



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.



WRITTEN FOR ADDICTS BY ADDICTS



THE JOURNEY CONTINUES NEWSLETTER

Step of the Month: Step 7 Experience

“We humbly asked Him to remove our shortcomings.”

I got clean at 17 years old. I have been clean for 16+ years. I was lost without Narcotics Anonymous. I truly believe if it wasn't for Narcotics Anonymous I'd still be dead. The fellowship got me clean, supported me when I had no one, loved me when I didn't know what love was; taught me friendship, taught me how to laugh again, taught me how to have fun and live in the moment. When I got clean, I couldn't imagine my life without drugs. It was my whole identity. It wasn't just a social crutch, it was my lifeline. I needed drugs to survive, but I also loved them. And now just the drugs but drug culture, the buying, the selling, the chase, the scamming-chaos, constant chaos.

Everyone said the 4th step separated the men from boys, the women from the girls ! I was dead set on doing it right. In fact, I did two 4th steps. Just to be sure ! The 5th step got me closer with my sponsor. After step 5 we were bonded for life! I felt like I had been through the fire, IRON SHARPENS IRON! I had been through the hard part. My first few months in recovery were horrible, I hated myself , I wanted to die , I didn't think I'd make it, everyday was hell. But I made it! I didn't give up. And now I was done with step 4 and 5. I was ready to start meditating. I was ready to have fun, start sponsoring guys, preaching the NA gospel, speaking at conventions, you know, the fun stuff !

But then... then I got to step 6. Steps 4 & 5 didn't separate the men from the boys, women from the girls. Steps 6 & 7 did. Step 6 kicked my butt. I was losing it all over again. I thought I was the messiah. The 2nd coming of Jimmy K. Continues on Page 3



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I was going all over town, speaking, sharing my story, yelling at the top of my lungs about the miracle of Narcotics Anonymous. I thought the rest of the steps were going to pat me on the back but step 6 punched me in the stomach.

Any man can talk about the dirt they did when they were using. Hell, half of brag about it for hours in the parking lot every night after the meeting. And for some people the 4th step can be very freeing, letting out their secrets they thought they would take to the grave. However! Step 6 is about the stuff I'm still doing. I remember hearing someone at a meeting say, "I told my sponsor I don't got any character defects- and my sponsor looked back at me and said 'that's one right there.'" I laughed so hard. It really be like that sometimes.

In step 6, I realized I wasn't no damn messiah. I was still lying and manipulating. Maybe not for drugs, but for other things, to get girls, to get people to like me. I was still craving love and attention. Maybe I wouldn't tell blatant lies. But I was exaggerating and leaving things out. I was always on defense.

Also on my 6th step my sponsor asked if I wanted to go to a meeting with him and I told him "yea let me know" and he said "I am letting you know. You wanna go or not? You can say no, you don't gotta people please"... people please. What a concept. That's what I always did. I never said no. I was always vague. I never had real opinions. I was just a chameleon. Step 6 was a reality check. I wasn't saved. I wasn't cured. I was just as sick as ever. Using the program like a drug. High off attention and being right. Drunk off being liked.

Step 7 was my landing gear. I needed to come back down to earth. I also had to put the bat down. We learn that when we first come in. But I don't care how long you got clean, putting the bat down is a constant battle. Continues on Page 4



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Step 6 is about awareness. I became aware of my humanness! Not my faults. My humanness. I'm human. I heard a woman say once at a meeting. Humility isn't thinking less of myself but thinking of myself less. What a concept!

Step 6 showed me the lines on the highway. Too far this way. Too far that way. I heard a guy in NA say, "Yeah you can be honest but sometimes people use that as an excuse to be an a-hole. Honesty without compassion is brutality, and being brutally honest is just being an a-hole." I got lost in that too. Being a jerk off and covering it up with some spiritual principle.

In step 7 I learned how not to go too far one way or another. They say God lives in the middle. I wanna be in the middle. When I'm in the middle, I don't have any chaos. We all know those people who "just happen" to be in all the drama. Maybe they want to live like that, I don't. I've come to enjoy my peace of mind. In step 7 I learn that focusing on stopping the defect is like focusing on stopping using. I gotta focus on something else. I always say you can't rip a toy out a pitbulls boys. You gotta give it a steak, give it something juicer and then it'll let go. That's what step 7 was for me. Instead of focusing on not lying, I focused on telling the truth. I read somewhere that there's an actual science to it. Our brains don't respond to "no and not" sentences. We don't learn from "don't hold your fork like that." We learn from "hold your fork like this."

At the end of the day, Step 7 taught me not to judge so much. And if I'm going to judge, judge SLOWLY. Judge very very slowly. The longer I stay clean the more and more I realize it's not about who got the most NA gold stars but who's got the attendance. Just keep coming. I started telling the truth. The whole truth.

By B. Addict (03/23/08)



THE JOURNEY CONTINUES

Tradition of the Month: Tradition 7

“Every NA group ought to be fully self-supporting, declining outside contributions.”

The seventh tradition is, arguably, the most well-known of our traditions. Consider this, no matter the meeting format or what readings are chosen by the group, not a meeting goes by without the reciting of this very important tradition. As the basket circulates around the room, the newcomer finds out for the first time, and the old-timer is reminded for the umpteenth time, that we are supporting ourselves. We, the Narcotics Anonymous groups, are paying our own way.

When I was in my active addiction, I was a taker. I took from strangers, family, and friends to support my diseased lifestyle. Any chance I got to have someone else pay the bill, I took. I knew it was wrong, but my need to get high overrode my scruples. In recovery, I have learned that paying my own way isn't just the right thing to do, it is also part of my path to freedom. The guilt and shame of taking from others has been replaced by feelings of pride and self-sufficiency.

Likewise, when an NA group struggles to pay its bills but adjusts and keeps its doors open for the addict in need of help, a sense of community builds among the members. Accepting outside donations, be they from an organization or an individual, can beholden the group to that charitable giver. If the group has to consider the donors' wishes, then adherence to the traditions takes a back seat.

In the real world, some meetings must close because they are not able to pay their bills. While this is unfortunate, it is better to lose one meeting than to open the door to compromising the traditions that keep this fellowship alive and free. After all, “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.”

By D. Addict (05/01/1985)



THE JOURNEY CONTINUES

Concept of the Month: Concept 7

“All members of a service body bear substantial responsibility for that body’s decisions and should be allowed to fully participate in its decision-making processes. .”

“The Seventh Concept is one way of putting the principle of group conscience to work in the service environment. This concept suggests that each service body should encourage all its members to participate in its decision-making process. By bringing their different perspectives together, we give our service bodies the opportunity to develop a fully informed, balanced group conscience leading to sound, sensitive service decisions.

Our service boards and committees represent a cross-section of NA perspective and experience. Each participant’s contribution to the decision-making process is important. Determining participation at the group level is fairly simple: if you’re a group member, you may fully participate in the group’s decision-making process. Determining participation in the decision-making processes of most service boards and committees is a little more involved, yet the same basic principles still apply. Freely expressed individual conscience is the essential element in group conscience at any level.

NA service is a team effort. Our service representatives are responsible to the NA Fellowship as a whole rather than any special constituency; so are all the other trusted servants on the team. The full participation of each member of the team is of great value as we seek to express the collective conscience of the whole. ”

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“There is no firm rule about how to apply the concept of participation to every situation. In an atmosphere of love, mutual respect, and frank, open discussion, each service body decides these things for itself. In significant matters affecting the groups, a service body will want to ask for guidance directly from the groups. In the vast majority of cases, however, the service body will exercise its delegated authority in fulfilling the responsibilities the groups have assigned to it, disposing of the matters in the normal course of its service meetings.

NA’s principle of spiritual anonymity is the foundation for the Seventh Concept. This principle points our fellowship toward a leveling of the individual’s relative importance as a participant in NA service. The Seventh Concept, with its emphasis on equalizing the relative weight of each voice on the team, puts the spiritual principle of anonymity into practice. Though we may not all participate in every decision made in our fellowship, we all have the right to participate fully and equally in the decision-making processes in the service bodies in which we are members.”

From: Concept 7.

In Twelve Concepts for NA Service . essay.



THE JOURNEY CONTINUES

A Member's Personal Experience

It took me about 8-9 months to settle down in my seat. My first few months, it was up and down, up and down. I was so emotional. I'd cry for no reason. I had constant drug dreams. I didn't have any friends. I felt so alone. I'd see people at meetings laughing and hugging and I'd think to myself "I'll never have that".

I felt anxious all the time. I couldn't sleep. Everyday was a battle to not kill myself. But eventually everything must come to an end, even the bad times. One day I woke up. And it was like I just snapped out of it. I was in a good mood. It was odd. I remember trying not to be too excited because it wouldn't last ... but it did last. I felt pretty good, even, yea even, that's the word, I felt like I was finally even. I could breathe. I could relax a little. I had things to look forward to. I started to make friends. I started making plans. Eventually I started to build a little life. I got a steady job, I fixed up my room the way I like it. I had a little car. I had a schedule! I went to work on these days. I went to meetings every single night, but I chaired on these nights, on this day my friend was speaking. I woke up early and hit the gym, on the weekend I'd go to spin class, sometimes I'd wake up early and jog on the beach. I had a little movie collection. When I went to meetings people remembered my name, on the rare occasion I didn't make a meeting, people called me and checked in on me.

Then I got a year clean. God was that something. A whole year. But I wasn't just clean. No. Being abstinent was for suckers. I was hard core! I worked steps, I went to meetings every night, I talked to the new comer, I read all the IPs, I listened to over 100 speaker tapes! I was on fire for narcotics anonymous! I bled basic text blue. I went from being skeptical to being the cult leader. And yea! I didn't care if you called it a cult, you can call it magic, call it brain washing, but what ever it was, it was working!

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I thought I had built up my self confidence. I was going on dates, had friends, was in the gym everyday, but I hadn't built up anything but my ego. I still didn't look myself in the mirror. I worked out constantly, but still thought I was ugly. No matter how much I worked out, it was never enough. I was still a shaky insecure boy, just wanting everyone to like him....

A few things happened to me when I was on step 6. I was scrolling through social media and saw this girl post something that said "I don't work out because I hate my body, I work out because I love my body." It hit me. I was smiling. Wow, I work out because I hate my body. But it's started to get the wheels turning. My sponsor had me do positive affirmations in the mirror. I had to do 7 physical compliments and 7 non-physical compliments. It was hard. It was weird. I could barely think of 2 physical things I liked about myself. But eventually I did it. I did it everyday. And then one day I pulled out my drivers license for something and I thought "damn that's a good picture of me." I had hated this picture since I got it taken. My nose was too big, I looked ugly. That's what I would think. But after the affirmations I didn't see any of that. The picture didn't change but my perception did....

By B. Addict (03/23/08)



THE JOURNEY CONTINUES

Upcoming Events

NORTH-SOUTH DADE
H&I SUBCOMMITTEE
Presents:
H&I
GRATITUDE DINNER
NOVEMBER 15 2024
RENAISSANCE BALLROOMS®
5910 SW 8th St. Miami, FL 33144
7PM-11PM
Tickets: \$50
Purchase in advance.

A circular logo with a gold and purple color scheme. It depicts two hands, one offering a gold pill to the other. The text 'One Addict Helping Another...' is written in a curve at the top, and 'Towards Freedom From Active Addiction' is written in a curve at the bottom.



THE JOURNEY CONTINUES

Upcoming Events

Gold Coast Area Of Narcotics Anonymous

46th Anniversary Dinner



August 3rd 6pm - 9pm

*Fort Lauderdale Marriott Coral Springs
Hotel & Convention Center*

*11775 Heron Bay Blvd
Coral Springs, FL 33076*

**TICKETS CANNOT BE PURCHASED
AT THE EVENT**

**TICKETS ARE
\$40
AND ARE LIMITED!!!**

**MORE INFO ON
GOLDCOASTNA.ORG**

**TANYA D. 754-551-0274
KRISTY C. 954-551-1505**



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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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 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

“THE TIES THAT BIND US”
NEW MEETING
Coming in late February or early March

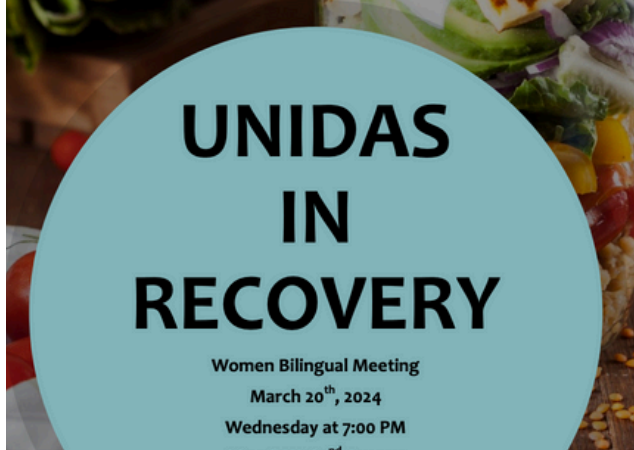


Tuesdays
8:00 pm

Thursdays
7:00 am
(meditation)

Location:
Unity Room Clubhouse
a 12 step Fellowship Clubhouse

6600 SW 62nd Avenue
South Miami FL 33143



**UNIDAS
IN
RECOVERY**

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

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



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



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



South Dade Area Of
Narcotics Anonymous

THE JOURNEY CONTINUES

Happy Anniversary:

Farrid - 07/24/2022

Linda B - 07/31/2009

Alex A - 07/12/2023

Caro C - 07/28/2022

Eddy V - 07/16/2007

Sofi - 07/17/2020

Hilda S - 07/14/1993

Ali W - 07/10/2012

Mandy A - 07/04/1990

Kris L 07/03/2022

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