

A close-up, high-angle photograph of a dense field of green four-leaf clovers. The clovers are vibrant green and fill the entire frame, creating a textured, repeating pattern. The lighting is soft, highlighting the individual leaves and their characteristic four-lobed shape.

# *The Gulf Coast Area of Narcotics Anonymous*

Newsletter | March 2021



# *Lucky Us!*

## *Meetings Opening Up in the Gulf Coast Area*

So many meetings are opening up that we had to adjust the font size on the schedule! Hopefully, luck stays with us and many more meetings will open in the future. So, to help keep us lucky, 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
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### 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 Letter to Narcotics Anonymous***

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

~ “As long as we maintain an attitude of thankfulness for being clean, we find it is easier to remain clean. The best way to express gratitude is by carrying the message of our experience, strength, and hope to the still-suffering addict. We are ready to work with any suffering addict.” - Basic Text, p. 86 ~

Below is a short letter expressing gratitude from an anonymous local addict.

### ***“Gratitude is Spiritual Currency.”***

I remind myself of this daily.

This statement is one of the most profound gifts NA has given me. It's a tool to shift my perspective at any time and to empower my magnifying mind to bring into focus just how great life is CLEAN.

### ***“What are you grateful for?”***

I am grateful for the hands to write these words, the pen that glides across this paper, the clarity of mind that formulates these thoughts, the awareness that my words matter. What we do – matters. I am eternally grateful for NA. For the twelve step process. And the ability to be of service because I am CLEAN.

Thank you NA  
~ Anonymous



~ “Their attitude [...] is the dynamic force that is bringing increase and unity to our program. Now we know that the time has come when that tired old lie, ‘Once an addict, always an addict,’ will no longer be tolerated by either society or the addict himself. We do recover.” - Basic Text, p. 89 ~



On March 6<sup>th</sup>, the Gulf Coast Area held its first large-scale event since the start of the COVID-19 pandemic. With the H&I Learning Day, addicts gathered to teach one another about the importance of the Hospitals and Institutions service commitment.

The following weekend, the Gulf Coast Area gathered again to host the 6<sup>th</sup> Annual West Coast Unity Day. As the name suggests, addicts from areas all across the west coast of Florida were invited to come to the Gulf Coast Area to engage in sorely needed, in-person fellowship.







## ***We Do Recover – Continued***

*The Gulf Coast Area Hosts Learning Day and Unity Day*



At the H&I Learning Day, the Gulf Coast engaged in the time-honored tradition of “The Meeting from Hell,” where addicts demonstrate how NOT to run a meeting.

Afterwards, the keynote speaker, Paul D. from the Peace River area spoke on the importance of H&I and unity between areas.



*A special thank you to Anthony D. for taking the pictures from the H&I Learning Day included in this issue of the newsletter. Additionally, thanks to Steve H. for posting the group picture from Unity Day on our area Facebook page. NA is not affiliated with Lakes Park or Facebook.*





# Gratitude & Powerlessness

## Two Perspectives from Two Addicts

~ “When we admit that our lives have become unmanageable, we don’t have to argue our point of view. We have to accept ourselves as we are. We no longer have to be right all the time. When we give ourselves this freedom, we can allow others to be wrong. Freedom to change seems to come after acceptance of ourselves.” - Basic Text, p. 58 ~

Below are two different, yet essential, perspectives on life in recovery from two addicts, who, out of respect and fairness, will both remain anonymous.

A **gratitude list** was something that helped me during my first few days clean, my sponsor told me to write a gratitude list because I told her I couldn’t stop thinking about using. I started my list and I was no longer thinking about using, it helped me stay clean for another moment until I could get to a meeting. I have nine years clean now and a gratitude list still helps, here is my gratitude list today:

Peace and serenity  
My husband  
My baby boy  
My home  
My job  
God  
Being clean

**Unmanageability and powerlessness go hand in hand for me.** They both mean not being able to control what is going on in my life. Unmanageability makes things hard to handle. Powerlessness is knowing I have no over power over something even though my heart aches to change it.

As of right now, my life is unmanageable because I strive for perfection – perfect grades, perfect home, perfect body and mind. And I feel like trash when I can’t achieve it.

My schedule is unmanageable – sometimes I feel like I have no life.

I’m powerless over other people and their choices. I want people to be kind. I want them to be reliable, yet some people just aren’t.

I feel powerless over my mental health. I want so much to not feel so up and down all the time – can’t I just reach some kind of equilibrium? I don’t want to be medicated.

I’m powerless over time – sometimes I wish I could go back.

Sometimes I wish it would slow down...



# *Finding Peace in Narcotics Anonymous*

## *A Recovery Haiku*

What a mess I was  
Lived to use and used to live  
Then I found NA

Working my program  
Meetings, step work, fellowship  
Long journey ahead

I crawled through the door  
Beat from drinking and drugging  
You gave me a hug

My God it's working  
I've got a few twenty fours  
And colored key tags

The coffee is made  
Let's open with a prayer  
Welcome newcomers

Drugs weren't the problem  
They are only a symptom  
My problem is me

Don't pick up today  
Get phone numbers and use them  
Look for a sponsor

Gratitude and love  
Remember where I came from  
These things keep me clean

Read literature  
Ninety meetings in ninety  
Find a good home group

My sponsor, my friend  
He's my second set of eyes  
Sees things that I miss

Tomorrow won't come  
Yesterday I cannot change  
Live in the present

Can't do it alone  
Thank God for the old-timers  
Who've been there, done that

Clean just for today  
A strange and new way to live  
But it feels darn good

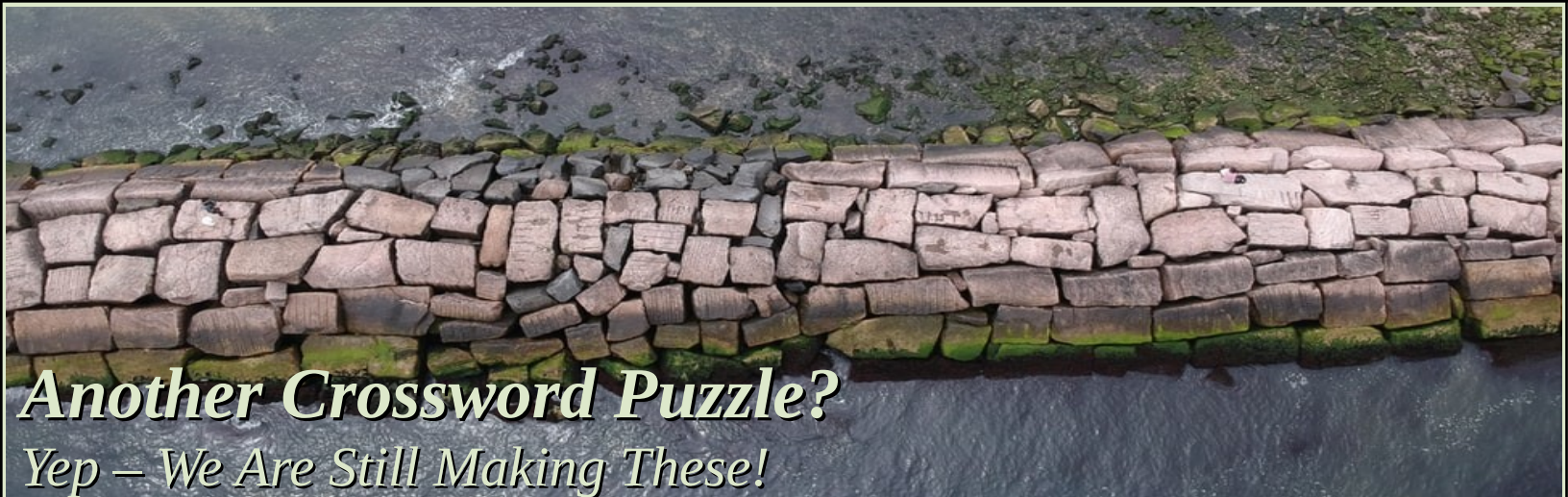
NA Fellowship  
One addict helps another  
A beautiful thing

In the rooms it's safe  
Outside it's life on life's terms  
Twelve steps show us how

*by Matt S.*





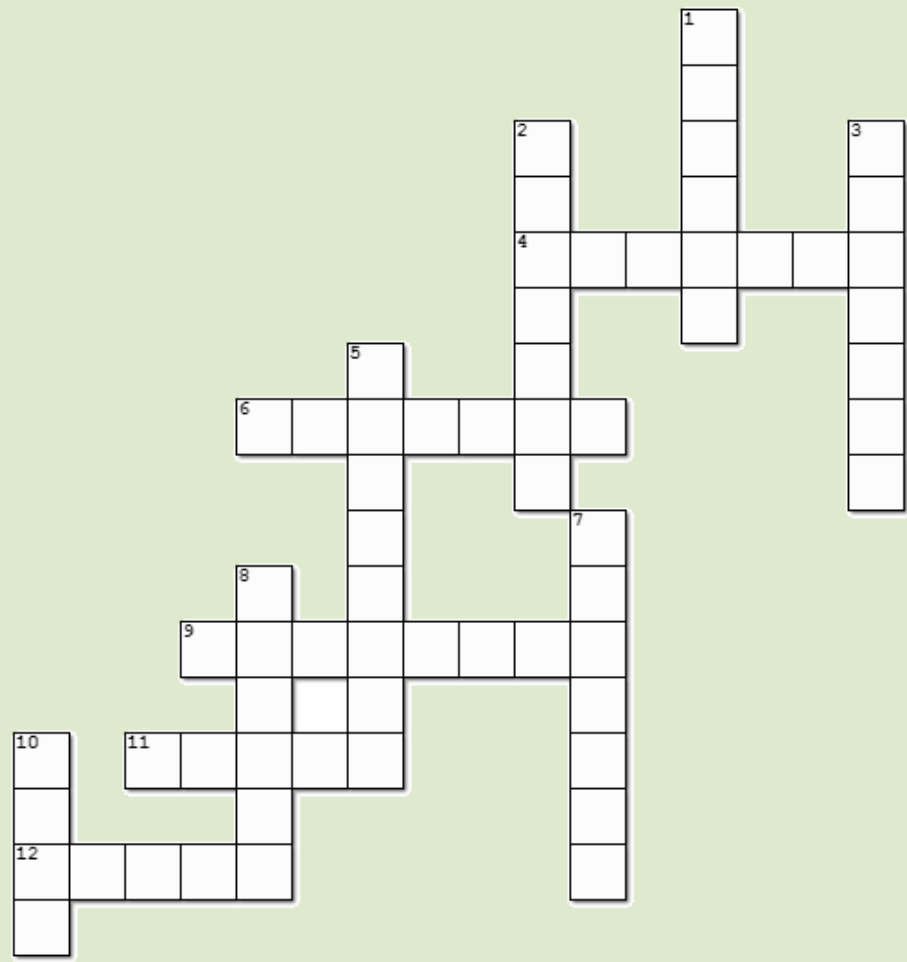


# Another Crossword Puzzle?

Yep – We Are Still Making These!

## STEP NINE

All clues from Step Nine in the Basic Text or in relation to St. Patrick's Day.



### Across

- 4. Our recovery is the pot of gold at the end of the \_\_\_\_\_.
- 6. This step should not be \_\_\_\_\_.
- 9. An important part of our recovery.
- 11. What we want to be free of at no one else's expense.
- 12. We are \_\_\_\_\_ because we found NA.

### Down

- 1. An essential part of this step.
- 2. Pride, fear, and procrastination.
- 3. Who you should turn your legal problems over to (hint: not your sponsor).
- 5. Something that may exist in old relationships...
- 7. Comes from the wreckage of our past.
- 8. What we work to restore with this step.
- 10. What we need to live successfully.





## *From the Subcommittee Looking to Get Lucky with Support*

To the Gulf Coast Area,

Wow! Our first truly supported newsletter! A big thanks to everyone involved with this issue. From the event pictures to the writing contributions, it all makes a difference. 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 the Learning Day and Unity Day, this month proved that 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.