

# The Gulf Coast Area of Narcotics Anonymous

Newsletter | June 2021







# Hot New Meetings

## The Gulf Coast Area Keeps Getting Brighter

Our meeting list continues to grow. It seems like only a few months ago that there were only a few meetings to attend. Now, this page can barely contain our area's regrowth. That being said, to make sure that continues, please, when making the choice to attend physical meetings, adhere to the rules of the establishment, as well as any recommendations from the Center for Disease Control. While a number of restrictions have been lifted, it is our responsibility to ensure that we do everything we can to keep our meetings open by keeping ourselves in-line with the expectations of the facilities hosting our meetings. Check the Gulf Coast Area of Narcotics Anonymous calendar at [nagulfcoastfla.org](http://nagulfcoastfla.org) for 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 via email at [newsletter@nagulfcoastfla.org](mailto:newsletter@nagulfcoastfla.org) today!

### 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	
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	Believe that We Believe   Unity Church
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
7:00PM – 8:00PM	Keeping it Clean   Community of Christ Church
THURSDAY	
12:00PM – 1:00PM	Sick As Our Secrets   Reflections Park
7:00PM – 8:00PM	Keeping it Clean   Community of Christ Church
7:00PM – 8:00PM	The Truth Will Set You Free   Branch of Life
FRIDAY	
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 Coral
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.



# Jumping Into Conventions and Community

## As NA Comes Back to Life, Addicts Plan for Events

~ “In my first five years of being clean, I never had the courage to attend a large gathering or admit that I was an addict in front of others. Today, I go to meetings and conventions, and whenever necessary, I let others know that I am an addict.” ~

Basic Text, p. 372

*With events like SFRCNA on the horizon, many addicts are excited for what will be their first Narcotics Anonymous event in over a year. Below, a few anonymous local addicts share what the return of this huge community event means to them.*

I honestly thought it was all over. When the pandemic hit. I thought we would never bounce back and feel like a community again. I am grateful that I had a smartphone and could do the online meetings. But, it wasn't quite the same. I used to make fun of old-timers who complained on day-one about how the computer stuff didn't count or didn't feel right or whatever. But, after months and months of not seeing folks, I started to agree with them. Even if I didn't say it out loud! I'm glad we've got our meetings back. I'm glad I can drive my butt miles and miles to go to convention again, too. I used to hate hanging out with my sponsor-family. Now, I can't wait to be around them again.

- C. M.

We circled up at a meeting for the first time in a year the other week. I had just stopped hearing the old-heads at the meetings making jokes like, "Let this... blob or whatever represent..." and such. I was so sick of it. I was, like, "Can't you just accept that this is how things are now? Like me? Because I'm so smart and zen or whatever?" Turns out, I needed the circle. I needed to touch some of my fellow sisters, like before. I already booked my ticket and have my travel plans set up. I'm ready and reserved and good to go. Community invigorates me. It invigorates us. It's something that I took for granted, and now I want all that I can get. So, I'm ready to go and get connected.

- D. C.

I never went to a single convention in The Before Times. I never went to a single sponsorship gathering. I never even went to a barbecue. And when COVID hit, I was thinking to myself, "Good riddance." But, when COVID came, no one really called. No one checked in on me when I didn't log into the online meetings. No one swung by my door and pounded on it, asking where I was. And I didn't blame anyone. I was the one who never came early or stayed late. I was the one who said no to every single event that came my way. Basically, I said no to NA as a whole. My mistake. Now I have another chance. You bet your bottom dollar that I'm gonna stay involved this time. You bet I'm actually gonna show out.

- J. Z.







# Commitments and Being of Service

## An Addict Shares on Area Service During the Pandemic

“I have come to realize that no people, places, or things can ever make me whole, but the program of Narcotics Anonymous will. The phrase “it’s an inside job” was so difficult for this addict to understand, but it is so true. I am involved in more service than ever. I was the chairperson of our area convention last year and am involved again this year, and I am vice chair of the area service committee. I love it and the relationships I make doing service.”

~  
Basic Text, p. 329  
~

With the challenges of the COVID-19 pandemic, some local addicts saw their commitments fade into the rear-view. But, for many addicts, service never stopped. Below, a local addict shares her insight into service during troubling times.

The pandemic hits, and I’m let wondering: “What am I going to do?” I had built my entire social life around Narcotics Anonymous and the commitments I held. My new circles, my new friends, my new family. It was all tied to NA. And then, being told that I couldn’t come to meetings, that I couldn’t go to area, that I couldn’t serve, my whole life felt like it was falling apart. But, fortunately for me, with years of experience in the program came the know-how of what to do next... I picked up the phone. Called my sponsor. She was also freaking out. Whereas I only had a few years of dependence on the program, she had DECADES. What were we going to do?

Fortunately, the answer was keep our commitments, go to meetings, and call other addicts. After the initial shock of the COVID wore off, things didn’t change all the much. The faces I used to see started showing up on my computer. My area service and my service to my homegroup became all about keeping our “doors” open in the online space – who hosts the meetings, how do we format them, and so on. How do we get donations? Do we do events? What the heck is going on? What changes?

Well, like they say, nothing changes if nothing changes. My service became more desperate and my drive to be involved got stronger. I started doing more while I was moving less, if that makes any sense. And now, I learned that I can be of service from ANYWHERE at ANYTIME. What I thought was going to kill me didn’t make me stronger. It just showed me the strength that was already there. I hope that was the same for everyone else...



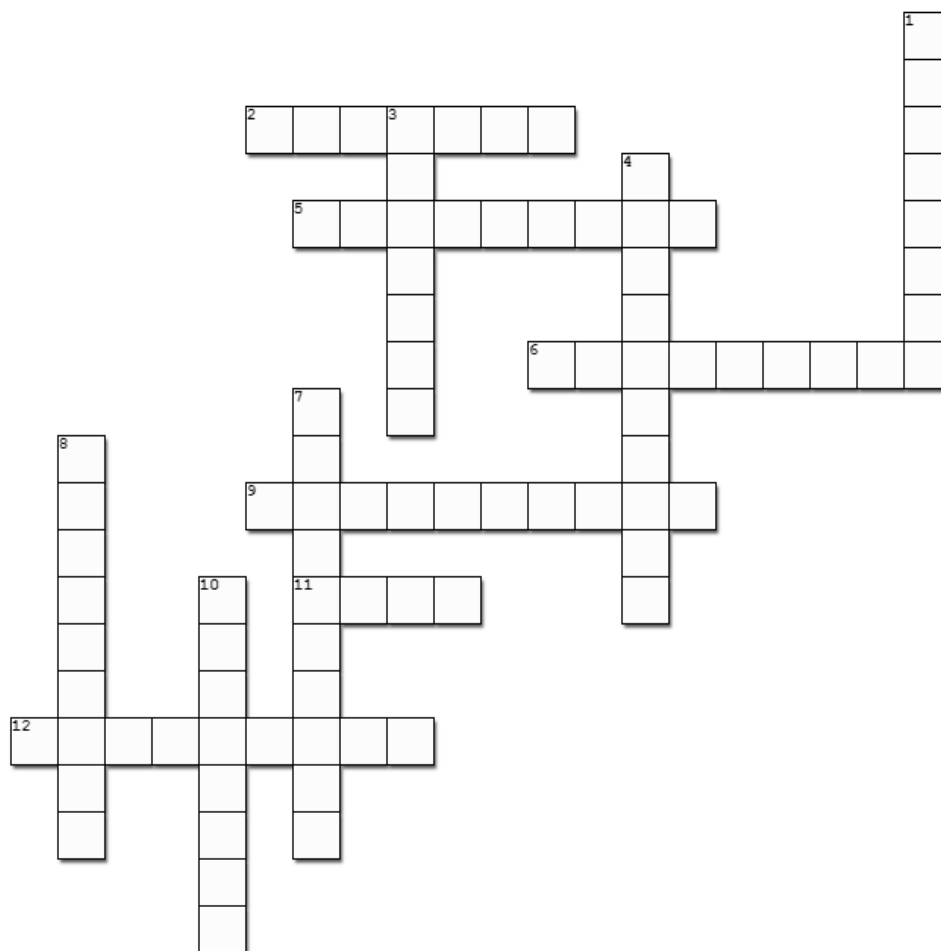


# Another Beloved Crossword

## I Hope Everyone is as Excited as Me

### STEP TWELVE

All clues derived from Step Twelve in the Basic Text.



#### Across

2. What we carry to others.
5. The last thing we expected for our spirit.
6. The first way we carry the message is simply by being \_\_\_\_.
9. What we practice during the 12th step and beyond.
11. You are a vision of \_\_\_\_.
12. What we need in our lives for a spiritual awakening.

#### Down

1. What we get when we work the steps.
3. What we must do with the gift of recovery so we can keep it.
4. We are our higher power's \_\_\_\_ when we help others.
7. What our lives become while working the steps.
8. Finishing step twelve isn't the end... it's a \_\_\_\_!
10. We came to NA as a result of the \_\_\_\_ of our past.





## From the Subcommittee Support is Needed

To the Gulf Coast Area,

With the area coming back to life and tons of events coming up, the newsletter subcommittee is going to need 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 at the moment, but again, with so much coming up and so many meetings and members coming back, we need local area folks to get involved.

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.