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# THE JOURNEY CONTINUES NEWSLETTER

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## 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.

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by D. Addict (03/28/2024)

WRITTEN FOR ADDICTS BY ADDICTS



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## **THE JOURNEY CONTINUES NEWSLETTER**

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### **Step of the Month: Step 4 Experience**

“We made a searching and fearless moral inventory of ourselves.”

The 4th step was the beginning of my understanding that my feelings, and things I had felt for a long time, were often based on things I subconsciously believed (or told myself), that actually were not true. It was the start of learning that through surrendered action and continued step work, I could free myself from the low-self esteem and deep feelings of unworthiness that my disease eats for breakfast.

In early recovery, I remember people talking about a 4th step like it was a nightmare. Something to fear (which historically for me meant something to avoid). My past was riddled with things I hoped to never revisit - a violent and abusive childhood home, neglect, sorrow, and above all the sense that I was utterly alone. But our program is perfect, and if we make the effort to get what it has to offer - we in fact do, one perfectly designed step at a time.

The thing about step work, in my experience of course, is that we have no way of foreseeing the transformation and healing that will possess us. Much like how we never fathomed the utter desperation of our disease that would ultimately consume us. When I started working steps, I didn't know that I would build a foundation upon which I could muster the courage, however small, to approach a fearless and searching moral inventory. With the ability to share honestly about feeling afraid, asking the fellowship how they did their first 4th step, and having faith that if I worked mine I could get better, I started my inventory for the first time.

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## **THE JOURNEY CONTINUES NEWSLETTER**

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And holy sh\*t did it break my heart. All the pain of my life spilled out in that notebook. I cried, I had a couple nightmares too. All the ugly things that had happened to me or around me when I was a child. Later, the inventory of things I chose as I grew up and started using. I felt broken, and ashamed, and hopeless. I opened up to my sponsor about how challenging it felt to look at all of these things. I shared about it at meetings and told my support group about the extreme grief and not-enoughness that was making me so unmanageable. And in times where I was undistracted by meetings, friends, or fellowshipping. I was alone with these feelings, calling out to my higher power to please love me.

Because I did those things (that you all told me to), I got through my 4th step. And I needed that step more that I could have ever known. In between each line in that inventory was the opportunity to do something differently. Or a space to let something go that no longer served me. Or a chance to forgive myself. Or the truth behind the lies that kept me sick. It was the only place I could learn why I was the way I was. Without the 4th step, the woman I have grown so proud to be would still only exist in my higher power's will for me. With this key, I unlocked the prison cell of my past and stepped into the hallway of step 5.

**by D. Addict (01/18/2013)**



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## **THE JOURNEY CONTINUES**

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### **Tradition of the Month: Tradition 4**

“Each group should be autonomous except in matters affecting other groups or NA as a whole.”

“The Fourth Tradition helps groups achieve a balance between independence and responsibility. This mirrors the freedom of the individual recovering member and the responsibility which supports that freedom. Together with open-mindedness, unity, and anonymity, these principles help protect NA as a whole when applied in our group affairs.

While autonomy gives us certain freedoms, it also implies responsibility for our actions and for the continued well-being of NA. As groups, we exercise our responsibility to the fellowship by taking inventory of our behavior and how we hold meetings. Our group Tradition Four 115 exercises its autonomy in a responsible way when it takes care to consider the common welfare of the fellowship as a whole before it acts.

Open-mindedness is essential if we are to use autonomy to help NA grow. With an open-minded attitude, we are more receptive to new ways of reaching addicts. We learn to find and fill our niche in the NA community. We encourage each member of the group to contribute thoughts and ideas. Our attitude of open-mindedness helps us remember that each group is part of a greater whole. Acknowledging that we are part of something bigger than ourselves prompts us to look at still more new ideas. Our diversity can enrich us only when we are open to its richness.

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## THE JOURNEY CONTINUES

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Remembering our part in the greater whole, we consider unity when we think about applying the Fourth Tradition. Any decision that we make as an autonomous group ought to be founded first in our common welfare. Although we are autonomous, we may offer loving support to other groups by attending their meetings or offering other help. NA meetings thrive when groups look beyond their immediate needs to offer help to each other.

Love is the principle that guides us to see NA as a greater whole. This impacts our responsibility as autonomous groups. Our group's autonomous decisions, based on our love for NA, will serve to strengthen our efforts to serve others. Love encourages us to reach out to other members and other groups, finding ways to cooperate with them in carrying the message of recovery.

Anonymity applied to the Fourth Tradition reminds us that each group has an equal place in the Fellowship of NA. Larger groups are not more important than smaller groups; older groups are not "better" than newer groups. While all groups have the freedom to apply principles in whatever ways seem best to them, those same principles make each group an equal partner in recovery. Each group bears an equal responsibility in the work and in the reputation of NA.

Autonomy in NA gives groups the freedom to act on their own to establish an atmosphere of recovery, serve their members, and fulfill our primary purpose. The responsibility that balances our autonomy reflects the principles expressed in the first three traditions. Preserving the unity of the NA Fellowship comes first. Next, we seek direction from a loving Higher Power. Then, we hold meetings that welcome everyone with a desire to stop using.

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## **THE JOURNEY CONTINUES**

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Healthy, vital groups are essential to the growth of Narcotics Anonymous. Groups provide a place where we can offer our most basic service: one addict reaching out to another with the message of recovery. Without our autonomous groups, we would be unable to fulfill our primary purpose.”

**From: Tradition 4 Applying Spiritual Principles.  
In It Works How & Why (pp. 114–116). essay.**

### **Concept of the Month: Concept 4**

“Effective leadership is highly valued in Narcotics Anonymous. Leadership qualities should be carefully considered when selecting trusted servants.”

“The trust necessary to confidently delegate service authority is founded on the careful selection of trusted servants. In the following paragraphs, we highlight a number of the qualities to be considered when choosing our trusted servants. No leader will exemplify all these qualities; they are the ideals of effective leadership to which every trusted servant aspires. The more we consider these qualities when selecting NA leaders, the better our services will be.

Personal background and professional or educational qualifications, though helpful, do not necessarily make for effective leadership. When selecting trusted servants, after all, it is the whole person we trust, not just their skills. And one of the first things we look for when selecting trusted servants is humility. Being asked to lead, to serve, to accept responsibility, is a humbling experience for a recovering addict. Through continuing to work the Twelve Steps, our trusted servants have come to know not only their assets but their defects and their limitations.

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## **THE JOURNEY CONTINUES**

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“Knowing that, they have agreed to serve our fellowship to the best of their ability, with God’s help. Good NA leaders do not think they have to do everything themselves; they ask for help, advice, and direction on a regular basis. Our fellowship’s leaders ought not be dictators or order-givers; they are our servants. Able leadership in the spirit of service does not drive by arrogant mandate, demanding conformity; it leads by example, inviting respect. And nothing invites us to respect our trusted servants more than clear evidence of their humility.

Capable NA leadership exhibits the full range of personal characteristics associated with a spiritual awakening. We depend on those who serve us to report on their activities completely and truthfully. Our leaders must have the integrity needed to hear others well, yet still be able to stand fast on sound principle; to compromise, and to disagree without being disagreeable; to demonstrate the courage of their convictions, and to surrender. We seek trusted servants who are willing to expend their time and energy in the diligent service of others, studying available resource materials, consulting those with greater experience in their field of responsibility, and carefully fulfilling the tasks we’ve given them as completely as possible. Honesty, “openmindedness, and willingness, indispensable in recovery, are also essential to leadership.

Any NA member can be a leader, and every NA member has the right to serve the fellowship. Effective NA leadership knows not only how to serve, but when it will serve best to step aside and allow others to take over. An entrenched bureaucracy inhibits our fellowship’s growth, while a regular influx of new leadership, balanced by continuity, inspires NA growth. Continues on Page 8



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“The effective leader also knows that, in order to maintain the distinction in service between principles and personalities, it is important to observe the practice of rotation.

In some positions, trusted servants need specific skills in order to act as effective leaders. The ability to communicate well can help our trusted servants share information and ideas, both in committee work and in reporting to those they serve. Organizational skills help trusted servants keep small service responsibilities simple, and make straightforward even the fulfillment of complex tasks. Leaders capable of discerning where today’s actions will take us, and of offering us the guidance we need to prepare for the demands of tomorrow, serve Narcotics Anonymous well. Certain educational, business, personal, and service experiences may suit a recovering addict more to one type of service commitment than another. We do ourselves, our fellowship, and our trusted servants a disservice when we ask our members to perform tasks they are incapable of fulfilling.

When we carefully consider the leadership qualities of those we ask to serve, we can confidently give them the room they need to exercise those qualities on our behalf. We can allow effective leaders freedom to serve, especially when they demonstrate their accountability to us, reporting regularly on their work and asking, when necessary, for additional direction. True, our leaders are but trusted servants, not governors; yet we also expect our trusted servants to lead us. If we select them carefully, we can confidently allow them to do so.

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## **THE JOURNEY CONTINUES**

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“Effective leadership is highly valued in NA, and the Fourth Concept speaks of the qualities we should consider when selecting leaders for ourselves. However, we should remember that the fulfillment of many service responsibilities requires nothing more than the willingness to serve. Other responsibilities, while requiring certain specific skills, depend for their fulfillment far more heavily on the trusted servant’s spiritual maturity and personal integrity. Willingness, spiritual depth, and trustworthiness are strong demonstrations of the kind of leadership valued most highly in Narcotics Anonymous.

We should also remember that NA’s leaders are not only those we vote into office. Opportunities for selfless service arise wherever we turn in Narcotics Anonymous. NA members exercise personal leadership by helping clean up after a meeting, taking extra care to welcome newcomers to our fellowship, and in countless other ways. As recovering addicts, any of us can fulfill a leadership role, providing a sound example, by serving our fellowship. This modest spirit of service to others forms the foundation of our Fourth Concept, and of NA leadership itself.”

**From: Concept 4.**

**In Twelve Concepts for NA Service . essay.**



South Dade Area Of  
**Narcotics Anonymous**

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## THE JOURNEY CONTINUES

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### Gratitude List

### from Members of the SouthDade Area:

Grateful for:

-The ability to pause

-Being able to walk through fears instead of run away from them  
-For continuing to stay and watch the miracle happens in the lives of those around me

-For all the obstacles I've faced clean

-For the ability to participate in my life today

-For all the things I've been able to experience that I never thought was possible for this addict

M. Addict 01/15/2007

Grateful for:

-My higher power for showing me that all I have to do is turn my will over to them, and they will show me the way

-The relationship I get to have with my family now that I am clean

-Being a man of integrity who keeps my word and is accountable because that is what I have learned to do in recovery

-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

Grateful to come from fear and live in freedom.

C. Addict 01/01/1987

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



**THE JOURNEY CONTINUES**

**Upcoming Events**

GOLD COAST AREA H&I PRESENTS  
GRATITUDE IN ACTION 2024

**ONE PROMISE  
MANY GIFTS**

**BOOK DRIVE • LEARNING DAY  
DINNER • DOUBLE SPEAKER**

5:00	6:00	7:00
DINNER & COFFEE	LEARNING PRESENTATION	SPEAKER MEETING IS FREE

**WRISTBANDS & T-SHIRTS  
\$20 EACH**

**SATURDAY  
APRIL 20**

FOR INFO CALL TIFFANY 954-716-3713 or SHANNON 754-281-1807

*fun in  
recovery*

GCCNA XXXII ENTERTAINMENT AND  
FUNDRAISING COMMITTEE PRESENTS:

**NARCOTICS ANONYMOUS IS NOT  
AFFILIATED WITH THIS EVENT LOCATION**

**Comedy  
Show**

Monday, April 22nd, 2024  
Speaker at 7pm  
Comedian at 8pm!!!

Tickets are \$15 // \$20 at door // Doors Open At 6pm  
8221 Glades Rd Suite #10, Boca Raton, FL 33434  
For more information call Luis Melendez 954-404-2073





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 [wca@conferencedirect.com](mailto:wca@conferencedirect.com)

Registration +1/844.572.7254 US | +1/801.316.3606 international [wca38regsupport@conferencedirect.com](mailto:wca38regsupport@conferencedirect.com)



**THE JOURNEY CONTINUES**

**Local Announcements**

**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**

**1<sup>st</sup> Survival Meeting will be held on**  
**March 22<sup>nd</sup>, 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





South Dade Area Of  
**Narcotics Anonymous**

**THE JOURNEY CONTINUES**

**Local Announcements**

¿TINENES PROBLEMAS CON LAS DROGAS?



**Narcotics Anonymous.**  
**Narcóticos Anónimos**

**NOSOTROS PODEMOS AYUDARTE!**

¡LIBRE, GRATUITO Y CONFIDENCIAL!

**(305) 265-9955**

**GRUPOS DEL ÁREA DE HABLA HISPANA  
DEL SUR DE LA FLORIDA**

**EL VIAJE CONTINUA**

DOMINGO 7:00 PM - 8:00 PM  
4425 HOLLYWOOD BLVD  
HOLLYWOOD FL 33022

**RENACIMIENTO**

VIERNES 7:30 PM - 8:30 PM  
7190 SUNSET DRIVE  
MIAMI 33413

**SOMOS UN MILAGRO**

DOMINGO 5:00 PM - 6:00 PM  
MARTES 7:00 PM - 8:00 PM  
MIÉRCOLES REUNIÓN  
VIRTUAL 7:00 PM - 8:00 PM  
ZOOM ID:7317740756  
VIERNES 7:00 PM - 8:00 PM  
SABADO 7:00 PM - 8:00 PM  
38 CURTIS PARKWAY  
MIAMI SPRINGS 33166

**SABADO GIGANTE**

SÁBADOS 8:30 PM - 9:30 PM  
7190 SUNSET DRIVE  
MIAMI 33143

**CONECTADOS**

MIÉRCOLES 8:15 PM - 9:15 PM  
6600 SW 62ND AVE.  
SOUTH MIAMI, FL 33143

**POCO A POCO**

LUNES 7:45 PM - 8:45 PM  
JUEVES 7:45 PM - 8:45 PM  
7190 SUNSET DRIVE  
MIAMI 33413



[www.na.org](http://www.na.org)

[www.ahhfina.com](http://www.ahhfina.com)



South Dade Area Of  
**Narcotics Anonymous**

**THE JOURNEY CONTINUES**

**Local Announcements**

“THE TIES THAT BIND US”

**NEW MEETING**

Coming in late February or early March



Tuesdays  
8:00 pm

Thursdays  
7:00 am  
(meditation)

Location:

**Unity Room Clubhouse**

*a 12 step Fellowship Clubhouse*

6600 SW 62<sup>nd</sup> Avenue  
South Miami FL 33143

**Serenity 4 Women**



Every third Monday of the month we are having a potluck after our 8 p.m. meeting. Please join us as we fellowship and unite as woman in the program together and have yummy food!

Location: 7190 Sunset Dr  
Time: 9:00 p.m.

\*\*LOCATION NOT AFFILIATED W NA



**UNIDAS  
IN  
RECOVERY**

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

**ANNOUNCEMENT**

**New Format Change**

STARTING THIS SUNDAY  
11/12/2023

THE SUNDAY PROMISE MEETING  
WILL BE ADDING A NEW FORMAT:

- 1ST SUNDAY- SPEAKER
- 2ND SUNDAY- LITERATURE STUDY (LIVING CLEAN)
- 3RD SUNDAY- SPEAKER
- 4TH SUNDAY- LITERATURE STUDY (LIVING CLEAN)
- 5TH SUNDAY- SPEAKER ON LIVING CLEAN

WE ENCOURAGE YOU TO JOIN US AND BRING YOUR LIVING CLEAN BOOK TO FOLLOW ALONG  
WE MEET EVERY SUNDAY @5:30PM  
7190 SUNSET DRIVE  
IN THE BIG ROOM OF SMLC



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## THE JOURNEY CONTINUES

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# How to Get Involved : Local Service Committee Meetings



## 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**

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**THE JOURNEY CONTINUES**

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# 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](mailto:newsletter@namiami.org)



South Dade Area Of  
**Narcotics Anonymous**

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**THE JOURNEY CONTINUES**

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**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](mailto:Newsletter@namiami.org)**





South Dade Area Of  
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## **THE JOURNEY CONTINUES**

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# **Happy Anniversary:**

Lazaro - 04/05/2022

Eric D - 04/22/2017

Veronica V - 04/26/2023

Gar - 04/19/2005

Michelle I - 04/03/2017

Debbie - 04/28/2008

Donald - 04/06/2023

Sue Z - 04/20/2022

Darryl W - 04/20/2003

Antonio - 04/28/2023

Yvette D - 4/10/2011

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](mailto:newsletter@namiami.org)