



New Attitudes



South Broward Area Newsletter - August / September

Addicts can be found at the airport,
Waiting for their ship to come in!

If you're obsessing about something,
try praying instead. It's impossible to think
of two things at the same time.

You can look back at the past ---
just don't stare at it.

One door closes and another door opens,
but it can be hell in the hallway!

An addict is someone whose feet are firmly
planted in thin air!

You can always tell an addict,
but you can't tell him much!

To an addict,
Instant gratification isn't quick enough!

Addicts are egomaniacs with low self-
esteem, control freaks with no self-control.

Addicts know only one note on the scale---
ME ME ME ME!

Is using the cause of my problems
Or the result?

I *used* to get over the effects of my using.

Just because you're not getting what you're
praying for doesn't mean your prayers
aren't being answered.

Recovery is like \$5 Million worth of therapy,
shoved up your ass a Nickel at a time.

How many addicts does it take to change a
light bulb? *Change?*

Getting into a relationship is like putting
miracle gro on your character defects.

Fear is like paying interest
on a loan you don't owe.

If you argue with a fool, there are two.

Suggestions are free. You only have to pay
for the ones you don't use.

If you don't have a concept of a Higher
Power, go to the ocean and try to hold back
a wave.

The harder it is to give something up,
The more you know you should.

When you get to the end of your rope —
LET GO.

Surrender is following the direction God's
finger is pointing.

You can either let go or be dragged.

It gets worse, so you've got to get better!

No one floats into recovery on the wings of
victory.

The spiritual part of recovery is like
the wet part of the ocean.

I have a deep and abiding faith. . .
that comes and goes. . .

The darkest hour is only sixty minutes long



Ode of Gratitude

An open letter to: South Broward N.A.

You welcomed me as a broken, shattered soul. You showered me with patience, tolerance and understanding until I became whole. You accepted me as I was, lost and confused. You taught me which path for happiness and serenity to choose. At times I complained and whined. You knew when to listen and when to pay me no mind. I would ask myself where was the love?? How could they be so cold? You then taught me that while living in negativity, I would grow lonely, bitter and old. You taught me the importance of embracing a Higher Power. Living HIS principles helped my spirit and soul blossom like a beautiful flower. You

taught me how to love, to laugh and forgive. Most importantly, you showed me how to live!

I will miss the sharing of your personal experiences and life's lessons they taught you. I will miss all your suggestions that helped me get through. Thank you all for your love, compassion and being so kind. I am leaving with a piece of each of your hearts, which has forever became a piece of mine. God Bless ~ Peace
Marsha K.



S.P.O.N.S.O.R.

Saner Person Offering Newcomers Suggestions On Recovery

My Sponsor

I gaze into her eyes and what do I see?
A women sitting there - Silently
She's looking back at me.

Who is this woman?
I've seen her face before
A soft voice tells me
"Keep looking & you will see much more."

Looking into her eyes I still feel her gaze
I now see a path once concealed by the haze
I follow the pathway through the valleys and peaks
I come to a door with a sign that reads - "Seek"

I open the door and what do I see?
That same women sitting there
Waiting; at a table for three.

Taking a seat – I could tell by her glance, Our meeting
this way, was not by chance

We began sharing about our lives, loves and choices
We give them all names – we give them all voices.
Not once does she tire nor look away
She listens, she nods and sometimes she prays.

I continued to search her eyes
It gets suddenly quiet & suddenly still.
I notice her staring at the still empty chair
As though someone she had expected were there

I ask for whom she has reserved this space
God-
she replies, with a smile on her face
It is at that moment
I accepted Divine love and God's grace.
Anonymous (*Submitted by Angela*)



**What do Newcomers and puppies have in common?
After 6 months a puppy will stop whining.**

**My sponsor asked "where are you?" I responded "I'm in my head" My sponsor said "that's not good!
You're in a place with absolutely no adult supervision"**

TRUSTING THE PROCESS

When I am faced with controversy that appears to blindsides me unexpectedly from out of nowhere for reasons not yet revealed, I have to remind myself to trust the process as it unfolds.

In my fourth step, I looked at my fears by recognizing them, acknowledging them and facing them head-on. After that, the only thing left for them to do was dissipate when exposed to the light of awareness. That brought me to Step 5, which requires courage and trust, which I define this way:

Courage, to me, means strength of character – being willing to stand up for what I believe is true and right, no matter what, especially in the face of adversity. Courage is not argumentative or defensive. Courage is conviction; it can mean remaining steadfast or choosing to change. It means conquering my fear.

Trust, to me, means trusting the process of recovery as defined in the 12 Steps and 12 Traditions. Trusting the process means that when faced with adversity, I don't get defensive, feel victimized or try to manipulate circumstances. It means that I am willing to become self-honest, to remain open-minded and have enough faith in myself and The Program to allow life to unfold before me without dredging up all of those old fears that previously resulted in unhealthy behaviors.

There's another word that I feel the necessity to define and that is "coincidence" because it is often confused with the word "accident." Many people say there are no coincidences when they really mean the opposite. I learned recently that coincidence is a mathematical term that means to coincide or to "fit perfectly." I also learned that whatever step I'm working, whatever I spend time thinking about, whatever I give energy to will always show up in my life.

One of my beloved step sisters likes to say that she stopped praying for patience because every time she asked her Higher Power to give her more patience, she always got more opportunities to practice it! And that's been my experience too. Everything is an opportunity to grow and evolve.

So, when I was on my 4th Step and writing about resentments, for instance, I was given many opportunities to "cop a resentment."

Once I realized what was happening, I was able to work through it and move on and apply the courage and trust the 5th Step teaches. To me, Step Five means continuing to learn and grow and move forward, not getting stuck by dwelling on all that stuff that my personal inventory revealed.

The 5th Step also means that I've gotten to a place where I have a genuine relationship with myself, my Higher Power and my sponsor. It means that I don't need to be afraid of things people mistakenly think or say about me. What a relief that is! To be able to remain calm when surrounded by chaos is truly a gift and I am grateful to the Program for teaching me such valuable lessons. Yet, I know that the gift of serenity is only possible when I allow myself to believe it. When I muster the courage to demonstrate it, then I know that it works for me too. When I am self-honest, when I remain open-minded and when I am willing to welcome and embrace opportunities to trust The Process to work through me, I become empowered and am able to create and experience more joy in my life. Thanks for letting me share!

Mary Lou

Selfishness to Selflessness

I was so selfish in my desires to drink & use that my priorities became confused. So much so, that in my downward spiral I would take you & my loved ones with me. Because of that love & or caring you showed me, my manipulations took over for personal gain & all my virtues & values went out the window or put on the back shelf. Though while high or drinking, I'd reach that plateau where I didn't think about whom I was really hurting (*the people around me*) until I'd straighten up & at that point I'd get depressed at what I'd done. So the gratification of being high or drunk became even more important to help me deal with my feelings. I'd get so far out of touch with even myself that I was good to no one unless I seen another opportunity to get numb again. Yet now I try to face life on life's terms & reflect. What is really wrong with me that I could not deal with my life? Why use drugs & alcohol if all it really does make things worse? Now I can say I didn't like the feelings it gave me. But I was the real problem & the way I thought things out. I've received a tremendous amount of help from my higher power. He, helping me deal with the disease inside my brain, so that I'm able to give of myself freely to helping others. *Robert M.*



Hope

Hope as a spiritual principle, is indeed a spiritual principle, whether we may think so on occasion or not. For hope is a belief in the unseen. The yet to be seen. Hope finds itself firmly rooted in the fertile soil of our soul, the reality of our infinite spiritual being, not of our realistic human being. Hope is beyond belief, for human belief in physical reality can be shown to the physical world around us. Hope can only be felt, the feeling being the belief. The belief; that in whatever matter of trial, tribulation, or circumstance; there is indeed hope. Thus, perhaps a bit oddly, it would appear for those who profess no belief of an infinite spiritual realm, but who have hopes of the unseen or yet to be seen; they unknowingly do indeed accept the belief of an infinite spiritual realm --- in the belief of hope. Of those that are unwaveringly and unmoving sincere in their belief that there be no infinite spiritual realm, they are indeed, saddening and truly hopeless.

HOPE

Hearing Other Peoples Experience

HOPE

Hang On Peace Exists

HOPE

Honest Open Positive Environment

HOPE

Hearing Our Prayers Every time

HOPE

Having Optimistic Perceptions Everyday

HOPE

Healing Our Pains Eternally – *Glenn*



ECT...

So the people who call themselves Anda's do they have two disease's? I only see two maybe three differences.

- 1) An addict will rob a drugstore in order to get their drugs while an alcoholic will already be drunk when they rob a liquor store.
- 2) An addict will brag about how much dope there using (maximize) while an alcoholic will downplay there alcohol consumption (minimize.)
- 3) When in detox an alcoholics vitals could be thru the roof, having severe tremors and feeling nauseas, when it's their turn in the med line they will say "I'm ok I don't want any," and the addict standing behind them with perfect vitals and no signs of withdrawal will say "I feel like s@!#, can I have his too?"

Now for the similarities, both have a disease that is incurable and fatal if not treated. The cores of both are self centeredness. Both are powerless both of their lives have become unmanageable. Both face the same dilemma – jails, institutions and death. Both are sick physically, mentally & spiritually. Both are unable to stop on their own although they tell themselves that they can. The similarities go on and on. I believe there's really only one disease. Call it whatever you want. I call mine Anal optics. (That's head up the ass disease) *Dennis*

Hey! What's the Basket For

I use to hear that the basket is for the room, Literature, Meeting lists, coffee, and the rest is donated to Area and even some groups give to region. I have noticed that there are about 48 groups on our Meeting List and yet there are only some groups giving consistently to this Area.

I have heard of many things happening with the money. I know some Groups are struggling because their rent is so high, some groups don't have enough attendance, some don't have a G S R and some are using the money for parties. I am not saying any of these are wrong, what I am saying is if we go to a meeting and are giving money we should know where the money goes and if we go to a meeting regularly we should be at the business meeting so we can vote. I know we can only vote 1 time for the Area purpose, but we can vote on meeting things for as many meetings as we go to.

We should be at these meetings for many reasons, mainly if we go to a meeting and discover that that group is in accordance with our interpretation of the Traditions and Concepts of NA then we should be supporting that

group by attending the business meetings as well. Some of these things are a little gray for some members and might not be for others.

Like Unity; some believe that having a party shows the newcomer it works and some believe that we need to give to activities if we want parties. I am not saying that either is wrong, I am saying that we all should know where the money is going before financially supporting any specific group. Just putting a dollar in the basket is one way of showing support but part of recovery is to know what we are supporting and why! Some people that only make 1-3 meetings a week choose to give to one specific meeting financially because that is the one that they attend the business meeting at and they know how the group is choosing to spend the money.

Don't worry about a meeting going under it will happen because members do not agree with the rules of that group and another will take its place. WE NEED TO GET INVOLVED WITH OUR MEETINGS AND OUR AREA THEY ARE BOTH STRUGGLING! *Gary2*



Subject: *Narcotics Anonymous* Directions to NA: Just go straight to hell and make a u-turn. (*Submitted by Dyanne*)

NA: Being a part of something is more important than being the center of attention.
NA: is the only place where you can walk into a room full of strangers and reminisce.
NA: romance.... the odds are good... but the goods are odd.
NA: Look for a way in; not for a way out
NA: We are not reformed drug users, but informed addicts.
NA: has no fixed address -- you can take it with you.
NA: We are here for a reason, not for the season
NA: Groups: A NA group will be judged by the worst behavior of its members

Before I came to NA I was dead, but did not know enough to lie down.

In NA there are no losers -- just slow winners

Addict (as defined by self): A piece of crap that the universe revolves around.

Addict: Someone who refuses to give up a life of failure without a fight.

Addict: A person who when s/he goes to a wedding, wants to be the bride and when s/he goes to a funeral, wants to be the corpse.

Addict: "I may not be much, but I'm all I think about."

Addict: "If I could use like a normal addict, I'd use all the time!"

Addicts burn their bridges in front of them.

An addict is someone who finds something that works and then stops doing it.
Non-addicts change their behavior to meet their goals; addicts change their goals to meet their behavior.

An addict can be in the gutter and still look down on people.

High bottoms have trap doors If the cure works, chances are you have the disease.

Three most dangerous words for an addict: "I've been thinking"



Swamp Recovery

is setting up
Committees for our
Annual Campout
January 29, 30, & 31st
2010

"WE" are in need of.....

◇ A Sponsor Group

T – Shirt Designs & Committee Members

For More Information:

Kathy (954) 607-0264

Kevin (754) 281-3933

Accepting One's Self AT LAST!

As I think about the Twelve Steps & Twelve Traditions, I realize that by working them, they have actually showed me that there are other ways to behave & act in the world.

Different than my way. What I learned early on in life can be unlearned, such as my selfishness & insecurities. My unacceptable feelings towards myself as well as others.

The Steps helped me work on my defects & understand them better. I wasn't getting away with as much as I thought. And the good news is that once I could see what I was doing wrong, I was able to better focus & see as to what I was doing right, accept myself & continue to work on becoming who I really am



Robert M



When a Friend Relapses

I'm suffering from a broken heart! Not from a relationship, but from a relapse! A friend; someone that I care for: very deeply. What can we do when a friend relapses? We can continue to love and support them. And, of course we can pray for them. But what if they don't come back to the rooms, or their relapses are chronic? Do we continue to support them? Do we abandon them? What is best for our own recovery?

Our literature states that, "Narcotics Anonymous is about people who care about desperate, dying addicts and who can, in time, teach them to live without drugs."

But what happens to us when someone we care for and try to help goes out? How many times can we give our love unconditionally, only to have it trampled and discarded? We have to realize that we are powerless

over their addiction. We can only work our own program of recovery. We cannot help someone who is not ready. Although we hope and pray that they will get this simple program; that is often not the case.

My heart is broken because if they don't come back I have to cut them out of my life completely. If I don't, it will be harmful to my recovery. I'll be sad and I'll be hurting for awhile, but time will pass and with God's help I'll recover. I must remember that my recovery is the most important thing in my life, and if I don't remain vigilant I may be the one relapsing.

We have to remember that we do this by attraction rather than promotion. They must want it! Until that time comes there is nothing we can do for them except pray that they'll make it back. And if they do make it back we can love them until they love themselves.

Eventually I'll recover from my broken heart. The big question is, "will they recover?" We can only hope and pray that they finally get this "Simple, Spiritual, not religious program known as Narcotics Anonymous".

Bruce

TWELVE MONTHS OF PLANNING A REGIONAL CONVENTION

Hello I am a host committee member of SFRCA XV. If you are new and don't understand the abbreviation it stands for South Florida Regional Convention of Narcotics Anonymous.

After the convention ends each year the host committee and the BOD (Board of Directors) meet in the afternoon that day, to elect a new host committee for the following SFRCA. The purpose of the host committee is to coordinate and conduct the annual South Florida Regional Convention of Narcotics Anonymous. The host committee consists of members from the geographical zone hosting the annual convention, with the exception of the administrative committee who may live in any part of the South Florida Region.

In the event that nominees from the host zone do not fill all subcommittee positions, nominees outside the host zone at the second election meeting may fill them. The SFRC board at the board of directors meeting the month following the annual convention shall elect administrative positions. The board of directors and the administrative committee of the host committee shall elect all subcommittee chairs the month following the annual convention.

Any administrative member or subcommittee chair who is absent at (2) consecutive meetings without notice of their absence given to the chairperson will have their positions open for re-election at the third meeting. The host committee will do the re-election. The BOD will select a standing date for the board to meet after each convention to select trusted servants for the upcoming convention.

The host committee is made up of a Chairperson, Vice-Chairperson, Secretary, Treasurer, and Hotel Liaison along with the following subcommittees:

ARTS & GRAPHICS, AUCTION, CONVENTION INFORMATION, ENTERTAINMENT & FUNDRAISING, HOSPITALITY, MARATHON, MERCHANDISING, PROGRAM, and REGISTRATION AND SERENITY KEEPERS.

The host committee meets monthly starting with its creation, except one month prior to the convention, it meets weekly. All convention committee meetings should take place at a regularly scheduled time and place, (if possible, at the main convention site) and follow the current SFRC guidelines.

A convention is a celebration of recovery. We as a region come together and support each other spiritually and financially.

Early registration: provides funds to prepay the expenses for the hotel facilities; printing of flyers, signs, and programs: and other advanced fees: Also we have a room block with this year's hotel. If we meet a room block of 300 room nights, that helps keep the cost of use of the facilities lower.

The hotel asks for payment in full 48 hours before the convention starts which will be 4 pm this September 4. Any additional expenses will be paid at end of convention. Members of the host committee pay for their own registration, hotel room, and any other events they choose to attend. We on the host committee do not accept anything for free for being of service.

I hope with this, more members will choose to be involved in future SFRCA'S either on this Coast of Florida or the West Coast of Florida. See you at SFRCA XV.

ILS a member of SFRCA XV host committee



Don't forget to check out "The Wizard of Nod "Coming Soon to a SFRCA near you!!



August

Gary M	8-24-08	1 Yr	◇	Doug S.	8-29-08	1 Yr
Ton"l" G.	8-15-05	4 Yr	◇	Lois L.	8-06-89	20Yr
Jerry W	8-13-04	5 Yr	◇	Lisa K.	8-02-06	3 Yr
Gary Mc	8-24-09	1 Yr	◇	Anthony A.	8-21-02	7 Yr
Tracey V.	8-21-07	2 Yr	◇	Poppy	8-5-08	1 Yr
Jenn M.	8-20	18 Month				

Belated			
Rita & Kevin F	5-5-99	10 Yr	
Donny A	5-11-89	20 yr	
	Diane L	6-14-82	27 Yr
	Sasha S.	6-25-2003	6 Yr
Joy E.	7-13-93	16 Yr	
Lenny P.	7-29-00	9 Yr	
Kim P.	7-15-04	5 Yr	
Mike W.	7-16-87	22Yr	

September

Pam P.	8-20-01	8 Yr	◇	James S.	9-08-02	7 Yr
Robert M.	9-05-07	2 Yr	◇	Donna Mc	9-01-09	1 Yr
Forest	9-11-06	3 Yr	◇	Gloria B.	9-12-94	15 Yr
Dodi K	9-04-86	23 Yr	◇			

UP-COMING TO-DO'S

August 15 *MCCNA Fundraising - Spaghetti Dinner* at Pompey Park , 1101 NW 2nd Street , Delray Tickets \$15.00. Tickets are limited. Dinner at 6 pm and Speaker Meeting at 7 pm. info contact Julia G. @ 561-702-2562.

August 21 *Conch Republic Area Presents: Sunset Sail - Sunset Sail Aboard the Key West Tiki Boat \$5.00 Suggested Donation.* 40 people max! Reservations are on a first come, first serve. The boat will leave from the back dock of the Hurricane Hole on the right side of the Cow Key Bridge when you leave Key West at 7:30 pm and return to the dock at 9:30 pm.

August 22 Trusted Servants Workshop (South Broward Area) 12 – 3 More will b revealed

August 20-23 - WCNA-33 - 33rd World Convention - Centre Convencions Internacional, Barcelona, Spain.

August 21-23 The Funcoast Area Convention of NA FACNA is celebrating its 25th year

August 23rd The Crowne Plaza Hotel – Tampa Sable Park, 10221 Princess Palm Avenue, Tampa 33610

September 4-7 SFRCNA XV Paradise is a State of Mind - Deauville Hotel 6701 Collins Avenue Miami Beach, Florida 33141.

September 7 *Gold Coast Area Presents: Clean But Crazy*

September 19-20 *Mid-Coast Area Presents: South Florida Regional Service Committee*

September 26 *MCCNA Fundraiser Comedy Show - Ocean Breeze Golf Resort, 5800 NW 2nd Avenue , Boca Raton . Tickets \$15.00 info Julia G. @ 561-702-2562.*

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ALL SUBCOMITTEES NEED SUPPORT – SEE MEETING LIST FOR DAY'S & TIMES