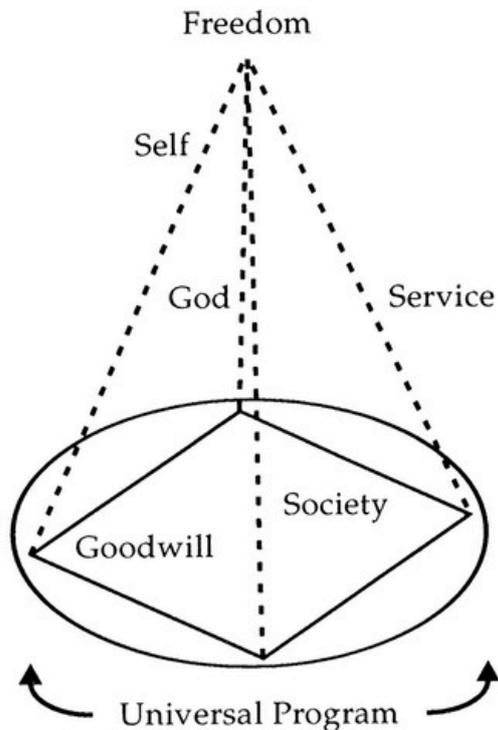

THE JOURNEY CONTINUES NEWSLETTER

Welcome

How do we attract the addict who still suffers to the fellowship of NA? We offer our experience, strength, and hope. 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. Our local service committees share that same purpose. We invite you to read through these pages, get inspired, and get involved.



THE JOURNEY CONTINUES NEWSLETTER

Step of the Month: Step 5 Experience

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

The first time I ever worked a fifth step, I wasn't sure what to expect. My sponsor at the time decided we work the step at this specific hospital which coincidentally was the place of my physical birth. I had done the work required in the fourth step and I was ready to be free. I had exercised the courage, now it was time for some integrity.

We sat by the ocean and I started sharing. The hospitals located right by Miami's Biscayne Bay. I really felt God's presence as the waves gently moved in the background. I remember not being scared but excited. My sponsor was very loving with me. His attention was fully focused. He would only interrupt me to provide insight or occasionally share a story of identification.

There was a key element in my fifth step that I was nervous about. It was the matter of my sexuality. I had engaged in some sexual behaviors in my teenage years and now at 32, I wasn't sure if I was gay or straight. I was ready for some clarity, I was ready... for freedom. I remember crying to my sponsor when he asked me “Do you want to have sex with men?” I burst into tears “No!” His reply? “Then you're not gay.” I said “That's it?!?” He responded, “Yep, that's it.”

Continues on Page 3

THE JOURNEY CONTINUES NEWSLETTER

I had carried this shame and guilt for so many years, and I was shocked as to how simple the solution was. Being gay or straight, wasn't the problem. Not knowing who I am was the problem. The steps are the solution to my biggest issue, me. The principal behind the fifth step is the reason I'm writing this now. Integrity of my word has become very important to me. If I say I'm going to do something, I do it.

I wish I could give away the freedom I've experienced during the step work process. Sometimes I'll try to beat it into my Sponsees. But you can't give away freedom to an addict, and you most certainly can't beat it into a Sponsee. I've tried and failed. It has to be earned, you must do the work.

I'd like to encourage any addict reading this to stay on the step work journey. There's more than you realize. There's more than I realize. I pray that this reading finds you, and that you fall in love with the process and yourselves. We've hated ourselves for far too long. "JUST FOR TODAY I will have faith in someone in NA who believes in me and wants to help me in my recovery." I believe in you..

by J. Addict (10/01/2019)



THE JOURNEY CONTINUES

Tradition of the Month: Tradition 5

“Each group has but one primary purpose—to carry the message to the addict who still suffers.”

Like the Steps, the Traditions are written in order, for a reason, and the purpose of each is intertwined. Our literature tells us in our First Tradition that “our common welfare should come first; personal recovery depends on NA unity.” If we don’t maintain unity as a fellowship, we jeopardize our chance at personal recovery. It is the reality in NA that we do not recover alone.

Traditions One, Two and Three describe the foundation upon which the rest of the traditions are built. We carry a message as a group, guided by a Higher Power, in order to be servants to the still suffering addict who has a desire to stop using. We know from Tradition Four that a group can carry the message in as many ways as a Higher Power inspires us to, so long as the method “does not affect other groups or NA as a whole.” There is a lot of freedom for the groups built into Tradition Four, although that freedom is very definitively tempered in Tradition Five.

Tradition Five makes it clear that the primary purpose of the all-important group is to carry the message – not to showcase the cool meeting place or awesome refreshments, or the way the group throws a party and certainly not the personalities in the meetings. So, what is “the message?” Our Basic Text tells is that the message is that an addict, any addict, can get clean, loose the desire to use and find a new way to live. The message is hope with a promise of freedom.

Continues on Page 5



THE JOURNEY CONTINUES

Meeting formats are a powerful tool in creating an atmosphere of recovery in any group. As explained in It Works How and Why, “stable meetings that start on time and carry a message of recovery. Effective meeting formats keep the primary purpose in focus and encourage members to participate in a way that expresses recovery.” Some meetings prefer to have a speaker every week, other meeting formats are driven by use of literature, others focus on reaching newcomers and some rotate formats. The result is that in combination with the 4th Tradition, any member of any demographic, station in life and recovery, or location, can find a meeting suited for where they are in their recovery process, in an atmosphere in which they are welcomed and comfortable.

Whether online or in person, NA as a fellowship has grown to the point where access to recovery is becoming more universal each year, but the Fifth Tradition reminds us the primary purpose and message are the same – be clear, to any addict still suffering (including addicts who are clean) that an addict, any addict, can get clean, lose the desire to use and find a new way to live; our message is hope with a promise of freedom.

Like in our personal recovery program outlined in the steps, the growth and spiritual health of any group requires vigilant inventory through group conscience. Our literature suggests that groups “...take inventory periodically to help ensure that our primary purpose is still in focus. The Twelve Traditions may be used as an outline for a group inventory.” Sometimes, this results in a change in a meeting’s format to better reach the suffering addict. Other times, the history of a long standing meeting, that has consistently carried of a clear NA message, is something to be protected across time.

Continues on Page 6



THE JOURNEY CONTINUES

As also noted in It Works How and Why, “considering the needs of the larger NA community may lead to other changes. For instance, if there are no step meetings in one town, a group may consider having meetings that focus on the steps. There are many ways to carry the message and meet the needs of both the group and the NA community.”

Committing to a home group is an important part of a personal recovery program for many of us. The Fifth Tradition reminds us that shaping and nurturing our home groups in accord with the Fifth Tradition, and all of the traditions, saves lives in addition to our own, and is our primary purpose.

by V. Addict (08/07/1981)



THE JOURNEY CONTINUES

Concept of the Month: Concept 5

“For each responsibility assigned to the service structure, a single point of decision and accountability should be clearly defined.”

“The key to applying the Fifth Concept is in defining the task that needs to be done, and the easiest way to apply it is right from the start. When we first create a service task, we should consider what kind of authority we must delegate in order for that task to be accomplished, and what kind of accountability we should require of those to whom we are giving that task. Then, one particular trusted servant, service board, or committee should be designated as the single point of decision and accountability for that assignment. This simple principle applies to all the services provided in Narcotics Anonymous, from the group to our world services.

When we decide a certain service task should be done, and clearly say which trusted servant, service board, or committee has the authority to accomplish the task, we avoid unnecessary confusion. We don't have two committees trying to do the same job, duplicating efforts or squabbling over authority. Project reports come straight from the single point of decision for the project, offering the best information available. An assigned service responsibility can be fulfilled swiftly and directly, because there is no question of whose responsibility it is. And if problems in a project arise, we know exactly where to go in order to correct them. We do well when we clearly specify to whom authority is being given for each service responsibility.

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South Dade Area Of
Narcotics Anonymous

THE JOURNEY CONTINUES

“The single point of decision we define for each service responsibility is also a single point of accountability. As we've already seen in the Fourth Concept, and as we shall see further in Concept Eight, accountability is a central feature of the NA way of service. When we give our trusted servants responsibility for a particular service task, we hold them accountable for the authority we've delegated them. We expect them to remain accessible, consistently providing us with reports of their progress and consulting with us about their responsibilities.

Accountability does not mean that we delegate authority only to take it right back. It simply means that we want to be informed of decisions our trusted servants are considering as they go about the tasks we've assigned them. We want to have the opportunity to impact those decisions, especially if they directly affect us. And we want to be kept up-to-date on each responsibility we've assigned to the service structure so that, if something goes wrong, we can take part in making it right.

The Fifth Concept helps us responsibly delegate our authority for NA services. In exercising the Fifth Concept, we make a simple, straightforward contract with our trusted servants. Right from the start, they know what we are asking of them, what decisions they are expected to make themselves, and to what degree we will hold them accountable for the service work they do on our behalf. Exercise of Concept Five is not a task to be taken lightly. It calls for us to carefully consider the service work we want done; to clearly designate who should do that work; to delegate the authority to do it; and to maintain accountability for those duties. It takes effort to conscientiously apply Concept Five, but the results are worth the effort.”

From: Concept 5.

In Twelve Concepts for NA Service . essay.



THE JOURNEY CONTINUES

Personal Experience:

Before he passed earlier this month, Felipe C. submitted his personal story to the newsletter. He was celebrating 7 years clean this month. We are honored to share his experience, strength, and hope with you.

When I came to treatment, I was distraught, I was in anger, desperate. I didn't know what to do with my life. I had literally given up and I was at the lowest point of my life, homeless, sleeping in my car. One morning, I ended up in the sidewalk of my sister house, sleeping in my car, I was awakened by a Metro Dade police. They thought that I was going to commit suicide. While they were asking me questions, I said to myself "this is it, this is not a way to live, I am done." I took that as a call from God. I called my brother and asked for help. He called the treatment center and talked to Mr. Stephen.

I was so desperate that I stayed for 8 hours in the lobby waiting for a bed. I was afraid that if I move somebody else would take my bed, that's how desperate I was. The moment I walked through those doors was the beginning of a new life. I knew that if I didn't put the work in I was going to be done. Now I care how I look. If I wouldn't have got clean, I would be dead, because I had a dream when I was in the streets that they had found my body next to Home Depot where I used to hang out. I feel a heck of a lot better. I feel like a new person. I am going through some health issues, but I have learned to live one day at a time and it feels good. I am convinced God sent me here to save my life.

Felipe C. 05/22/2017



THE JOURNEY CONTINUES

Gratitude List

from Members of the SouthDade Area:

- I'm grateful to be clean and have all the tools of the program: sponsor, steps, relationship with HP, meeting and support group
- I'm grateful to be clean in South Dade, where we have more than one NA meeting a day. There are various times and numerous locations, so I can attend an NA meeting daily.
- I'm grateful old-timers have stuck and stayed and continue to teach by example and share their wisdom of recovery. We have a clear NA message, and NA has been in South Dade for 44 years.
- I'm grateful for the members who passed away recently. They have shown me we can face the end with courage and not need to use because of fear.
- I'm grateful for my health; I do not have limits, I can go, be and do what I want.

V. Addict 5/13/1989

- Feeling stronger physically
- Learning about boundaries
- How rewarding my job is
- Building a deeper relationship with my stepmom

S. Addict 04/20/2022

- Grateful for being able to show up in life and relationships
- Grateful for my higher power showing up in ways in my life that I need
- Grateful for my sponsor and his guidance
- Grateful for the predecessors who paved the way for me to grow and learn in my recovery

M. Addict 01/15/2017

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



South Dade Area Of
Narcotics Anonymous

THE JOURNEY CONTINUES

Upcoming Events

GCCNA XXXII
Gold Coast area Convention of Narcotics Anonymous
Dates: May 24 - 27, 2024

Registration is open
gccna.org

Location:
Fort Lauderdale Marriott
Coral Springs Hotel
& Convention Center
1175 Heron Bay Blvd.
Coral Springs,
Florida 33076

goldcoastna.org

PRINCIPLES ARE THE KEY

- SERVICE
- PERSEVERANCE
- WILLINGNESS
- INTEGRITY
- COURAGE
- FAITH
- HOPES
- HONESTY
- ACCEPTANCE
- HUMILITY
- LOVE
- DISCIPLINE

[Link to: GCNA Registration](#)



South Dade Area Of
Narcotics Anonymous

THE JOURNEY CONTINUES

Upcoming Events

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



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

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



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

www.ahhfina.com



THE JOURNEY CONTINUES

Local Announcements

*Survival Group's 44th Anniversary
Potluck Party!*

**Live Band!
Food, Fun and
Fellowship!**

When: Friday June 14, 2024
Meeting Time: 8:30pm
Party: 9:30pm

*Happy
BIRTHDAY*

Unity Room
6600 SW 62nd Ave
South Miami, FL 33143

For more information contact Marla or Eric M

"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 62nd Avenue
South Miami FL 33143

NEW MEETING

T.G.I.F

Thank God It's Friday

WHERE: ST. PAUL LUTHERAN CHURCH
TIKI HUT
10700 SW 56 ST.
Miami, Fl. 33165

DAY: EVERY FRIDAY NIGHT FROM

TIME: 8:00PM-9:00PM

**WE ARE IN NEED OF TRUSTED SERVANTS AND
SUPPORT PLEASE COME AND JOIN US.**

THIS GROUP OF NARCOTICS ANONYMOUS IS NOT AFFILIATED
WITH THE CHURCH

THE JOURNEY CONTINUES

Local Announcements

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



IMPORTANT

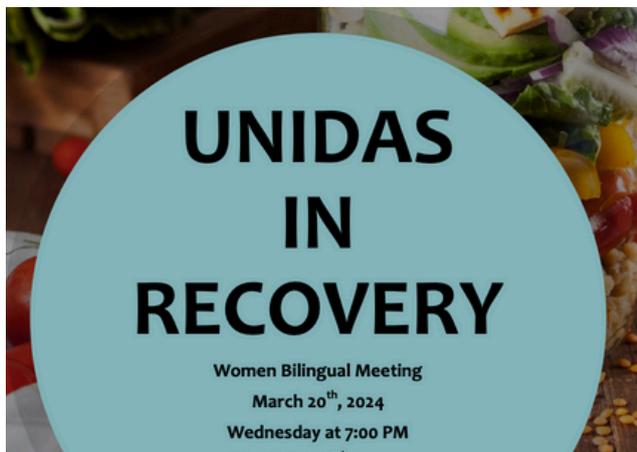
>>> ANNOUNCEMENT <<<

Sunday Promise Meeting
Sundays at 5:30pm
has moved to the little room on the West side of the church

(Where Happy Hour meets)

South Miami Lutheran Church
*not affiliated with NA
7190 Sunset Dr

Come join us!



UNIDAS IN RECOVERY

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



THE JOURNEY CONTINUES

**How to Get Involved :
Local Service Committee Meetings**



**SOUTH DADE
AREA**

**ANNUAL
H&I
EVENT
HELP**

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



THE JOURNEY CONTINUES

How to Get Involved : Local Service Committee Meetings

Public Relations Subcommittee

meets @ 7pm

The last Sunday of every Month
in the Library at South Miami Lutheran
Church 7190 Sunset Dr, Miami, FL 33143

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 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

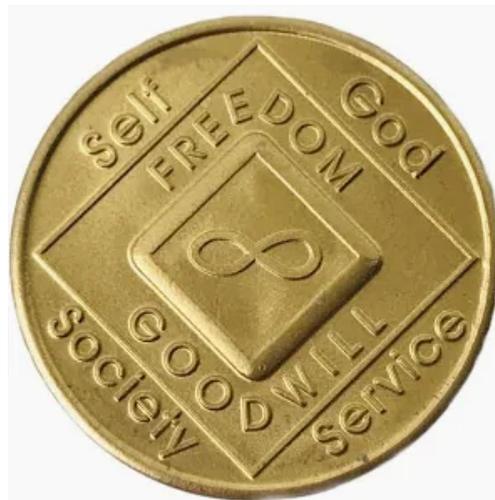
Honoring Members lost this month:

Felipe C. - 05/22/2017

Hilda S. - 07/14/1993

Melvin -

We are forever grateful for the many years of experience of each these members. They shared their strength and hope with us. Hilda, Felipe, and Melvin were each involved in much service in the South Dade Area. They will be missed.



THE JOURNEY CONTINUES

Honoring Members lost this month:

Hilda S 1955-2024



On Mother's Day, May 12th, 2024, our beloved Hilda S. succumbed to her 5-month battle with cancer. As we find ourselves reflecting on the profound impact she had on countless lives, we remember Hilda as an iconic force of the South Dade Area. The "Grand Poobah" of our Madrina Retreats, Hilda was a guiding light for those learning how to live without the use of drugs. She was an icon, a champion of recovery, and a source of support for all on their journey to a new way of life.

In the world of Narcotics Anonymous, she stood tall as a pillar of strength, as a resilient and a nurturing soul. Through her commitment to the principles and traditions of NA, she inspired us to believe in the possibility of transformation and renewal. She had an incredible spirit, an infectious positivity, a very disciplined approach to the program through sponsorship (prayer to prayer, cell phones away, sit up front, steps are the solution) and her own personal recovery.... years of morning pages! She faced every obstacle with courage and grace, proving repeatedly that recovery is possible, no matter how tough the challenges may seem.

Hilda's impact extended far beyond her own recovery. She was a mentor, a fierce protector of her sponsees, and a friend to countless who walked the same path. With compassion, empathy, and love for NA she reached out with a helping hand, offering words of encouragement, wisdom, and understanding. She created a community of support where all members could find comfort, strength, and solidarity in their shared experiences.

We extend our thoughts and prayers to the family. Hilda leaves behind her husband Oscar, son Landy, daughters Mercy and Michelle, and three grandchildren Luca, Micah and Landon. Her legacy will endure not only in the lives of her immediate family, but also in the family she created throughout the last 31 years in the rooms of Narcotics Anonymous. The world is brighter, a community that is stronger, and our hearts are filled with gratitude for the time we were fortunate to have her.

Many members have asked about the celebration of life. The family has chosen September 22, the first day of fall (her favorite season) at 5:00pm located in the main hall of the South Miami Lutheran Church as the day to gather and honor Hilda.

As we carry Hilda's memory on, let us honor her by continuing the work she started, by reaching out to the newcomer, and by never losing hope in the power of recovery. Though she may no longer walk among us, her spirit lives on in the lives she has touched and the hearts she has forever changed. May she rest in peace, knowing that her legacy will endure for generations to come.



THE JOURNEY CONTINUES

Happy Anniversary:

Bob R. - 05/27/1983

Elly - 05/29/2023

Charisse - 05/07/2017

Maryanne - 05/05/2023

Doug K. - 05/01/1985

Jeff S. - 05/01/1985

Everett C. - 5/23/23

Myke L. - 5/07/23

Felipe C. - 05/22/17

Raul - 05/12/23

Victor S. - 5/13/89

Miguel A. - 05/12/2012

María M. - 05/22/1987

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