



# SHARK COAST AREA NEWSLETTER

DECEMBER 21<sup>ST</sup>, 2017 – MARCH 19<sup>TH</sup>, 2018

## From the Editor

By Roarke B.

Welcome to the Shark Coast Area Newsletter. We hope this newsletter will assist you in your recovery. Together our fellowship has grown by us continuing to attend meetings regularly, sharing our experience, strength, and hope as we find and maintain recovery from addiction. No matter where we maybe in recovery our disease is still the same. As we help grow together through the unity of our fellowship in our recovery we learn to work together with our fellow members, and when we open up to other members we learn that we have a lot more in common than we thought. Over time we begin to understand how the principles in our program really do work throughout each of our lives. By working the steps with our sponsor, we not only start to apply these principles in our life, but we gain friendships like we never could have imagined were possible when we were in active addiction. No longer do we have to try to fit in with others, worry about what others may say, or think about us...so long as we continue to remain honest with ourselves, in our sharing, and especially when we work our steps with our sponsor. As a newcomer we may feel like we don't belong or not a part of...asking ourselves, "why am I even here" as we continue to try to conform to the likeness of others. Unfortunately, this feeling is common and is part of our disease, but rest assured, as you continue to keep coming back over time that feeling that we have to

conform changes into a feeling of being transformed. Just like a caterpillar that over time transforms into a butterfly we too change into something very spectacular...our true self. More often than not other members see this change in you before you do yourself. Over the past year our fellowship of Narcotics Anonymous in the Shark Coast Area has changed a lot with many new members joining into our fellowship that has grown in strength and unity with each other. We continue sharing our message of hope with those still in Hospitals and Institutions who can't attend regular meetings, we have members willing to help sponsor others who have sponsors themselves, many fun-filled memorable activities shared together, along with many adversaries celebrated of a year or more clean showing that our program really does work! We our exited to see what our future holds as we continue to keep our recovery first one day at a time...just for today.

## Hospitals & Institutions (H&I)

By Anonymous

H&I meetings carry the NA message of recovery to addicts who do not have full access to regular Narcotics Anonymous meetings. H&I is an important service in our public relations efforts in the Shark Coast Area of NA. One of our PR goals is to inform the public and the potential member about our program. When addicts seeking recovery know who we are and where to find our meetings, this means our efforts have been successful. To learn more or get involved

with the Shark Coast Area H&I please come visit New Hope Baptist Church at 1200 Englewood, Rd, Englewood, FL 34223 from noon to 1:00pm the second Sunday of each month. We look forward to seeing you there!!!

Spiritual Path Stepping Stones By Clive





## The 48 Musts

*As found in the Basic Text 5<sup>th</sup> Ed.*

1. "Everything that occurs in the course of N.A. service MUST be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers." – pg. XVI
2. "We MUST always remember that as individual members, groups, and service committees we are not and should never be in competition with each other." – pg. XVI
3. "We must face our problems and our feelings." – pg. 15
4. "We are people with the disease of addiction who MUST abstain from all drugs in order to recover." – pg. 18
5. "A second admission MUST be made before our foundation is complete." – pg. 21 (Explanation: It is not enough to admit that we are powerless over drugs, we MUST also admit that our lives had become unmanageable)
6. "We MUST be done with the past and not cling on to it." – pg. 28
7. "Assets MUST also be considered, if we are to get any accurate and complete picture of ourselves." – pg. 28
8. "Although He (God) already knows, the admission MUST come from our own lips to be truly effective. Step five is not simply reading of step four." – pg. 31
9. "We MUST carefully choose the person who is to hear our fifth step." – pg. 31
10. "We MUST make sure that they know what we are doing and why we are doing it." – pg. 31
11. "We MUST be exact." – pg. 32
12. "We MUST realize we are not perfect." – pg. 35
13. "Our experience tells us that we MUST become willing before this step will have any effect." – pg. 34 (step eight)
14. "We MUST separate what was done to us from what we did to others." – pg. 37
15. "As with each step we MUST, be thorough." – pg. 38
16. "We MUST remember the pain that they have known." – pg. 40
17. "It is said that for meditation to be of value, the results MUST show in our daily lives." – pg. 46
18. "We MUST give freely and gratefully that which has been freely and gratefully given to us." – pg. 47
19. "Our disease involved much more than just using drugs, so our recovery MUST involve much more than just simple abstinence." – pg. 53
20. "We MUST give up this old concept and face the fact that reality and life go on, whether we choose to accept them or not." – pg. 53
21. "When we are prepared, we MUST try out our newly found way of life." – pg. 55
22. "We learn the program won't work when we try to adapt it to our life. We MUST learn to adapt our life to the program." – pg. 55
23. "Unity is a must in Narcotics Anonymous." – pg. 60
24. "We MUST live and work together as a group to ensure that in a storm our ship does not sink and our members do not perish." – pg. 60
25. We MUST be consistently on guard that our decisions are truly an expression of God's will." – pg. 61
26. "An atmosphere of recovery in our groups is one of the most valued assets, and we MUST guard it carefully, lest we lose it to politics and personalities." – pg. 61
27. "We MUST remember that officers have been placed in trust, that we are trusted servants, and that at no time do any of us govern." – pg. 61
28. "Our Sixth Tradition tells us some of the things that we MUST do to preserve and protect our primary purpose." – pg. 66
29. "We MUST first understand what N.A. is. Narcotics Anonymous is addicts who have the desire to stop using, and have joined together to do so." – pg. 70
30. "In order to achieve our spiritual aim, Narcotics Anonymous MUST be known and respected." – pg. 71
31. "To improve ourselves takes effort, and since there is no way in the world to graft a new idea on a closed mind, an opening MUST be made somehow." – pg. 75
32. "We MUST relearn many things that we have forgotten and develop a new approach to life if we are to survive." – pg. 77
33. "We realize we MUST do something." – pg. 78
34. "When we feel the old urges come over us, we think there MUST be something wrong with us, and that other people in Narcotics Anonymous couldn't possibly understand." – pg. 79
35. "We come here powerless, and the power that we seek comes to us

through other people in Narcotics Anonymous, but we MUST reach out for it." – pg. 79

36. "Recovery found in Narcotics Anonymous MUST come from within, and no one stays clean for anyone but themselves." – pg. 80
37. "If we have relapsed, it is important to keep in mind that we MUST get back to meetings as soon as possible." – pg. 80
38. "We MUST totally surrender ourselves to the program." – pg. 81
39. "We MUST use what we learn or we will lose it in a relapse." – pg. 81
40. "We MUST, use what we learn or we will lose it, no matter how long we have been clean." – pg. 82
41. "Eventually we are shown that we MUST get honest, or we will use again." – pg. 82
42. "We MUST smash the illusion that we can do it alone." – pg. 82
43. "Staying clean MUST always come first." – pg. 82
44. "Somethings we MUST accept, others we can change." – pg. 92
45. "We MUST be willing to do whatever is necessary to recover." – pg. 93
46. "We never know when the time will come when we MUST put forth all the effort and strength we have just to stay clean." – pg. 93
47. "No Matter how painful life's tragedies can be for us, one thing is clear, we MUST not use, no matter what!" – pg. 98
48. "In order to receive, we MUST be willing to give." – pg. 102

*The only requirement for N.A. membership is a desire to stop using. Any addict is a member when he or she says so.*

## Why do we hug?

By Charley L.

Why do we hug?

What does it mean?

It's as simple

As it seems.

It's a way

We connect.

Even when

We're a wreck.

It makes me part

Of our we.

It lets us know

We are free.

It tells me

That we care.

If you need,

We are there.

I don't have

To be alone.

What you believe

Is your own.

We still learn

Everyday

What to do,

Practice, or say.

To own fear

Makes us real.

It's okay

When we feel.

If we're sad

Share it too.

We accept

We are true.

It will pass

As it does.

Then we grow

Just because.

How it works

Is quite well.

We don't have

To live our hell.

NA is here

For you too.

Hugs are part

Of what we do.

## Instant Gratification

By Anonymous

Our disease craves instant gratification and that causes all kinds of situations if I allowed it to. For instance, if I think I want it, or need it, or I have to have it, but I don't get it when I want, or how I want it...I can get twisted. My mind starts its process of what if? This is why, its all because of, if only you understood, what if this, how come that he says, she says, we say, they say, it's the disease...and it can be arrested, the steps are the key from insanity to sanity, one step at a time.

## Reaching Out

By Anonymous

Did you know that in Narcotics Anonymous we welcome everyone whether you are an NA member, a professional who works with recovering addicts, an incarcerated member, or a member who provides H&I service. Our NA World Service Reaching Out in its design helps incarcerated addicts connect to the NA program of recovery, enhances H&I efforts and offers experience from members who successfully transitioned from the 'inside' to be productive members of society.



Banner from Leeukop Prison

## Dear Reaching Out,

My name is KM and I am a recovering addict incarcerated in Arizona. First of all, I would like to thank you so much for sending me the Reaching Out newsletter for all these years. I love reading all the stories from other incarcerated addicts like me, sharing their experience, strength, and hope. I also like the letters from the outside. Those letters make me feel great, knowing that I have a family out there waiting for me and that I can maintain my recovery once I am released. I have recently been transferred to a reentry yard to society. It is known as the "going home yard." I do miss my home group and everyone there, but I know this is a good thing. Yes, I'm a little nervous and excited, but Narcotics Anonymous has taught me that I have nothing to fear and that this, too, will pass as long as I don't pick up and I make it to a meeting when I am released. I have been clean now for five years and seven months thanks to Narcotics Anonymous and my Higher Power. I don't want to lose this! I plan on getting involved in working the Steps and taking suggestions by others who are solid in the Fellowship. I look forward to going to a meeting on the outside and getting a sponsor. I never want to come to prison again, and through Narcotics Anonymous, I don't have to. There is still a lot of work to do, and this is a new phase on my journey of recovery. The difference today is that I am willing to do whatever it takes. I thank you for all the love and support you have given me for these past years. In the spirit of the Fellowship,

KM, AZ

## Narcotics Anonymous Activities

By Anonymous

The Winter months can be hard for us sometimes in recovery, but we are never alone. Our NA Activities listed here include the surrounding areas as well to help us stay informed on all the options we have in our recovery.

### Peace River Events

December 25<sup>th</sup>, 2017

LifeWorks

4678 Tamiami Trail, Punta Gorda, FL 33980

11:00am

12:30pm

2:00pm

3:30pm

5:00pm

### Suncoast Area Events

Cosmic Bowling

January 12<sup>th</sup>, 2018

February 9<sup>th</sup>, 2018

March 9<sup>th</sup>, 2018

From 9:30 to 11:59pm

At Sarasota Lanes

2250 Fruitville Road, Sarasota, FL

### Funcoast Area Events

New Bite of Serenity Mini Holiday Marathon

December 25<sup>th</sup>, 2017 9:00am to 5:30pm

St. Paul Lutheran Church

5103 N. Central Ave, Tampa, FL 33603

New Year Dance

December 31<sup>st</sup>, 2017 8:00pm to January 1<sup>st</sup>, 2018 12:30am

Seminole Heights United Methodist Church

6111 N. Central Ave, Tampa, FL 33604

## We Do Recover

By Narcotics Anonymous Basic Text

When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative; either go on as best we can to the bitter ends – jails,

institutions, or death – or find a new way to live. In years gone by very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all, this is a simple spiritual, not religious program known as Narcotics Anonymous.

## Suggestions for Staying Clean

By Anonymous

- Attend 90 Meetings in 90 Days
- Change people, places & things
- Get involved and get a home group
- Ask for phone numbers and use them
- Get a sponsor
- Start working the Steps

## Shark Coast Helpline Number

941-493-5747

[www.sharkcoastna.org](http://www.sharkcoastna.org)

[www.softarscna.org](http://www.softarscna.org)

[www.suncoastna.org](http://www.suncoastna.org)

[www.peacriverna.org](http://www.peacriverna.org)

[www.na.org](http://www.na.org)



# WCNA 37 HOTEL OPTIONS

While we realize many people are accustomed to booking rooms on their own, it really helps WCNA when you book rooms in our room block. Here is some encouragement to pre-register and book rooms in our room block: If you pre-register and book your hotel in the WCNA room block by 31 July 2018 (without cancellation), you will be entered into a drawing for a FREE, THREE-NIGHT STAY! We will randomly select two pre-registrants and cover their room and tax charges for the Thursday, Friday, and Saturday nights of WCNA. We look forward to seeing you in Orlando!

Numbers listed correspond to the hotel location on the map. All prices listed are per night for single/double occupancy. Reservations at these rates must be made through the housing bureau: toll-free within in the US at 844.460.9824 or from outside the US at +1 704.419.8426 (Monday – Friday 8:30 am – 9:00 pm Eastern Time).

1. Courtyard Orlando International Drive/Convention Center — \$149
2. Days Inn Orlando Convention Center/International Drive — \$106
3. DoubleTree by Hilton Orlando at SeaWorld — \$129
4. Extended Stay America - Westwood Blvd North — \$85
5. Extended Stay America - Westwood Blvd South — \$90
6. Hilton Orlando — \$159
7. Holiday Inn Express & Suites Orlando at SeaWorld — \$119
8. Hyatt Regency Orlando — \$159
9. Rosen Centre Hotel — \$119
10. Rosen Inn at Pointe Orlando — \$95
11. Rosen Plaza Hotel — \$117
12. TownePlace Suites Orlando at SeaWorld — \$129

## Hotel Cancellation Fees

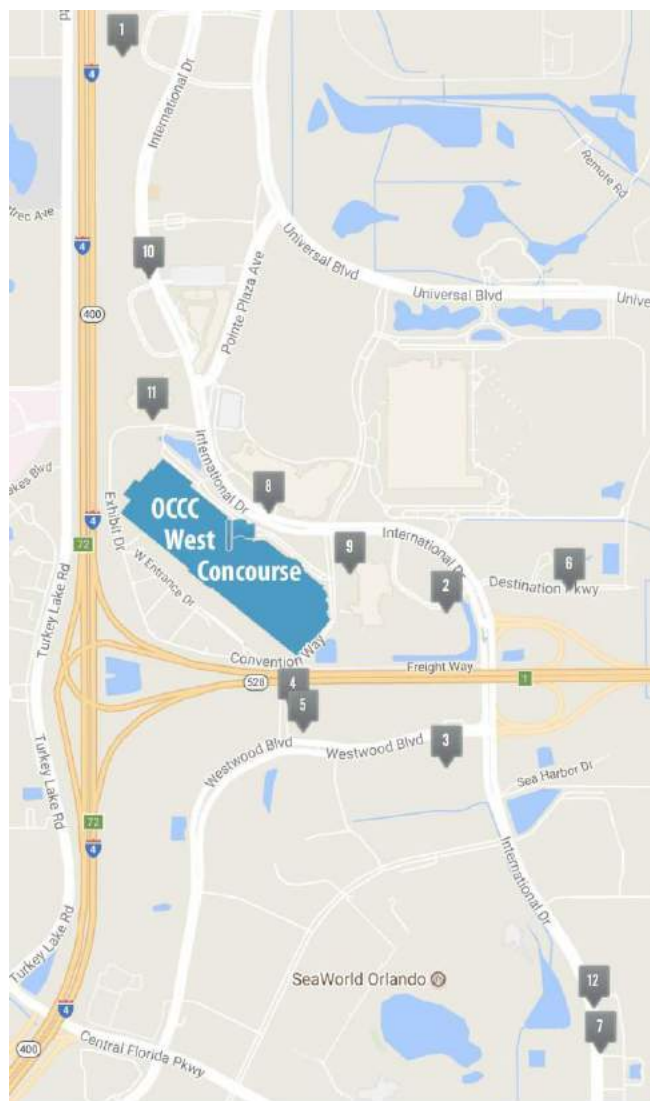
Any confirmed reservation cancelled at any time will incur a cancellation fee according to the following schedule:

- Hotel reservation cancellations made between now and 7 August 2018 will be assessed a \$50 cancellation fee.
- Hotel reservation cancellations made on or after 8 August 2018 will be assessed a \$200 cancellation fee.

## Confirmation and Changes

Reservation changes can be made until 23 August 2018 on the website or by contacting the housing bureau directly toll-free within in the US at 844.460.9824 or from outside the US at +1 704.419.8426. Please do not contact your hotel regarding your reservation until after 23 August 2018.

Hotel options may change at any time. To reserve online or to check for an up-to-date hotel list and important reservation & cancellation details, visit [www.na.org/wcna](http://www.na.org/wcna).



## Why Pre-register?

1. Your pre-registration helps us plan an event to best accommodate attendees while prudently using Fellowship funds.
2. Pre-registrants will use new electronic check-in kiosks onsite, which we believe will speed up your registration package and merchandise pick up.
3. WCNA 37 is a registration-required event: a registration badge is required to enter any part of the Orange County Convention Center except the registration area. (Your badge gives you admission to the coffeehouse events, dances, and all other non-ticketed events.)
4. Special events seating is determined by the date of pre-registration (not the date you purchase the tickets).
5. Pre-registration closes 31 July 2018; after that general registration will be available at \$125.
6. Pre-registrants have access to the onsite merchandise store on Thursday (general registrants will not have access until Friday).
7. All members who pre-register by 31 July 2018 (without cancellation) will be entered in a drawing for two full convention packages, including registration and all WCNA special event tickets! (Does not include pre-reg merchandise)

## Pre- and Post-Convention Events

Orlando is the most visited city in the US—and it's a great fit for an event like ours. Information about Orlando and surrounding areas, and about the Orange County Convention Center is available at: [www.visitorlando.com](http://www.visitorlando.com) and [www.occc.net/Attendee](http://www.occc.net/Attendee). Stay tuned for more information on pre-and post-WCNA activities.

## Post-Convention Cruise to Cuba!

Details are being coordinated for you to set sail for fascinating Cuba where you'll explore its multifaceted culture, stroll the Malecón, and marvel at the Baroque architecture and cobblestone streets of Old Havana. Besides vintage cars and premium cigars, Cuba offers a world-class art collection at Museo Nacional de Bellas Artes. You'll find mouth-watering fare at local paladar restaurants, dazzling beaches and landscapes, and the Cuban people who are known for their friendly hospitality. For more information, visit [www.montrousetravel.com/wcnacruise](http://www.montrousetravel.com/wcnacruise).

# WCNA 37: THE MAGIC IS REAL

Orlando, Florida USA  
30 August-2 September 2018

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ PROVINCE / STATE / COUNTRY \_\_\_\_\_ ZIP/POSTAL CODE \_\_\_\_\_  
 EMAIL \_\_\_\_\_ TELEPHONE \_\_\_\_\_  
 ADDITIONAL REGISTRANT \_\_\_\_\_ ADDITIONAL REGISTRANT \_\_\_\_\_

WCNA 37 is a registration-required event. That means everyone must wear a badge to enter any part of the Orange County Convention Center except the registration area. Your WCNA registration badge also gives you admission to the coffeehouse events and dances. All other events require an additional ticket to attend. WCNA 37 begins Thursday morning, 30 August, and ends by approximately 2:00 pm on Sunday, 2 September.

	QTY	PRICE	TOTAL
<b>Part 1: Pre-registration</b> (General registration beginning 1 August will be \$125)	_____	x \$110 = \$	_____
<b>TOTAL PRE-REGISTRATION</b>		\$	_____

**Part 2: Pre-registration Merchandise**  
 This merchandise is available only with a pre-registration. We will place our merchandise order in April 2018. Limited quantities and sizes will be available after that date, so please order early!

Special Coffee Mug	_____	x \$16 = \$	_____
Embroidered T-Shirt			
Men's ___S___M___L___XL___XXL___XXXL	_____	x \$22 = \$	_____
Women's ___S___M___L___XL___XXL	_____	x \$22 = \$	_____
Screen Printed T-Shirt			
Men's ___S___M___L___XL___XXL___XXXL	_____	x \$18 = \$	_____
Women's ___S___M___L___XL___XXL	_____	x \$18 = \$	_____
		Sub-total = \$	_____
Florida sales tax:		x 6.5% = \$	_____
<b>TOTAL MERCHANDISE</b>		\$	_____

**Part 3: Convention Events**  
 All special events tickets you purchase before 1 August 2018 will have pre-assigned seating based on the date of pre-registration (not the date you purchase the tickets). If you want to sit with friends, either purchase a table for the meal events or have one member of your party purchase all of the event tickets together. Otherwise, you will be seated with friends you just haven't met yet!

Blues Luncheon: Thursday, 30 August (Lunch served 11:45 am-12:45 pm)			
Blues Luncheon – Single Seats	_____	x \$55 = \$	_____
Blues Luncheon – Table for 10	_____	x \$550 = \$	_____
Of the Blues tickets purchased, how many are vegetarian?	_____		
Jazz Brunch: Friday, 31 August (Brunch served 10:00-11:00 am)			
Jazz Brunch – Single Seats	_____	x \$50 = \$	_____
Jazz Brunch – Table for 10	_____	x \$500 = \$	_____
Of the Jazz tickets purchased, how many are vegetarian?	_____		
Comedy Show: Friday, 31 August (10:00 pm – potentially offensive material)			
Comedy Show – Single Seats	_____	x \$35 = \$	_____
Banquet Saturday, 1 September (Dinner served 5:30-6:30 pm)			
Banquet – Single Seats	_____	x \$65 = \$	_____
Banquet – Table for 10	_____	x \$650 = \$	_____
Of the Banquet tickets purchased, how many are vegetarian?	_____		
Concert: Saturday, 1 September (10:00 pm)			
Single Tickets	_____	x \$75 = \$	_____
<b>TOTAL EVENTS</b>		\$	_____

**Part 4: Method and Amount of Payment**

Part 1 \$ \_\_\_\_\_ + Part 2 \$ \_\_\_\_\_ + Part 3 \$ \_\_\_\_\_  
 Sub-total \$ \_\_\_\_\_

Newcomer Contribution \$ \_\_\_\_\_  
 = Grand Total \$ \_\_\_\_\_

Method of Payment in US Dollars (check one)

CHECK/MONEY ORDER     AMEX     VISA     MASTERCARD     DISCOVER

CREDIT CARD NUMBER \_\_\_\_\_ EXP DATE \_\_\_\_\_ SECURITY CODE \_\_\_\_\_

CARDHOLDER NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_

Register online at [www.na.org/wcna](http://www.na.org/wcna)

Make checks/money orders payable to WCNA 37 and mail to:  
 WCNA 37; c/o NAWIS; PO Box 9999; Van Nuys, CA 91409 USA

FAX credit card registrations to +1.818.700.0700.  
 For more information, call +1.818.773.9999 x771  
 Monday – Friday: 8:00 am – 5:00 pm (PT).

WCNA reserves the right to refuse or limit any purchase.

Absolutely no cancellations, exchanges, or refunds after  
 June 2018 for registration, merchandise, or events.

## Shark Coast Area Meeting List

<u>Day</u>	<u>Time</u>	<u>City</u>	<u>Meeting Details</u>
Sunday	6:30 PM - 7:30 PM	Venice	<b>Sunday Night Serenity @</b> St. Marks Church 513 Nassau Street
Monday	11:00 AM - 12:00 PM	Venice	<b>No Matter What Club @</b> Youth Center 2455 Shamrock Dr
Monday	7:00 - 8:00 PM	Englewood	<b>Monday Night Miracles @</b> New Hope Missionary Baptist Church 2100 Englewood Rd. (Literature Mtg –Living clean, Step Guide, etc)
Monday	8:00 - 9:00 PM	Venice	<b>Journey into Recovery @</b> Salvation Army (entrance in rear parking lot) 1051 Albee Farm Rd. (Closed mtg) (Candlelight Meeting) (WC)
Tuesday	6:30 - 7:30 PM	Venice	<b>Recovery 101 @</b> South Venice Baptist Church 3167 Englewood Rd (Behind reflections in gold)
Tuesday	8:00 - 9:00 PM	Venice	<b>Frontier Group @</b> Sun Coast Cathedral 3276 E. Venice Ave (Open Literature Study- once a month Speaker)
Wednesday	8:00 - 9:00 PM	Venice	<b>Spirit Group @</b> St. Marks Church 513 Nassau Street
Wednesday	8:00 - 9:00 PM	Englewood	<b>Rolling in Recovery @</b> Alano Clubhouse 2936 S. McCall Rd.
Thursday	7:30 - 8:30 PM	Nokomis	<b>Escape To Reality @</b> North Jetty Park (Pavilion or surrounding area) S. Casey Key Rd. (Smoking)(WC)
Friday	11:00 AM-12:00PM	Venice	<b>No Matter What Club @</b> Youth Center 2455 Shamrock Dr
Friday	8:00 - 9:00 PM	Venice	<b>Nirvana in Venice @</b> Church of the Nazarene 1535 E. Venice Ave
Saturday	7:30 PM - 8:30 PM	Nokomis	<b>Escape to Reality @</b> North Jetty Park (Pavilion or surrounding area) S. Casey Key Rd. (Smoking) (WC)