



Shark Coast Area Newsletter has been created by fellow addicts to better carry the message of N.A. through written communication. The purpose of the newsletter is to provide N.A. news and personal experiences of strength, hope and recovery from addiction. Upcoming events, New Meetings. If you're stumped on what to write about, here is a list of some suggested topics. We look forward to

- How can the Shark Bites Newsletter serve you better?
- What does Step 11 from Basic Text mean to you?
- What was the turning point for you as an addict; when did you finally get the program of recovery.
- Write about any "AhHa" moment you have had in your recovery.
- How has your recovery made you a better employee in how you relate to coworkers, boss, etc.
- How did you feel about the phrase. "Once and addict always an Addict"?
- What does a "clear message of recovery" mean to you and your home group. What does your Home Group do to ensure there is a Clear Message.
- What is your favorite Tradition and why?
- When you first heard "Restore us to Sanity" in the 2nd Step did you believe that you were insane?
- How can we motivate you to write an article for the Newsletter?
- Do you write on the steps? If no why not?
- What attracts you to a particular meeting and why?



- Principles / Personalities what are your thoughts about it?
- When is a newcomer no longer a newcomer?
- How did you find NA?
- What was it like walking into your first meeting.
- Did you have a belief system prior to attending NA.
- How do you feel about Sponsorship?
- Why should it be Gender Specific in Sponsorship relationship?
- How many sponsee's should you have?
- How much clean time should a member have before doing 12th Step work.
- It suggested 90 meetings in 90 days did you do it?
- Do you share at every meeting? Why not?
- What are you struggling with today.
- Do you attend other fellowship meetings? Why?
- What are your thoughts about Conventions do they enhance your recovery.
- Are you part of a Service Committee?
- Attraction or Promotion what is the difference?
- Pro's and Con's of Home Group membership?
- Do you follow suggestions given to you from others?



Topics to Write about:

- Attitude
- Happiness
- Fears
- Hope
- Gratitude
- Resentments
- Amends
- Relapse
- Boundaries
- Closed-mindedness
- Open-mindedness
- Positives
- Procrastination
- Higher Power
- Spirituality
- Jealousy
- Cooperative
- Freedom
- Thoughtful
- Cheerful
- Clean
- Suspicious
- Respectful
- Exaggerating
- Sincere
- Impatient
- Sociable
- Judgmental
- Sarcastic
- Forgiving
- Humble
- Service
- Hugs
- Relationships

