

PLUGGED IN

A Newsletter for the Suncoast Area of Narcotics Anonymous

Welcome!

Welcome to this new edition of Plugged In! We are your new editorial team. We are following a theme for the next twelve months — the 12 steps. We invite you to consider the coming month's theme when you make your submissions. Our new "Ask a Sponsor" column fits this step-work theme particularly well — ask away!

Grab us at meetings or email us and tell us what you think, what ideas you may have, and if something we published was meaningful and useful to you. We want to tell stories, hear poetry, encourage one another in our recovery, and give each other insight into how to work a more meaningful program.

Talk to us!

-Ethan C. and Cole Y.

A Letter from my Drug

I'm your biggest fan and your greatest enemy,
 I'll never let you live away from me,
 We met when you were young,
 When you had no one I loved you like a son,
 I've been your friend you lover your wife,
 I knew the day we met that we'd be linked for life,
 You've spoiled me with all you've earned,
 And still you block out what you've learned,
 You try to leave and rid of me,
 I'll always wait for you Mikey,
 It's sad that you would rather die,
 To try to leave me where I lie,
 I always took good care of you,
 When you get scared I'm there for you,
 I've had your back for all along,
 Regardless how you've dragged along,
 It hurts you want to separate,
 The times we had I thought were great,
 You know with me you need no one else,
 For I'm the best you've ever felt,
 All the times you've begged and borrowed,

In hopes to never see tomorrow,
 I'll wake you up with stomach
 aching,
 Feeling sick while hands are shaking,
 Go on steal for me my son,
 A losing battle never won,
 Sincerely from your one true love,
 Your one true love your favorite
 drug,
 Done.

-Mikey D.

Untitled Poem

Yesterday is history
 Tomorrow is a mystery
 Today is the present
 A gift from God
 So just for today
 I will live for today

-Melissa

Ask A Sponsor

*Tired of your sponsor always being right? Want a second opinion? Each month we will be interviewing an area sponsor. This month's subject is **Plero**.*

What does being a sponsor mean to you?

-Danielle T.

Being a sponsor is a profound gift. All of life occurs inside of relationships. Our program is based on receiving and giving. Witnessing the spiritual awakening of another addict as they go through the steps and learn how to live clean is beautiful. Walking through life's pain and joy with someone builds relationships. An intimacy that was not possible with another person before emerges as we learn to let go and trust. It is also a profound responsibility. A responsibility to give selflessly what was freely given to me. To give of my time and energy. To help guide another addict to connect with our program. To guide another addict through the steps to the best of my ability. To love and care, and to assist another addict in their process of spiritual awakening as I continue to grow and experience my own. To love unconditionally, truly, joyfully and enthusiastically is its own reward. I am so very grateful for the opportunity to be a sponsor.

When experiencing life on life's terms, what do you do to stay centered and balanced?

-Caitlin O.

Life on life's terms is a daily affair. Staying centered and balanced can be a challenge for me. I take a lot of deep breaths. I pray consistently and often throughout the day. I meditate daily.

Relying ultimately on my Higher Power, I am given courage and strength to meet life's challenges with dignity and grace. I talk with my sponsor and other recovering addicts regularly. I draw on their experience, strength and hope to expand my perspective on any given situation. I remember to be grateful and say "thank you" often.

How do you keep from feeling complacent after multiple years of recovery?

-Rachel R.

I start each day with prayer, giving thanks for the gift of being clean. I connect with my Higher Power, asking for humility and conscious contact throughout the day. Complacency is just another form of arrogance. Having the blessing of going through the 12 steps, I have no illusion about where every beautiful aspect of my recovery comes from. I stay grateful. I continue to try to give what was freely given to me. I go to meetings, listen with an open heart and mind, and share from my own experience.

How does someone with so much time keep recovery fresh every day?

-Jessica B

It's challenging at times. It does have a lot to do with having a strong foundation in my recovery. Going to a meeting. Reading our literature. Doing my stepwork. Sharing my experience with other addicts. These are all parts of my foundation. For me, remaining teachable, and having an open mind and heart each day is probably my greatest access to a sense of freshness in my recovery. When I am open like this, recovery is exciting. Everything is possible. I am connected to something greater than myself. I am able to have a new experience.

What is your favorite piece of literature and why?

-Julie D H.

Over the years, I have favored different literature. *The Journey Continues*, *The Guiding Principles*, *The Step Working Guide* and *It Works How and Why* have all taken their place at the top of my list. Still, if I was stranded somewhere and I could only have one piece of literature it would be our Basic Text. It is the foundation of all our literature, and our very program. I got clean with a Basic Text and another recovering addict. I learned about our amazing program reading our Basic Text. I found out that I wasn't alone, that I have a disease called addiction that I could recover from if I followed the simple program that is given in the pages of that book. **[cont p. 4]**

Familiar Things

A deep need
An indescribable
Soul shaking
Yearning
Even Longing
For those things
That are oh so familiar
Even if & when the
familiar
Is harmful
Hurtful
Or troubling
We remain seeking
The familiar!

- Cameron

[cont] I found not only identification in reading that book, but so much hope. Hope for a new way of life. A life free of the shackles of active addiction. I am so grateful for the addicts that came before me who helped to lay the track for those of us who would follow. And for the addict who gave me my first Basic Text with a hug and a whisper in my ear to "come back tomorrow". "You can do this," he said.

Ask a Sponsor is a recurring feature. Next month's guest is **Sean M.** Please submit your questions to newsletter@suncoastna.org.

Celebrate!

Due to some technical difficulties, this list is incomplete. A fuller list of Jan-Feb anniversaries will be published in the next edition of the newsletter. To ensure your anniversary is included, email your name and clean date to newsletter@suncoastna.org

Ricky H. 3 years

Jeffery H. 18 mths

Connor H. 6 mths

Elise W. 6 mths

Scott W. 7 yrs

Submissions:

Submissions are welcomed. Please share your recovery in the form of essays, poetry, or artwork by emailing newsletter@suncoastna.org.

Announcements

Chili Cookoff

Turtle Beach Pavilion

Siesta Key | 8940 Midnight Pass

6:00 PM - 9:00 PM March 13th, 2019

Trophy for best chili!

\$5.00 suggested donation

No addict turned away

Narcotics Anonymous is not affiliated with this facility

FRCNA 38: Shattering the Illusion

July 4 - 7 2019

Rosen Centre Hotel | Orlando, FL

Meeting updates:

Friday Night Lights has updated their meeting format as follows:

1st week: Step-working Guide | 2nd week: Open Discussion

3rd week: Step-working Guide | 4th week: Speaker

Girls Gone Good meeting has disbanded and will no longer be meeting

Peace in Parish: There is a new meeting on Monday nights from 6:30 - 7:30 at Parrish United Methodist.

Lost and Found: Mondays 7:00 - 8:00 PM Open discussions, open meeting; Harvest House, 2100 Mango Ave, Sarasota FL