

The Gulf Coast Area of Narcotics Anonymous

Newsletter | May 2021





Meetings in Bloom

The Gulf Coast Area is Growing Still

It's hard to believe that this year is almost half over. Given how hard last year was, it is amazing to see how much progress the Gulf Coast Area has made. And to make sure that continues, 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 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 via email at 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

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|------------------|--|
| 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.



Clean on Cinco de Mayo

Five Local Addicts Share Their Insights on Holidays and Using

~ *"The program convinced us that we needed to change ourselves, instead of trying to change the people and situations around us. We discovered new opportunities. We found a sense of self-worth. We learned self-respect. This is a program for learning... We are set free."* - Basic Text, p. 16 ~

Anonymous local addicts briefly share what they plan to do on holidays that traditionally, to them, meant using heavily and making bad choices these holidays are supposed to be about independence, love, hope, and freedom.

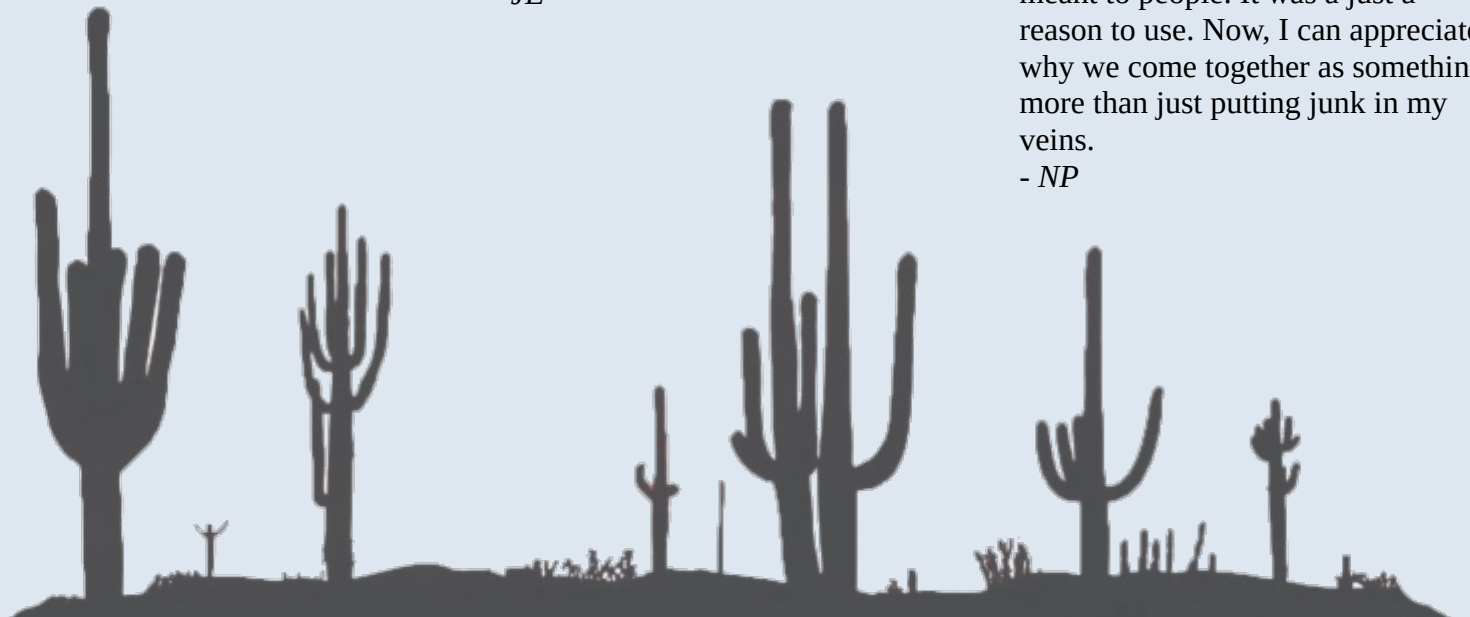
I don't remember a single holiday before ten years ago. No secret that my clean date is about ten years ago, either. Cinco de Mayo was one of the many days I ruined for myself and for others. I remember going and just turning into a monster, starting fights, ruining nights, and so on. Without NA, I'd still be out there, ruining days that should be fun for others. That's not to say I belong locked up or away from fun things. No. Now I can go out and mingle and be around people I used to scare.
- PC

I wrecked a car on Cinco de Mayo. I made my mom cry, too. I punched my brother on Christmas. I kicked my dog down a flight of stairs on New Year's Eve. Holidays were just a reason for me to get hammered. Now, they're a way to see people I love. If it weren't for NA, I'd never have learned that.
- ZG

The smallest and biggest miracle NA has given me is the desire to wake up early on days I used to stay out late on.
- JE

It's a small victory to not get locked up every time there's a holiday on my desk calendar. Or to actually use the days I get off from working as more than time to recover from a hangover. I've gotten a lot of hours back thanks to NA – hours that I used to think I didn't deserve.
- KK

When I was doing drugs, I used things that meant a lot to people as an excuse to get high. I didn't care what the holiday was or what it meant to people. It was a just a reason to use. Now, I can appreciate why we come together as something more than just putting junk in my veins.
- NP





Jamming in the Gulf Coast Area

Perspective on a Speaker Event

~ "I can't begin to count how many times I've sat at meetings and thought the speaker was sharing my story, whether they were around my age or much older. I know that there will always be people with whom I can relate, on the level of specific experiences and on the spiritual level. ~

Below is one addict's anonymous take on a recent Speaker Jam at the Not Quite There Yet group located at the Freedom Clubhouse (non-affiliated).

I hadn't traveled to hear a speaker share in over a year. And I didn't plan on doing it now. I like my isolation, because I'm addict. I had made up my mind to stay home. But, for some reason, whether it was my Higher Power or just the deep want to see other people, I threw myself into my car and drove from Punta Gorda to Fort Myers.

I thought I was going to be seeing two couples talk about relationships. That's what the event was advertised to me as. But, that wasn't what I was going to get. Got to let go of my expectations. Nope, what I got was a smorgasbord of unique experiences, ranging from what I expected, to outlandish yet wholly American, to completely foreign! One of the guys was from England of all places, flew over and decided he wanted to share with a bunch of Florida beach bums at the last minute. What a program.

The thing that stood out, and it is the thing that always stands out, is how universal our stories can be. Not in the details, but in the feelings. In the heart. In the soul. I'm not a junkie from England. I'm not a coke-head from New York. I'm not a drunk from Florida (most of the time).

What I am is an addict.

What I have is a disease.

What I get is a sense of unity.

I hope we do more of these events in the future. Safely and securely of course. I didn't get clean to die from COVID! But, these things mean a lot to me. More than I realized.



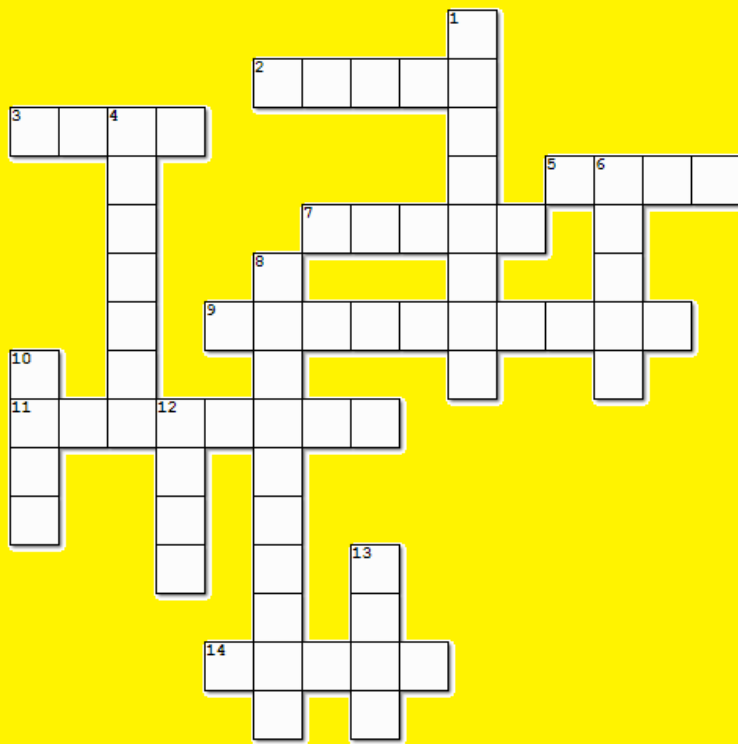


What's a Nine Letter Word For...

Wait, Wrong Puzzle

STEP ELEVEN

All clues drawn from the 11th Step in the Basic Text.



Across

- 2. This step is full of these moments.
- 3. It is ____ into our old ways...
- 5. What our mind must be.
- 7. We must be spiritually _____.
- 9. What religions and organizations might have left us as before NA.
- 11. Prayer and meditation.
- 14. What God helps us get into order...

Down

- 1. What our Power is in our new lives.
- 4. Does this to our spiritual condition.
- 6. We get it when we surrender control.
- 8. Allows us to develop in our own way.
- 10. What we get from a Power greater than ourselves.
- 12. This step helps us see what is ____.
- 13. Things from the ____ might work today.



From the Subcommittee

Support is Needed

To the Gulf Coast Area,

Support has dried up over the past few months. I know everyone is busy trying to get back to normal, but... 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

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 recent 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.