – 1:00PM	Sick As Our Secrets   Reflections Park
7:00PM – 8:00PM	The Truth Will Set You Free   Branch of Life

#### FRIDAY

10:30AM – 11:30AM	Down & Dirty   Freedom Clubhouse
12:00PM – 1:00PM	Sick As Our Secrets   Reflections Park
6:30PM – 7:30PM	Lehigh On Recovery   Faith Lutheran Church
7:00PM – 8:00PM	Dare to Win   Freedom Clubhouse
8:00PM – 9:00PM	Bridge to Recovery   Beach Baptist Church

#### SATURDAY

8:30AM – 9:30AM	Solutions in the Sand   Bowditch Point Park
10:00AM – 11:00AM	Goodfellas in Recovery   SalusCare (Cape)
6:30PM – 7:30PM	Recovery First   LaBelle's Christ Central
7:00PM – 8:00PM	Hot Topic Group   Freedom Clubhouse
7:00PM – 8:00PM	Yes We Can!   Grace Central

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



# *A Note to Narcotics Anonymous*

## *A Local Addict Shares Her Thoughts on Change*

~ *"Over the years our fellowship has changed and our literature has expanded and been revised, but the message remains the same: An addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. You are welcome here. Please stay and be part of our growth."* - Basic Text, p. xix ~

Below is a short letter about what stays the same from an anonymous local addict.

When I first came to this program in March of 1985 there were a few things that kept me coming back...

*...and those those things  
haven't changed...*

The smiles, the welcoming behavior, the giving of phone numbers. The hugs have changed, some of the newcomer service work has changed (from making coffee to emptying ashtrays), but the program hasn't changed. Still, the third tradition prevails...

*...the only requirement for membership  
is a desire to stop using...*

Some of the sayings and practices that kept me clean after 11/21/1987 haven't changed either!

*First and foremost, just don't pick up! Think it through! If I  
feel bad now, how will I feel after I use?*

Sometimes I white knuckled-it, at times for five minutes at a time, until I could make a call or make it to the next meeting. Remember, relapse is a choice.

*- Anonymous*





# Stepping in Rhythm

## An Artistic Perspective on Stepwork

~ “My brains were a bit scrambled at first, but she felt step work was an excellent way to help unscramble them. She was right.” - *Basic Text*, p. 159 ~

Below is a poem from an anonymous addict about the steps.

If I'm working on my steps  
To the best of my ability,  
I'll progress in my recovery  
And in my life stability.

I've done Step One  
Then Two and Three,  
Step Four took a while  
Then with Five I felt free.

Now with Step Six I feel  
My life is a complete defect,  
With so many to work on  
Oh God which do I select?

I know I need to be ready  
Entirely as the step so reads,  
So I pray, I write, I ask for help  
And I follow as my sponsor leads.

I know I'll get through this step  
Like I have with all the rest,  
As long as I am honest  
And I truly give it my best.

***ILS***

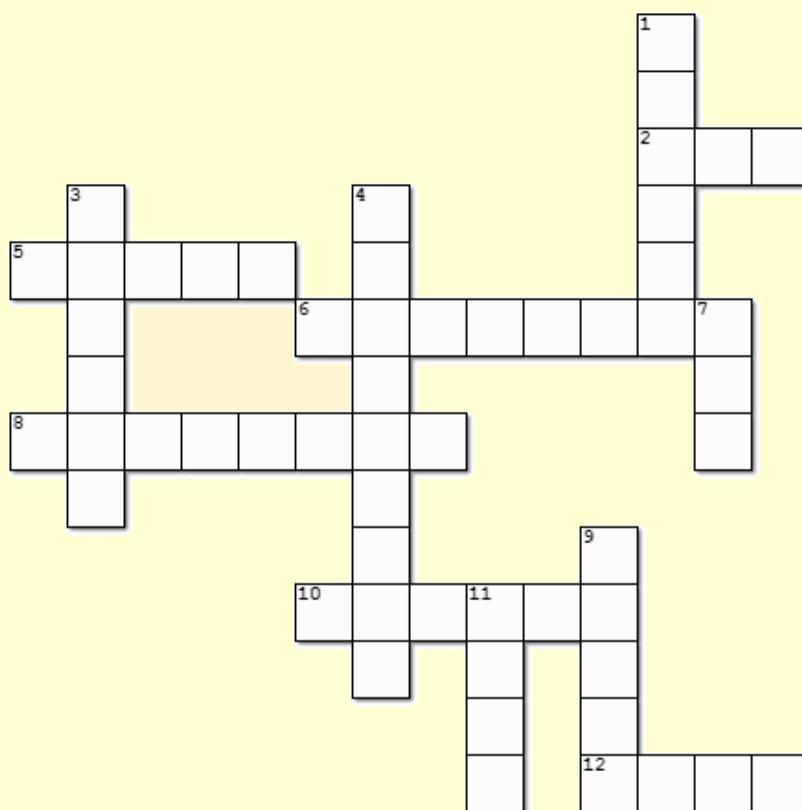




# Crossword? You Betcha...

## STEP TEN

All clues inspired by the Tenth Step and the Easter Season!



### Across

2. What we get stuck in if we don't attempt a new route.
5. We form a \_\_\_\_\_ of looking at ourselves...
6. What step ten frees us from.
8. What everyone makes from time to time.
10. What happens to things that are left undone. They \_\_\_\_\_.
12. What we have the right to feel.

### Down

1. We've sprung into the \_\_\_\_\_ season.
3. Eats a lot of carrots.
4. What step ten allows us to be...
7. Probably hidden in the bushes for kids to find.
9. What we need to admit we were...
11. What good times can be...



## *From the Subcommittee*

### *Spring into Service*

To the Gulf Coast Area,

Thanks to everyone involved with this issue. Anything helps – and we definitely still need tons of help. If you'd like to get involved, too, please 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 a lack of events, but with these submissions and upcoming events like the Speaker Jam at *Not Quite There Yet*, the Gulf Coast Area is coming back strong!

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,  
Nick H.