

# New Attitudes

## Be true to yourself

It was through the steps and Narcotics Anonymous that it came to mean something much more to me.

My disease plagues me with denial and self-deception that is so convincing I believed my own lies for decades. There are still some things I lie to myself about and do it convincingly. The things that still keep me stuck in some areas.

What I know today is that the truth about me and this thing called Addiction. A conscious contact with God was the true gift of this program. It wasn't until I believed the truth about my defects of character, that they were the parts of my personality that just didn't work for me anymore, that I could surrender them to a Higher Power and be given the ability to change. Just knowing better has never been enough to make me change. I had to believe better and this fellowship has taught me, to yourself be true.

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## Atmosphere of Recovery

Danger! Reading this might help you enjoy your meetings and improve your ability to carry the message to the still-suffering addict.

Narcotics Anonymous offers us many tools to use in our recovery; most important are the steps and traditions.

However, the glue that holds our fellowship together is the NA meeting, the place we gather to share and learn and grow. Our meetings should offer fellowship, a safe haven for addicts, and a sense of welcome to the newcomer. Ultimately, every meeting's first priority should be recovery. Everything else is secondary.

The we of NA is made up of a whole bunch of you's and me's. Our behavior can make or break a meeting. With this in mind, I offer this thumbnail inventory of meeting etiquette.

Ask yourself these questions for a look at your own meeting behavior. Maybe there's something you can change to make NA a better place.

- 1) Do you respect the meeting enough to get there on time and stay in your seat until the end?
- 2) Do you interrupt the meeting with chatter?
- 3) Is having a cigarette break so important that you interrupt the meeting to have it? Do you ever miss part of the meeting because of it?
- 4) Do you listen to the readings, or do you tune out, maybe even start talking?
- 5) Do you listen to the NA announcements? If you've heard the same one ten times, do you think that means everyone has?
- 6) Do you every walk into a discussion group late, share, and then leave? Do you give others the same attention and respect that you believe you deserve?
- 7) When the collection for the seventh tradition begins, is this an important part of the meeting for you or a cue to start talking to your friends or leave the room to avoid it? Picture this: A newcomer hears the chairperson say, We have no dues or fees but misses the rest because the room breaks into conversation. Meanwhile he/she sees people putting money in a basket and passing it around the room. What would you think?
- 8) Do you shout out your own additions to the steps or traditions readings?
- 9) Is your meeting facility as clean after the meeting as it was before? If not, why not?
- 10) What are you doing to make the meetings you attend better than they would be without you?

Just like recovery itself, being complacent about our meetings can be a very dangerous thing. It has been sad to see meetings close over the years in this area for no other reason than lack of meeting etiquette. It is our duty to provide the best meetings we can, both for ourselves and for the addict who will be arriving later today, tomorrow, or the next day.



Looking for solutions

## Mommy & Me Recovery

I sometimes feel that being a mommy in recovery with a little one can be very isolated at times. I know that I am not alone in the struggle and I want to try to be a part of the solution. I know moms who haven't gone to a meeting in months and others who go at most once in a while . . . This is not healthy for us as addicts or as parents.

I have been bouncing this idea around to a few people to start an NA group that would target moms who want to bring their children (birth through elementary age) with them to meetings.

This group would definitely be open to ANYONE who wanted to attend, but this way people would know that children may be present when they choose to attend. We might find a room that is conducive to children playing quietly.

Also I think that as new parents we often face struggles and life challenges that we now need support . . . From those who are

going through it too and from those who have been down this road in recovery.

Would you be interested in starting and/or supporting this type of group? Do you know someone in your support group that would?

Please let me know either by responding to this by e-mail to me personally at [babysigning-momma@gmail.com](mailto:babysigning-momma@gmail.com) or call me at 754-422-0403. Please give this contact information to anyone who might be interested.

I would like to hold a planning meeting during the month of August for those interested so we can discuss location, time, days, and other details.

In loving service,  
Alicia A.

P.S.—This message is for dads too . . . include them in our efforts, if you know any who are willing to be part of the solution.

# What's happening in NA ?

**August 14, 2010-August 15, 2010** - South Florida Region *Presents* Happy, Joyous and Free Learning Weekend - Weekend of service workshops in Miami Lakes. Free to all. Share and Learn. Saturday 9am ~ 5pm (7pm Meeting) Sunday 9am ~ 4pm Donate your experience, donate your time. Leave Your Money at Home. Don Shula Hotel, 6842 Main Street, Miami Lakes. Call April for more information 561-503-3416 or email Public-Relations@soflarscna.org -

**August 15, 2010** - North Dade Area *Presents* 24 Hour Room Bake Sale - Fundraiser /Home-made Desserts When: Sunday August 15, 2010 Time: 10:00am-1:pm Where::Fulford Methodist Church Cake Slices \$2.00- Red Velvet, Coconut, German Chocolate, Pound Cakes, Peach Cobbler \$3.00 & \$6.00 , Sweet Potato Pies \$3.00 and \$8.00 Contact: Denise M. 786-488-5366

**August 20-22, 2010** - SFRCA *Presents* SFRCA XVI - "Back To Basics" Naples Beach Hotel & Golf Club, 851 Gulf Shore Blvd. North, Naples, FL 34102 Pre-Registration \$15 - After June 1st \$25 Rooms \$129 For more information contact Cindy H. 239.682.7796 or Johnny S. 239.825.9041 -

**August 20, 2010** - SFRCA *Presents* Photos - Send photos for SFRCA Slideshow to be shown during speaker meeting to Maddy. Details on flyer. -

**August 21, 2010** - MCCNA *Presents* Speaker Meeting - The last MCCNA 2010 fund raising at the Hilton Hotel, 100 Fairway Drive , Deerfield Beach , FL. Speaker Meeting will be at 7 pm. More will be revealed on the event. Please come support our area. For more information, please contact Julia G. @ 561-702-2562. - -

**August 21, 2010** - North Dade Area *Presents* Deep Sea Fishing - North Dade Area H&I Committee Fundraiser Deep Sea Fishing Trip August 21, 2010 801 Seabreeze Blvd, Ft Lauderdale 7:00pm - 11:00pm cost \$45.00 contact Delven 786-487-4587 Joe 305-801-3828 -

**August 28, 2010** - Mid-Coast *Presents* 25th Anniversary - The Mid-Coast Sub-Committee of Activities is hosting the 25th Year in the Mid-Coast Area. We are celebrated by having a dinner that starts at 6 pm. Suggested donations are \$10. Per person. Tickets will be sold in advance and at the door. A speaker meeting will be at 7 pm and a dance will follow. We will be selling T-Shirts for \$10. @ Pompey Recreation Center , 1101 NW 2nd St. , Delray Beach , FL 33444 . For more information, please contact Julia G. @ 561-702-2562 or Brian @ 410-802-0009. -

**August 28, 2010** - Rainbow *Presents* The Stars Come Out Tonight - Marriott Hollywood Beach, Ballroom (Host Hotel), 2501 N Ocean Drive (at Taft St.), Hollywood, FL \$10.00 Rosie S. (954) 588-0081 -

# There is lots happening in NA !

**August 31, 2010** - North Dade Area *Presents* Let's Recover 23rd Anniversary - Talcocy Center 6161 NW 9th Ave Speaker Meeting, Food, Fun, Fellowship 7:00pm - 10:00pm

**August 20-22, 2010** - SFRCNA XVI - For more information call Maddy at 941-914-2886 -

**August 28, 2010** - Rainbow *Presents* The Stars Come Out Tonight - Marriott Hollywood Beach, Ballroom (Host Hotel), 2501 N Ocean Drive (at Taft St.), Hollywood, FL \$10.00 Rosie S. (954) 588-0081 -

**September 12, 2010** - CLSFNA *Presents* TIME AND MORE INFO TO BE ANNOUNCED - John U Lloyd State Park Contact Person Jeannette 954-850-0477

**September 18, 2010-September 19, 2010** - Beach & Bay *Presents* Regional Weekend

**September 19, 2010** - North Dade Area *Presents* Soothing Sundays 25th Anniversary - Arcola Lakes Park 1401 NW 83rd Street, Miami, Fla Speaker Meeting, Food, Fun, Fellowship 1:00pm - 4:00pm

**October 1-3, 2010** - Mid-Coast Area *Presents* MCCNA - at the Hilton Deerfield/Boca Raton, 100 Fairway Drive, Deerfield Beach, FL. 33441. For reservation call 1-800-624-3606 ask for narcotics anonymous MCCNA 2010. Rooms at \$109.00. cut off date 09/15/2010

**September 1-4, 2011** – **WCNA-34** – 34th World Convention of NA – San Diego Convention Center, San Diego, CA.

*There is always something to do in NA*

*There is no reason to be alone.*

# Why public relations is important to the NA member

(from na.org)

The Narcotics Anonymous message is “that an addict, any addict, can stop using drugs, lose the desire to use and find a new way to live.” Our relations with the public enable us to share this message broadly so that those who might benefit from our program of recovery can find us. We perform public relations service to increase the awareness and credibility of the NA program. We share our message openly with the public at large, with prospective members, and with professionals. Maintaining an open, attractive attitude in these efforts helps us to create and improve relationships with those outside the fellowship. Establishing and maintaining a commitment to these relationships, can help us to further our primary purpose.

The spiritual principles of our steps, traditions, and concepts guide us in pursuing our public relations aims and our efforts to enhance NA's public image and reputation. These principles apply to our community and service efforts as well as to the personal behavior and attitude of individual NA members.

The following points are goals that we can strive to fulfill in making NA a visible and attractive choice for addicts:

1. We clarify what services NA can and cannot provide to the community.
2. We make NA members more aware of their role in NA's public image.
3. We aim for the public to recognize NA as a positive and reliable organization.
4. We develop valuable relationships with professionals and the general public.

# *United States Workshops*

## *From your World Board*

Hello conference participants and others,

**reserved by 7 October**

We have secured dates and locations for the five United States workshops to talk about the service system proposals. We have worked hard to find reasonably priced rooms and workshop space in five densely populated parts of the US. We hope that areas and regions will consider funding current and past trusted servants and that other interested members will attend as well. All room rates are under \$100 if you mention that you are making the reservation for a NAWs Workshop. To help us plan effectively and control costs, please act quickly to contact the appropriate hotel to make your room reservations, and register for the workshop online at [www.na.org/servicesystem](http://www.na.org/servicesystem)

### Workshop Dates and Locations

17-19 September: Detroit, Michigan (Doubletree Hotel Dearborn, 1-800-222-TREE) \$95 Room rate Rooms must be reserved by 17 August

24-26 September: Grapevine, Texas (Hilton DFW Lakes Executive Conference Center, 1-800- HILTONS) \$99 Room rate Rooms must be reserved by 2 September

15-17 October: Oakland, California (Hilton Oakland Airport, 1-800- HILTONS) \$82 Room rate Rooms must be reserved by 21 September

29-31 October: Baltimore, Maryland (Holiday Inn Baltimore Harbor, 1-888-HOLIDAY) \$99 Room rate Rooms must be reserved by 7 October

**29-31 October: Orlando, Florida (Sheraton Orlando Downtown, 1-800-325-3535) \$80 Room rate Rooms must be**

The workshops will focus exclusively on the service system proposals and will run from Friday evening through Sunday around 1:00 pm. There will be a recovery meeting on Saturday night.

Copies of the workshop flier, links to register for a workshop, and all other information about the project, including a link to the project discussion board, are available on the service system webpage:

[www.na.org/servicesystem](http://www.na.org/servicesystem). Even if you cannot attend a workshop, we hope you will visit the webpage and familiarize yourself with the proposals. If you're considering holding a local workshop, session outlines and other workshop materials will be posted online as well.

We will also have a form posted online that can be used to give input to the project. All of these materials will be available soon from the main project page. Input on these first draft proposals is due by the end of the year so that we can revise them and release second draft proposals for further discussion before the 2012 conference.

If you have any questions about the project or anything else related to world services, please email the World Board: [world-board@na.org](mailto:world-board@na.org)

**If anyone is interested in going, and wants a room or a van pickup, please respond as soon as possible. The region is paying for 6 rooms and two vans. Pass this on to those you think might be interested. If interested Contact RCM Jeff or Alt RCM Evelyn**



Come celebrate your recovery– Send your NA anniversary to [newsletter@southbrowardna.org](mailto:newsletter@southbrowardna.org). We will list it in the appropriate issue. That way we can celebrate with you.

We're on the Web  
<http://southbrowardna.org>