



THE JOURNEY CONTINUES

WELCOME

The Newsletter Committee's mission is to provide stories and features written by members of Narcotics Anonymous, as well as, local service and events information. Foremost, the newsletter is dedicated to the expression of our message of recovery-"that an addict, any addict, can stop using drugs, lose their desire to use, and find a new way to live." Our intent is to build NA Unity through written communication. We thank you for your interest and invite you to join us at our committee meeting.



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BY M. ADDICT

WRITTEN FOR ADDICTS BY ADDICTS



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Step of the Month: Step 1 Experience

“We admitted we were powerless over our addiction,
that our lives had become unmanageable.”

Like many of us, I was rebellious. I recall being in a treatment facility clinging onto character defects and using them as a shield from living life on life’s terms, which was still too uncomfortable. Reluctant to follow the rules of the facility, and still in conflict with the world around me, I struggled throughout my time in the facility. However, I recall reading the first chapter of the NA Basic Text. No matter how badly I wanted to hold on to my inaccurate perception of reality and my feelings of uniqueness, I couldn’t help but relate to what I was reading.

Fueled by desperation, I had just enough willingness to read on and try something new. I found hope in those words in the Basic Text. I started to believe that maybe there were other people like me, and even better, maybe they had found a solution. I knew this much, what I was doing wasn’t working, and I was sick and tired of the hopelessness, despair, and degradation that had a stranglehold on my life. I managed to leave the treatment facility and follow at least one of their suggestions, which was to go to a meeting as soon as I left.

My entire life I had suffered from feelings of inadequacy, not being good enough, an inability to accept myself, and never truly feeling like I belonged. For a time, drugs seemed to subdue these feelings, but eventually the drugs didn’t alleviate the pain. I remember walking into my first NA meeting. All those feelings came up. Continues on Page 3



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Desperation had brought me to the doorstep, but the disease was talking to me telling me I didn't belong, and I shouldn't be there. Before I had a chance to run, like I always had in the past, a member stood up and gave me a bear hug. I didn't know what to make of it. I felt uncomfortable because another man was hugging me, but I also felt the spiritual connection of Narcotics Anonymous at that moment. I felt welcomed, loved, and like I was in the right place. It was enough for me to sit down in that meeting and listen. What I heard was the experience, strength, and hope of members who may not have looked like me, or had the same life experiences, but they shared about the same feelings of hopelessness and despair. The difference was, they were living in the solution; they had surrendered.

I was always taught to never give up and never surrender. The NA adage echoed through my head "surrender to win." What a concept. How can quitting be the same as winning? I had an old timer break it down for me once in a way that finally clicked. He said to think of the disease of addiction like a world-champion boxer. 'Every time you decide to get in the ring with the disease, what happens?' he asked. 'You get knocked the ___ out!' he exclaimed. 'So, what do we do?' he asked. 'Don't get in the ring!'

Now, that made a good bit of sense to me. I may not have understood all the lingo at the time, but I had enough evidence of getting knocked out by the disease for that to register with me. It was the concoction I always needed, but never found in drugs. A bit of acceptance, a dosage of hope, and a whole lot of desperation combined to pave the way for this addict to surrender. Continues on Page 4



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Not long after, I realized that surrendering once may not be sufficient to sustain long-term recovery. Also, the gas tank of desperation was starting to run dry. It became apparent that I couldn't rely on desperation and that initial surrender if I wanted to continue to experience freedom from active addiction. I had to surrender with regularity. For me, this meant following in the footsteps of those who came before me. It meant getting involved in NA service, getting a homegroup, continuing to work the steps with a sponsor, and so on.

By making these things part of my daily life, I was putting surrender into action. Rather than being guided by self-centeredness and self-will, I asked for help. This allowed me to live a life guided by the will of my higher power. It's amazing what can happen for us when we let go, when we trust the process, and when we don't get back in the ring. Now, this addict knows that surrender means we never have to use again. The feelings of inadequacy have been replaced with acceptance and humility. An inability to belong has been replaced with universal love and a worldwide fellowship. Just for today, NA has given me a life worth living.

by A. Addict (12/21/13)



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Concept of the Month: Concept 1

“To fulfill our fellowship’s primary purpose, the NA groups have joined together to create a structure which develops, coordinates, and maintains services on behalf of NA as a whole.”

The 12 Concepts provide a guide for our service structure. The NA purpose is to carry the message (Tradition 5). The Area Service Committee takes place once a month for groups to be able to purchase literature, get information from other groups, and support subcommittees such as Hospitals & Institutions, Public Relations, and Activities. **by G. Addict (12/07/82)**

Tradition of the Month: Tradition 1

“Our common welfare should come first, personal recovery depends on NA unity.”

Before talking about Tradition 1, let’s start by taking a look at the preamble to our Traditions.

“We keep what we have only with vigilance, and just as freedom for the individual comes from the Twelve Steps, so freedom for the group springs from our Traditions. As long as the ties that bind us together are stronger than those that would tear us apart, all will be well.” These words lay the groundwork for our Traditions. They speak to one of our basic values in recovery: freedom. Continues on Page 6



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With this in mind, we can look at our First Tradition. It can be seen as having four parts: common welfare, priority of that welfare, personal involvement, and importance to the program. Often heard in meetings is that this is a “we” program. This means it is made up of all of us, each having equal rights for participation with the program and each of us share responsibility for the care of “our” program. We interact with each other using the traditions as a guide in order to maintain a healthy, forward-moving environment.

So, what is the common welfare of our groups? It is to provide a space and atmosphere in which the message of recovery in Narcotics Anonymous is available to all who seek it. This message is one of hope. The value of our common welfare is so important that the tradition states it should come first. Our meetings vary in many ways. Formats are different. Meeting places differ. Meetings are held at different times and days.

Some meetings offer refreshments, and some don't. And this freedom is cherished in Narcotics Anonymous. Each member brings their own ideas, thoughts and beliefs to the table when dealing with the everyday working of their group. However, each group is tasked to maintain the welfare of the group. In addition, each group's welfare needs to be guided by our Traditions. Continues on Page 7



South Dade Area Of
Narcotics Anonymous

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Regardless of the differences in our meetings they are all unified around the recovery message of hope. Our literature tells us that diversity is one of our strengths. Our unique and individual ways of viewing the issues we deal with in recovery are important and valuable as we move forward in the recovery process. What seems to be important as we work with each other is to increase our understanding of the recovery principles and to learn to listen and speak with love and compassion for ourselves and other recovering addicts. Common welfare is so important that “personal recovery” depends on it. Our unity is strengthened with a message that is consistent across all meetings.

by J. Addict (12/12/87)

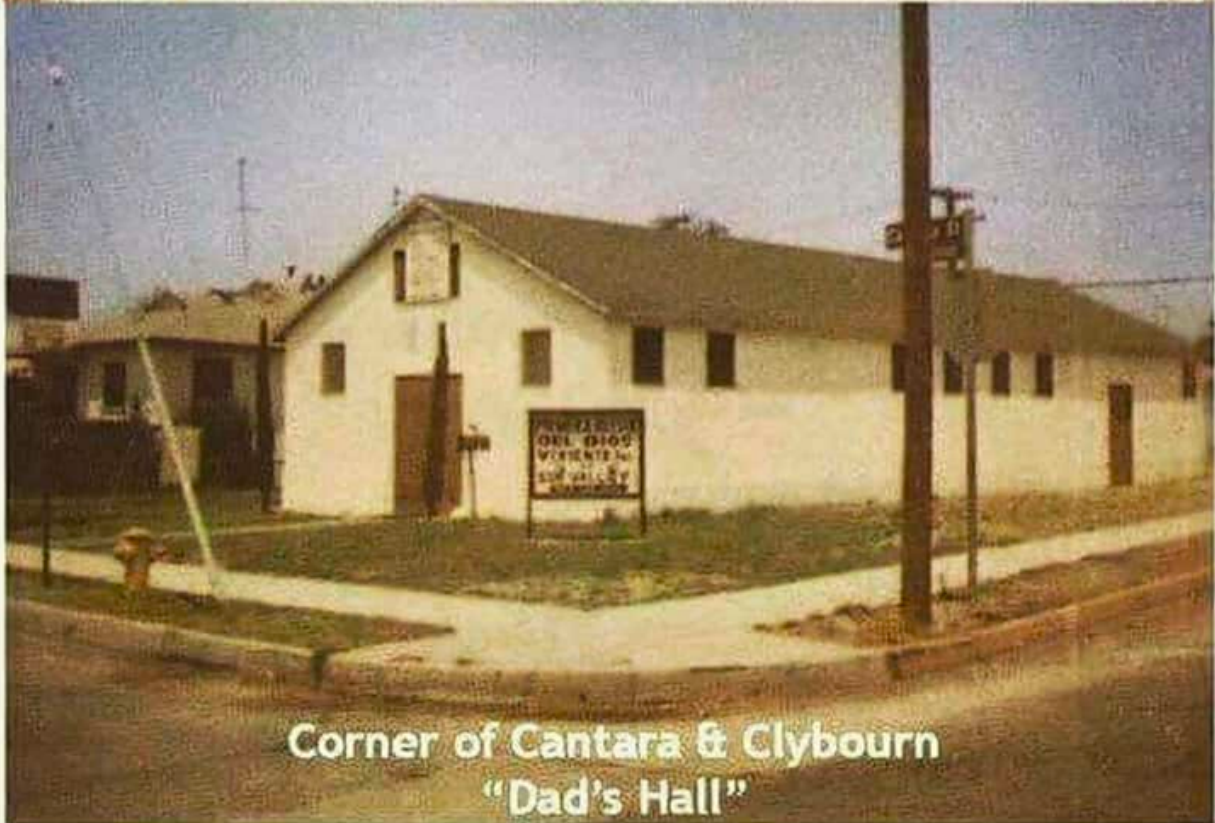
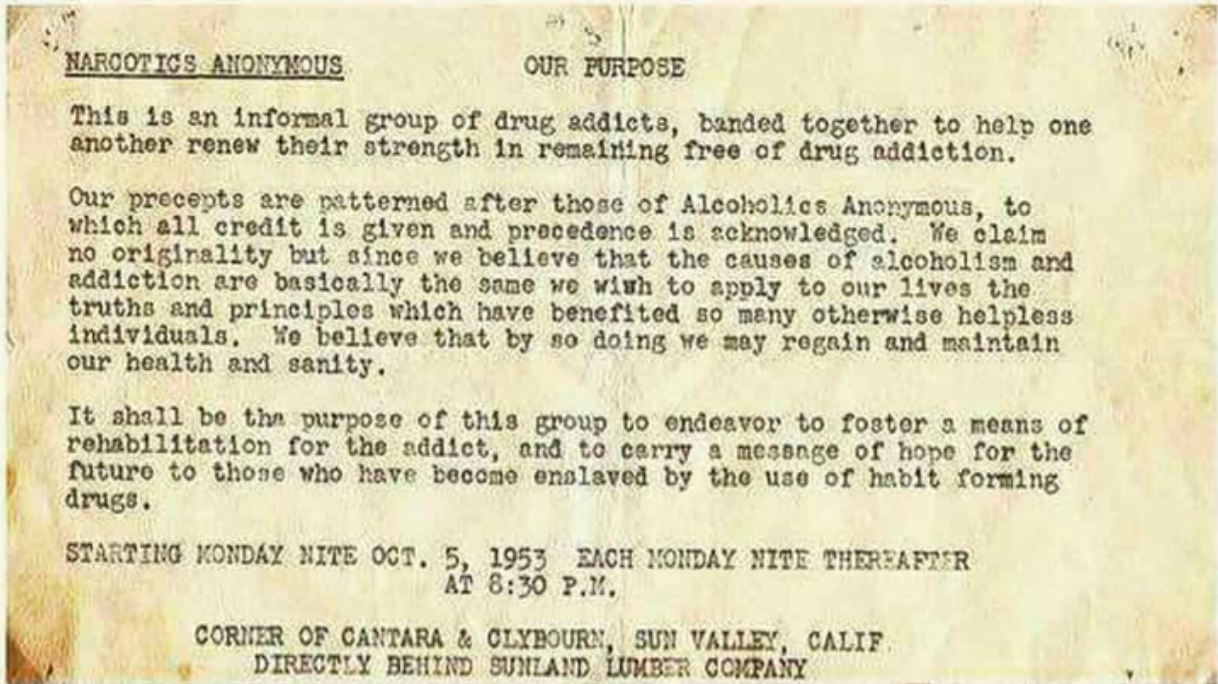


South Dade Area Of
Narcotics Anonymous

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Our History

Below is an image of the first ever NA Meeting

The first meeting of Narcotics Anonymous, as we know it today, is held October 5, 1953.





South Dade Area Of
Narcotics Anonymous

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Upcoming Events



WCNA 38 is a registration-required event. Registration badge is required to enter the convention center. All seats to the main meetings and events will be determined by the date of your registration. Your WCNA registration badge gives you admission to the main meetings, coffeehouse events, and dances. All other events require an additional ticket to attend.

WCNA 38 BEGINS THURSDAY MORNING, 29 AUGUST, AND ENDS BY APPROXIMATELY 2:00 PM ON SUNDAY, 1 SEPTEMBER

Registration

Pre-registration ENDS 31 JULY 2024	\$175
Registration (ONLINE & ONSITE)	\$185

Merchandise

Limited quantities and sizes will be available, so please order early! All pre-registration merchandise will be for the current theme, *The Power of Love*, with the exception of the retro T and the pin set illustrating WCNA 15, *Unified and Staying Alive*, held in DC in 1985.

Special Coffee Mug \$20	
Limited edition, uniquely designed mug celebrating <i>The Power of Love</i>	
Embroidered T-Shirt	\$25
Screen Printed T-Shirt	\$20
Unisex Long Sleeved Retro T	\$30
Reversible Bucket Hat	\$20
Unisex Zip Up Hoodie	\$40
Boxed Retro Lapel Pin Set	\$15

Convention Events (limited quantities available)

We are pre-assigning seats for all paid events in the convention center. All seats will be assigned by the date of pre-registration (rather than the date you purchase the tickets). **If you want to sit with friends, you will need to either purchase a table for the food events or purchase tickets on one registration. Otherwise, you will be seated with friends you just haven't met yet!**

WEDNESDAY NIGHT

Baseball Game	\$50
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THURSDAY

Blues Brunch <i>Vegetarian option is available</i>	\$90
Assigned table for 10 at Blues Brunch	\$900

FRIDAY

Comedy Show (potentially offensive material)	\$55
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SATURDAY

Jazz Brunch <i>Vegetarian option is available</i>	\$90
Assigned table for 10 at Jazz Brunch	\$900

SATURDAY NIGHT

Concert (TBD)

Absolutely no cancellations, exchanges, or refunds after 30 April for merchandise, or 1 June for registration and events.

WCNA Hotels

While we realize many people book rooms on their own, you really help the convention when you book rooms in our room block. Rates may not be available after 25 July 2024.

Please help us plan the best WCNA 38 possible by booking

your Hotel Deposit

room in our room block! Rooms will be added as space is available. A credit card guarantee is required for each room and is charged 30 days before the event or at the time of cancellation.

Any reservation cancelled at any time after the reservation is made will incur a cancellation fee of \$75.

Pre-registration and hotel reservations are only available online

If you have made hotel reservations or registered and need help, contact ConferenceDirect M–F, 9am–8pm Eastern Time.

: +1/844.460.9824 US | +1/704.419.8426 international wca@conferencedirect.com

Registration +1/844.572.7254 US | +1/801.316.3606 international wca38regsupport@conferencedirect.com



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Upcoming Events

**SOUTH DADE AREA OF NA
ACTIVITES SUBCOMMITTEE
PRESENTS:**

**FAIRYTALE FRIENDSHIPS
VALENTINE'S DAY PARTY**

02.09.24

**LOCATION: SOUTH MIAMI
LUTHERAN CHURCH
7190 SUNSET DR - MIAMI, FL 33143
MEETING TIME: 8:30PM
DANCE: 9:30PM
TICKETS: \$10 - SUGGESTED DONATION**

LOCATION NOT AFFILIATED WITH NA



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Upcoming Events

SouthDade Area Newsletter

**Join us in doing service!
Committee Meets @ 7pm,
1st & 3rd**

Tuesdays of the Month

**@ Starbucks 7123 SW 117 Ave
Miami, FL 33183***

*Starbucks is not affiliated with NA

**Contact us at
Newsletter@namiami.org**



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Happy Anniversary:

Cecilia S. - 01/01/87

Kenny T. - 01/06/08

Olydia K. - 01/09/23

Mario G. - 01/09/88

Monique M. - 01/15/07

Freddy A. - 01/15/95

Daniella P. - 01/18/13

Saby M. - 01/19/92

Eric F. - 01/26/21

Jackie D. - 01/29/87

The material for this Newsletter is created and edited by NA members for every NA member. The Twelve Traditions of NA were used to edit this newsletter. If you find improper misrepresentation of our traditions please contact the editor at newsletter@namiami.org