



# The Gulf Coast Area of Narcotics Anonymous

Newsletter | July 2021





# An Explosion of Meetings

## The Gulf Coast Area Is Still Glowing Brightly

Our meeting list continues to grow. Not only are new meetings springing up, but old meetings are returning. 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

- Face covering **over** the nose, as needed
- Maintain some 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 after the meeting
- Do not touch your face or eyes
- Do not pull your face covering down while sneezing or coughing
- Do not attend if you have been in contact with someone sick or feel sick yourself
- Respect the concerns of others **at all times**

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

### 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

12:00PM – 1:00PM  
6:30PM – 7:30PM  
7:00PM – 8:00PM  
7:00PM – 8:00PM  
7:00PM – 8:00PM  
8:00PM – 9:00PM

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  
7:00PM – 8:00PM

Sick As Our Secrets | Reflections Park  
Believe that We Believe | Unity Church  
Women Do Recover | Freedom Clubhouse

### WEDNESDAY

12:00PM – 1:00PM  
6:30PM – 7:30PM  
7:00PM – 8:00PM  
7:00PM – 8:00PM

Sick As Our Secrets | Reflections Park  
Lehigh On Recovery | Faith Lutheran Church  
Just For Today | Freedom Clubhouse  
Keeping it Clean | Community of Christ Church

### THURSDAY

12:00PM – 1:00PM  
7:00PM – 8:00PM  
7:00PM – 8:00PM  
7:30PM – 8:30PM

Sick As Our Secrets | Reflections Park  
Keeping it Clean | Community of Christ Church  
The Truth Will Set You Free | Branch of Life  
Suncoast Serenity Group | NFM Community Ctr

### FRIDAY

12:00PM – 1:00PM  
6:30PM – 7:30PM  
7:00PM – 8:00PM  
8:00PM – 9:00PM

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  
10:00AM – 11:00AM  
6:30PM – 7:30PM  
7:00PM – 8:00PM  
7:00PM – 8:00PM  
7:00PM – 8:00PM

Solutions in the Sand | Bowditch Point Park  
Goodfellas in Recovery | SalusCare Cape Coral  
Recovery First | LaBelle's Christ Central  
Hot Topic Group | Freedom Clubhouse  
Yes We Can! | Grace Central  
Saturday Night Live | Union Hall



# Celebrating Recovery

## Local Addicts Share Their Joy

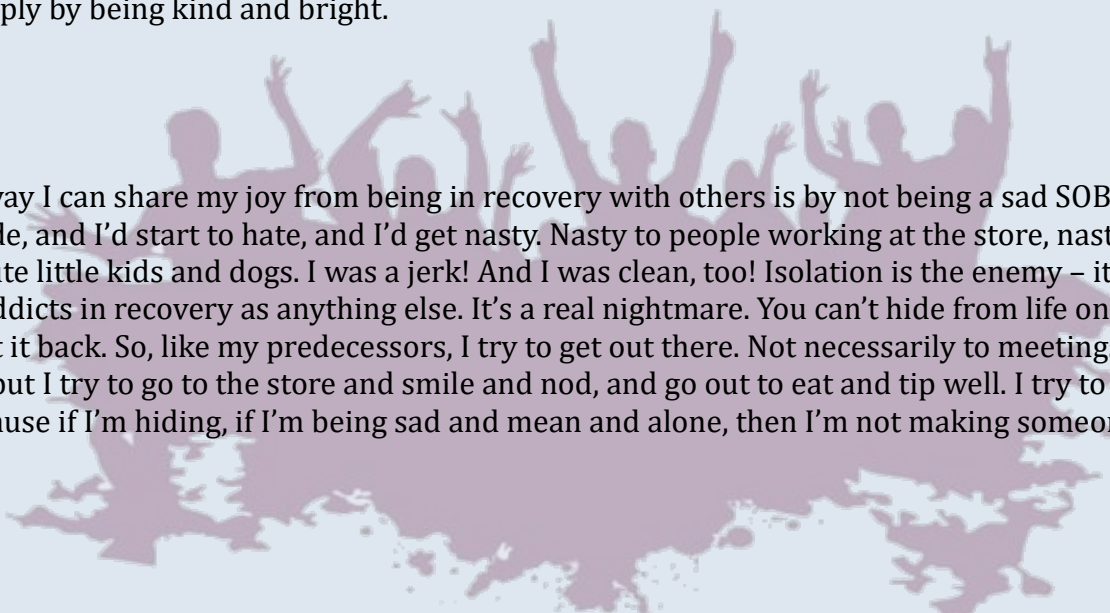
“When it comes to NA, there are no politics involved.  
We sit in meetings together; we serve together; we  
celebrate our recovery together.”

Basic Text, p. 372

~  
*As the new normal becomes the normal normal, addicts are finding reasons to  
celebrate their lives and their recovery. Below are three local addicts' takes on what  
it means to celebrate recovery and how they share the joy they feel with others.*

It's been hard to celebrate anything this past year or so. I've had friends get sick and I've had friends go back out. I've had people I care about simply “step away” from the rooms and fade out of my life. I got fired, too, when COVID started. It was a nightmare. But, in spite of all that, I've become a better and stronger person because I didn't use no matter what. I went to online meetings. I called my sponsor. And now, I have a new job and a new boyfriend. A good job and a good boyfriend, no less. Which are things I didn't have this time last year. And it's all because I didn't give up. So, when I go out now, I try to smile and share myself with others simply by being kind and bright.

- G.G.



The best way I can share my joy from being in recovery with others is by not being a sad SOB anymore! I used to hide, and I'd start to hate, and I'd get nasty. Nasty to people working at the store, nasty to my family, nasty to cute little kids and dogs. I was a jerk! And I was clean, too! Isolation is the enemy – it has taken out as many addicts in recovery as anything else. It's a real nightmare. You can't hide from life once you fight so hard to get it back. So, like my predecessors, I try to get out there. Not necessarily to meetings 24/7 or anything, but I try to go to the store and smile and nod, and go out to eat and tip well. I try to be out and about because if I'm hiding, if I'm being sad and mean and alone, then I'm not making someone smile!

- R.J.

It's easy bringing joy to people now that I feel my Higher Power's joy. I feel my HP's happiness flow through me – I'm here for a reason, and that reason is to be of service and to be kind to others. This includes addicts and non-addicts alike – it does not matter. However, I would never have experienced my HP's joy and light and grace if I hadn't worked the steps. They connected me with my Higher Power. And, as such, I have become connected to myself, to what makes me happy, and to what makes other people happy. I know how to be a good person now – or, at least a little bit. And I try to be the good person my HP knows I am every single day.

- K.Z.



# Fireworks and Recovery

## An Addict Shares What It's Like Dating Clean

“Some of us sought approval through sex or change of friends. This approval-seeking behavior carried us further into our addiction. Some of us tried marriage, divorce or desertion. Regardless of what we tried, we could not escape from our disease.”

- Basic Text, p. 329

*It's hard enough finding love as a “normie,” let alone as an addict in recovery. During this month of fireworks and explosions, one anonymous addict shares their experience in finding love while in recovery.*

No relationships for one year, right? That's what everyone says – I think it's only in the Living Clean book, if I'm right. And that references some mystical saying that everyone likes to throw around. Well, it worked for me. By worked for me, I mean no one wanted anything to do with my nervous self the first year I was clean. And that was for the best, really. I would have destroyed myself and someone else if I had tried to get into a Rehab Romance. Of course, I did try to get into one, but I had way too much work to do on myself.

So, I went to meetings. I did step work. I got like three different sponsors. And by got I mean “got fired by” three different sponsors. I got a new job, new home, new car, new clothes, new everything. I was starting to feel new, too. When I picked up that glow in the dark key tag for my one year, boy, I thought I was “recovered.” And I was ready for love because, dangit, I was BETTER than everyone else because I took the twelve month suggestion!

I was not ready. I got a dating app on my phone and rode it into the ground and got my heart broken over and over and over, because I stepped away from meetings and commitments and I stepped away from recovery and started pursuing what I thought I was owed. Love. I was not owed love. I was not owed anything.

I got humbled HARD. I recommitted to my recovery. And I stopped looking, demanding, seeking to be loved. And you know what? When that happened? It's when I found the love of my life. Because I allowed myself to be found, rather than seeking and seeking and seeking.

- Y.O.



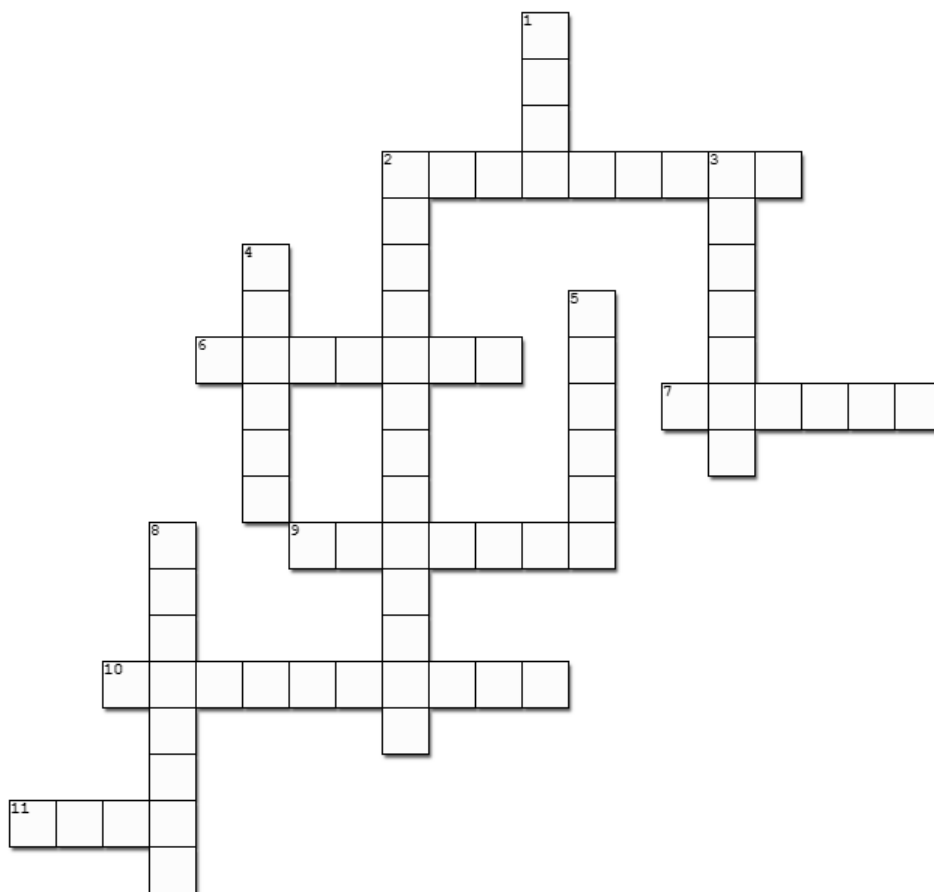


# An Explosive Crossword

## I Hope Everyone Is About to Blow Up Over This One

### STEP ONE

Clues from Step One in the Basic Text.



#### Across

2. What we are over our addiction.
6. What we see is impossible when suggested.
7. Who could convince us we were addicts?
9. From using: denial, substitution, rationalization, etc...
10. The physical aspect of our disease.
11. This step opens the \_\_\_\_\_ for our Higher Power.

#### Down

1. We we're brimming with this at the start...
2. Means using against our will.
3. Our usage of drugs.
4. What we have after we stop justifying our using.
5. What we break when we work the first step.
8. Not responsible for the disease, but instead the \_\_\_\_\_.



## From the Subcommittee

### Thank You For Letting Me Serve

To the Gulf Coast Area,

If you'd like to get involved, please email me us at:

[newsletter@nagulfcoastfla.org](mailto:newsletter@nagulfcoastfla.org)

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!

Best of Luck to All,  
Nick H.