
THE JOURNEY CONTINUES NEWSLETTER

Welcome

How do we attract the addict who still suffers to Recovery?

Through spiritually guided unity of service. Our message is powerful; "That an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live." Our Newsletter's purpose is to spread this message by sharing our members' experience, strength, and hope. Our local service committees share that same purpose. We invite you to read through these pages, get inspired, and get involved.



by S. Addict (07/17/2020)

WRITTEN FOR ADDICTS BY ADDICTS

THE JOURNEY CONTINUES NEWSLETTER

Step of the Month: Step 3 Experience

“We made a decision to turn our will and our lives over to the care of God as we understood Him.”

Coming into the program of Narcotics Anonymous I think we have all found ourselves at one point sitting in a meeting reading the steps on the back of the wall, and getting to step 3 thinking “Whoa, hang on a minute?. God?!” Well, I can only speak for myself but that was my exact initial thought.

I came into the program at 20 years old with no relationship with any sort of God aside from thinking “if there was one, then why was my life the way it was?...” It's important to note, I was reading these steps at my first NA meeting, with no sponsor, and zero clue at how this program worked. Thankfully at the end of the meeting when they did the chips and gave the suggestions; “go to 90 meetings in 90 days, get a sponsor, work the steps, and don't pick up no matter what.” It was then that I heard one of the most important suggestions there was for the start of my journey which was to; “get a sponsor.”

It's a 1000% percent necessary to get a sponsor FIRST before embarking on step work. The reason behind this is because, my initial thought process coming into this program was skewed and the way I interpreted things “such as the steps” was also very skewed. I didn't understand that this was in fact a process and that before I get to step three there is first understanding, then working, and finally applying and living steps one and two.

Doing those along with the help of my sponsor before even considering looking at three definitely makes it much easier. I need to understand that in step one I find a sense of surrender and acceptance and for the first time even, honesty. I get honest that I am powerless over my addiction and in my step work I get to see for the first time with minimal clarity the actual ways I am powerless. Continues on Page 3

WRITTEN FOR ADDICTS BY ADDICTS

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In step two I see the unmanageability of my life (thanks to step one) that I took part in creating and that “a power greater than myself” could restore me to sanity. That “power” could be anything as long as it's not myself and it's greater than me. With step two I begin to have a sense of hope. For myself; it was the group. The meetings. The other addicts that took time to get to know me and fellowship. The fact that whenever I went to the meeting and then fellowshiped after, I didn't get high that night and I made it to another day clean. I couldn't understand that. I surely wasn't capable of that on my own because I had plenty of evidence of many failed attempts.

So now I have this hope that came from step two that was given to me in many forms. A few examples were; the addicts before me that told me “if i can do it, you can do it”, the addicts in meetings sharing their pain and still not picking up in spite of themselves and the disease, the addicts staying clean and continuing to show up, the hope i heard in the messages of the speakers at meetings but even more so in myself. That I had not gotten high. That me! the addict...who couldn't stop using even against my own will from the moment i started unless I was restrained in some way, shape or form had not got high!!! How does that happen? I can't explain it. I can't explain why I tried many other times and had zero success. Yet, I came into Narcotics Anonymous and with the help of other addicts like myself, a sponsor, meetings, service, coffee, and step work that all of a sudden for the first time ever I was able to wake up, live life and not use. Continues on Page 4

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So that brings me to step three... and I go back to why it was necessary to go in order. Now that I've worked steps one and two, my perspective has changed. I've had some time to gain a little clarity. I've been able to learn about how my disease not only affects me but also my life, my thinking, my actions and also my reactions. I've also gained some spiritual principles in my life. But even with those, I need to keep going. I can only live off of hope for so long before I need something more. Something like Faith.

My sponsor had me draw what I considered my higher power or the god of my understanding. At first I thought this was a joke and would be really easy. Jokes on me because that was one of my toughest assignments. It really took some effort to sit back and truly identify what this god was but once I finished doing the assignment, I understood its importance. How am I to make a decision to turn my will and life over to the care of god "as I understood him" if I didn't even know what this god was to me. Sure I had hope in a power greater than myself but now... I really had to get familiar with that because if I can't identify what that is, how the hell am I going to trust or put faith in it to care for me.

My initial go(s) with step three was rather painful in the beginning. I would find myself playing tug o'war with the idea of making this decision. Allowing this god to care for my life or even just the situations of my life, and surrendering my will? Like hello, giving up control. That's as hard as giving up using but... I also stopped using right? So, what that thought showed me was that it is possible. I had to reinforce the surrender in step one, the hope in step two and get into faith. Continues on Page 5

THE JOURNEY CONTINUES NEWSLETTER

For this addict evidence was key. Whenever I took a step back in situations and got honest with myself about how they were working out when I was trying to control, manipulate or find the easier way out; it was always filled with unmanageability. However, when I surrendered and made that decision whether I made it a minute at a time or a day or two at a time; things seemed to work out and the unmanageability seemed to vanish.

Again, this wasn't easy for me. I struggled for years trying to find the perfect ratio of surrender AND control. What I found was that the ratio is 100% surrender and 0% control. My way didn't, doesn't and hasn't ever worked and this way, the NA way, does. That when I show up and do my part, the god of my understanding does the rest. I just need to get out of the way.

They used to say "let go or be dragged" and honestly, I was so tired of being dragged. It's painful, exhausting and most of all, unnecessary.

Over the years, step three has evolved for me. The god of my understanding has grown in many ways. The application of the other principles have become much easier to apply and I've continued to be shown the evidence that I no longer really need. Because today, the addict that came in hopeless and faithless is full of both and much more. I have a relationship with the god of my understanding that continues to amaze and shock me. I no longer feel the need to immediately take matters into my own hands. Not because I'm rid of my control and ego but more so because I've learned that the god of my understanding does not short change me like I do myself at times. So whether I think I can do it better or I think something should have worked out differently; I have yet to be let down or left worse off. In fact, I usually come out way better. Just for today, I will make the decision to let go instead of being dragged.

by M. Addict (01/15/2007)

WRITTEN FOR ADDICTS BY ADDICTS



THE JOURNEY CONTINUES

Tradition of the Month: Tradition 3

“The only requirement for membership is the desire to stop using.”

And thank goodness for that! Can you imagine if, in order to seek recovery in Narcotics Anonymous, we had to pass some sort of test or initiation process? What if there was an income requirement, a no tattoos rule, an age or skin color restriction, or we had to have used a certain amount of a certain type of drug? The rooms would be empty. But no, none of these things are required. The only thing that matters when we walk through the door, or log onto the Zoom meeting, is that we are looking for a way to stop poisoning ourselves. Anyone who is sick and tired of being sick and tired and wants something different for him or herself is accepted.

I found Narcotics Anonymous when I was a teenager. I had never shot dope, smoked coke, nor spent a night in jail. In the meetings, I was surrounded by junkies, crackheads, and felons, most of whom were older than I. Guess what: we were all in the right place. Though I might not have gone to the depths of those that I sat next to, my desire to stop using was just as strong and because of the Third Tradition, my seat was secure. Nobody told me to not come back until I was in worse condition.

My membership in NA was just as earned as the “worst” addict’s in the room because NA does not care “how much or how little you used, . . . but only in what you want to do about your problem.” You see, we do not gain membership in Narcotics Anonymous because of anything we did yesterday; we are members based on what we want for ourselves today.

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THE JOURNEY CONTINUES

There is one caveat; however, for “only one requirement” does not equal zero rules. With membership comes responsibility. Case in point, many years ago, there was a male member of this area that was causing undue stress among our female members. He was acting inappropriately towards some women to the point of being abusive. When my sponsor told me that I had to confront this guy, I was not happy about it, but I knew I could not just watch my sister addicts be driven away from meetings.

I, and others, told this guy that his behavior was unacceptable. We let him know that while we could not “revoke” his membership in NA, he could be kept from attending certain meetings. His abusive behavior did stop and our meetings were once again safe for “all” addicts seeking recovery. One person’s right to membership does not trump another’s right to recovery.

The Third Tradition in a nutshell: You are a member when you say you are. But please remember, this is a fellowship. We need each other.

by D. Addict (05/01/1985)



THE JOURNEY CONTINUES

Concept of the Month: Concept 3

“The NA groups delegate to the service structure the authority necessary to fulfill the responsibilities assigned to it.”

“The NA groups maintain final responsibility and authority for the service structure they have created. Yet if they must involve themselves directly in making decisions for all of our service boards and committees, the groups will have little time or energy left to carry the recovery message in their meetings. For this reason, the groups entrust the service structure with the authority to make necessary decisions in carrying out the tasks assigned to it.

The delegation of authority can do much to free up both our groups and our services. Service decisions not directly affecting the groups can be made expeditiously; our phonelines, H&I panels, public information efforts, and literature development projects can move forward at full speed to serve NA’s primary purpose. And our groups, not required to ratify every decision made on their behalf at every level of service, are freed to devote their full attention to carrying the NA message in their meetings.

We often use motions and guidelines to help us apply the Third Concept. We clearly describe each task we want accomplished, and the kind of authority we are delegating to those who will fulfill the task. However, even the most exhaustive set of guidelines cannot account for every eventuality. Our trusted servants will serve us best when we grant them the freedom to exercise their best judgment in fulfilling the responsibilities we’ve assigned them. Our services must remain directly accountable to those they serve, yet they must also be given a reasonable degree of discretion in fulfilling their duties. A group, service board, or committee should consult its collective conscience in arriving at its own understanding of the best way to apply this concept. Continues on Page 9



THE JOURNEY CONTINUES

Sometimes we fear that delegation will mean a loss of control over our services. Together, Concepts One, Two, and Three have been designed to help us maintain responsibility for our service structure without tying our trusted servants' hands. The Third Concept encourages our groups to focus on their own responsibilities, while assuring that the service structure is given the authority it needs to fulfill other necessary NA services. Our Twelve Concepts do not ask our groups to abdicate their authority, allowing the service structure to do whatever it pleases. The groups, after all, have established the service structure to act on their behalf, at their direction. And when the groups need to exercise final authority in service matters, they are encouraged to do so. However, in day-to-day matters, the groups have given our service boards and committees the practical authority necessary to do the jobs assigned them.

Delegating authority can be a risky business unless we do so responsibly. To make Concept Three work, other concepts must also be applied consistently. Most importantly, we must give careful attention to the selection of trustworthy trusted servants. We cannot responsibly delegate authority either to those who are fundamentally incapable of administering that authority or to those who are not willing to account fully for their actions. However, if we select our leaders carefully, choosing those who can be trusted to responsibly exercise delegated authority in fulfilling the tasks we've given them, we can feel much more comfortable with the concept of delegation.

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THE JOURNEY CONTINUES

When we give our trusted servants a job, we must adequately describe to them the job we want done, and we must provide them with the support they need to complete their job. Then, once we've given them instructions and support, we must delegate to them the authority necessary to make decisions related to the task they've been assigned. When our groups delegate sufficient authority to our service structure, our groups need not be overcome with the demands of making every service decision at every level of service, and our fellowship's primary purpose can be served to the fullest. With the Third Concept squarely in place, our groups are free to conduct recovery meetings and carry the NA message directly to the addict who still suffers, confident that the service structure they have created has the authority it needs to make the decisions involved in fulfilling its responsibilities."

From: [Twelve Concepts for NA Service](#)



THE JOURNEY CONTINUES

Gratitude List

from Members of the SouthDade Area:

My brother and sisters in recovery. #Unity

My heart and mind is in recovery

Accepting priorities as a part of life

Serene thoughts being the antidote to Resentful thoughts and expression

The Unity Room coming soon. May it bring lots of recovery to south dade

J. Addict 10/31/2018

Meditation

The ability to show up for people and be present in my life

My sponsees and the gift of growing together

The relationship I've built with myself

That my body communicates my emotions to me (if I'm paying attention)

That full moon rising over the city at sunset

The bird that soared overhead when I left my place this morning

My squirrel friend who waits for me to put nuts out for her

Random strangers who let me pet their dogs

G. Addict 12/11/2011

My higher power

My family

My sponsor

C. Addict 11/28/2023

being clean

mental health

spiritual growth

spiritual principles

job

car

family

place to sleep

M. Addict 03/15/2017

The relationship I get to have with my family now that I am clean
The trusted servants who create this newsletter to inform people of
upcoming events and share the message to all addicts in our area

D. Addict 10/10/2023

“My gratitdude speaks when I care and when I share
with others the NA Way.” *Jimmy K.*



THE JOURNEY CONTINUES

Honoring Members lost this month:

February is the shortest month of the year. This year was a leap year which makes it special. I will remember this February for a few reasons: it was the 74th anniversary of Jimmy K. getting clean, but closer to home, the South Dade Area lost 3 important members. Even though we are an anonymous program, these 3 members stood out for various reasons.

Gabe seemed to have always been around. He moved out of South Dade for a while, but when he returned, he jumped back into the middle of the program. I first met Gabe in June 1989 at the Happy Hour meeting. He rode a Harley, had a huge mustache, and used a leather aviation helmet like Snoopy. He looked like D-Day from Animal House, if you don't know what I'm referring to Google it, or better yet watch the movie. He was bigger than life and as the years went by, he became softer spoken, but his love and wisdom were shared freely. He was a pillar at the Enlightenment Group meeting and did service until the last moment. He cherished his relationship with his sponsor and sponsored many members. He will be missed.

Emo got clean at the 24 Hour Room 1999. Somehow, the Recovery Higher Power connects a suffering addict with the 24 Hour Room, and they receive the message of HOPE. Emo was picked up and taken to the Electric Lunch meeting. He had nowhere to go but the addicts he met said they had a place for him. He showed up at the 24 Hour Room with the clothes on his back a few hours clean. Everyone looked the other way and he stayed for 11 days. He was 49 yrs. old. When he left the 24 Hour Room, he had 11 days clean, bags of clothes and a TV, but more importantly he had the willingness and desire to stay clean. He became a poster child for the power of our program and the miracles that can occur when we stick and stay. Before his passing, he was living in Sebring FL. He was suffering from dementia. He had been living in an ALF, and passed away with 25 yrs clean. Unfortunately, more details are not available. Conitines on Page 13

THE JOURNEY CONTINUES

Lazaro, I was extremely close to. I met him in May 1990, when he had 2 weeks clean. We were together until the day he passed away 33 yrs and 9 months later. I sponsored him, he sponsored me. We worked steps together, did service together, worked together, and we recovered together. Through the tough times, easy times, up times, and down times they were always great times because we were always together. He opened his home to everyone, and his May anniversary parties were legendary. He served at the World Service Conference and helped translate the motions and discussion as well as guide RSRs from Central and South America on the service structure. He was also involved in Program Development in Latin America, helping the fellowship expand into Central America.

Some of Lazaro's superpowers were: His ability to piss you off by telling you what didn't want to hear, standing firm on his principles, his Love for NA, herding addicts to create unity, seeing good in everyone and reaching out to Addicts in need, and many more.



They were always around, and we expected them to never leave, they will be missed. They may not be with us physically, but their message, example, and love live on in our hearts.



South Dade Area Of
Narcotics Anonymous

THE JOURNEY CONTINUES

Upcoming Events



1st Fundraiser for:
Carry The Message
Museum &
JFT Clubhouse

Stand Up Comic,
 Magic Show &
 Museum Showcase

TICKETS
\$20

Danny Martino
 267-276-3232
 statesideexteriors@gmail.com

Food,
 (First Edition)
 T-Shirts & Mugs
 Available

Saturday
4/6/24
@7:00pm

Shrine Club
 2900 Taylor St
 Hollywood, FL
 33020

*fun in
recovery*



LETS START THE NEW YEAR WITH A NEW TUNE

**R&B AND SAX
BRUNCH**

Ticket Prices: \$10 Chicken, Sausage or Bacon
\$12 Salmon Croquettes - \$15 Fish

MARCH 16, 2024 - 10 AM TO 1 PM
FULFORD UNITED METHODIST CHURCH
1900 NE 164 ST, NMB, FL 33162

NA IS NOT AFFILIATED WITH THIS FACILITY

SISTERS JOURNEY GULF COAST AREA &
 SERENITY FOR WOMEN SOUTH DADE AREA
 PRESENT

WOMENS DAY
2024

*You've always had the
 power, my dear*

SATURDAY JUNE 8
11AM - 4PM

FOOD • FELLOWSHIP • SPEAKERS • FUN

AT FORT MYERS COMMUNITY CHURCH
 (NOT AFFILIATED WITH NA)
8400 CYPRESS LAKE DRIVE
FT MYERS, FL 33919

\$20 TICKETS / \$20 TSHIRTS




FOR INFORMATION OR
 TICKETS CONTACT:
 MAGGIE B 239-989-2035
 LYNN B 239-362-6845
 GINA J 786-512-9561



THE JOURNEY CONTINUES

Upcoming Events

SOUTH BROWARD AREA PRESENTS

BINGO & MEETING

**SATURDAY
MARCH 23RD**

1PM - 5PM

DOORS OPEN AT 1PM. BINGO AT 1:30PM. SPEAKER MEETING 3PM TO 4PM AND LAST BINGO GAME AT 4:15PM. FOOD AND REFRESHMENTS. WIN \$10, \$20 AND \$30 BINGO PRIZES + RAFFLE!

\$1 BINGO CARDS
\$5 BINGO ENTRY FEE

FOR MORE INFO CALL:
JOSE (786) 356-1273
LENNY (786) 705-1030

COMMUNITY CHURCH OF DAVIE, 6500 SW 47TH ST.
NA IS NOT AFFILIATED WITH THE COMMUNITY CHURCH OF DAVIE

NOONTIME RECOVERY'S 22ND ANNIVERSARY

PICNIC

IN THE PARK

SATURDAY MARCH 30TH 2024

11:00AM-5:00PM

MARKHAM PARK
CORPORATE PAVILLION
16001 W. STATE ROAD SUNRISE, FL
33326

FOOD | FELLOWSHIP | FUN

Speaker Meeting starts at 1:00pm

MORE INFO:
MIRIAM L. 954-593-7312

*NARCOTICS ANONYMOUS IS NOT AFFILIATED WITH MARKHAM PARK



South Dade Area Of
Narcotics Anonymous

THE JOURNEY CONTINUES

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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FRIDAY

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 needed. 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 wcna@conferencedirect.com

Registration +1/844.572.7254 US | +1/801.316.3606 international wcna38regsupport@conferencedirect.com



THE JOURNEY CONTINUES

Local Annoucements

**WE'RE
MOVING**

**KEEP IT SIMPLE
MONDAY NIGHTS**

@ 8:30pm
UNITY CLUB HOUSE

*Starting
March 18*



ALL ARE WELCOME!

**6600 SW 62nd Ave.
South Miami, FL 33143**

**CLUB HOUSE
OPENING
NIGHT**

HOSTED BY
KEEP IT SIMPLE
DOUBLE SPEAKER MEETING AND POTLUCK

5-8PM




**UNITY CLUBHOUSE
6600 SW 62ND AVE.
SOUTH MIAMI, FL 33143**

MARCH 16

**SURVIVAL GROUP
OF NARCOTICS ANNONYMOUS**

NEW LOCATION



Unity Club House
7031 SW 62nd Ave
South Miami, FL 33143

1st Survival Meeting will be held on
March 22nd, 2024


New Meeting Time 8:30PM - 9:30PM

END OF THE ROAD GROUP OF
NARCOTICS ANONYMOUS

**WE ARE
MOVING**

Saturdays @ 10 pm

FIRST MEETING @ NEW LOCATION
WILL BE ON MARCH 23, 2024



JOIN US

NEW LOCATION ADDRESS:
6600 SW 62 AVE



THE JOURNEY CONTINUES

Local Announcements

“THE TIES THAT BIND US”

Starting March 19th

Tuesdays: 8-9 pm (literature)
 Thursdays: 7-8 am (meditation)



Location:
 Unity Room Clubhouse
 a 12 step Fellowship Clubhouse
 6600 SW 62nd Avenue
 South Miami, FL 33143

 A circular graphic with a light blue background is overlaid on a photograph of fresh vegetables. The text inside the circle reads:

**UNIDAS
 IN
 RECOVERY**

Women Bilingual Meeting
 March 20th, 2024
 Wednesday at 7:00 PM
 6600 S.W. 62nd Avenue
 Miami, Florida 33143

GET INVOLVED

Activities Subcommittee

meets @ 7:15pm

Every 1st & 3rd Thursday of the Month
 in the Library at South Miami Lutheran
 Church 7190 Sunset Dr, Miami, FL 33143



South Dade Area Of
Narcotics Anonymous

THE JOURNEY CONTINUES

How to Get Involved : Local Service Committee Meetings



**ANNUAL
H&I
EVENT
HELP**

**SOUTH DADE
AREA**

H&I



Needs Volunteers and Speakers

**We Meet The Third
Wednesday of Every Month at
7:30pm in The Library.**



**South Miami
Lutheran Church
7190 SW 72nd St
Miami, FL 33143**

For More Information, Contact:

ANGEL C #954-817-6852

TONY L #786-879-3347

**NA Is Not Affiliated With This Location*

To be included in upcoming issues of this Newsletter: Please send any subcommittee meeting dates, times, and meeting locations to newsletter@namiami.org



South Dade Area Of
Narcotics Anonymous

THE JOURNEY CONTINUES

Local Service Committees Meetings

SouthDade Area Newsletter

Join us in doing service!

Committee Meets @ 7pm

Every Last Sunday of the Month

In the Library @

South Miami Lutheran Church

7190 Sunset Dr, Miami, FL 33143

*South Miami
Lutheran Church not
affiliated with NA

Contact us at Newsletter@namiami.org



THE JOURNEY CONTINUES

Happy Anniversary:

Stephanie F - 03/22/2020

Ramses - 03/23/2015

David H - 03/10/2020

Gary R - 03/10/2023

Alejandra H - 03/14/2015

Adele P - 03/15/2018

Blair S - 03/12/2021

Mike S - 03/15/2017

Melissa - 03/04/2022

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