



South Dade Area Of
Narcotics Anonymous

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.



BY S. ADDICT 04/20/2022

WRITTEN FOR ADDICTS BY ADDICTS



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Step of the Month: Step 1 Experience

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

Once I admitted that I was powerless over my addiction and that my life had become unmanageable, my life began to improve right then and there. The gift of desperation forced me to ask for help and allowed my Higher Power to do for me what I could never do for myself. Finally, I got honest with myself.

I am powerless everyday. This is why I pray, go to meetings, have a home group, do service, and work steps with my sponsor. My life has become manageable and when situations arise, I have the program of Narcotics Anonymous to help me get into the solution. I don't ever have to be alone again.

As I continue to work steps and live our program, I have found that the honesty, open-mindedness, and willingness I gain from Step One keeps me spiritually fit so I can stay clean a day at a time. I am forever grateful to NA and for all the addicts who kept the doors open so that I could hear the message of hope. We Do Recover! **by M. Addict (03/04/2022)**

Concept of the Month: Concept 1

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

The primary responsibility of an NA group is to conduct its recovery meetings, carrying the message directly to the addict who still suffers. Continues on Page 3



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Groups join their strength in the service structure, ensuring that other services—H&I, PI, literature development, for example—are fulfilled effectively and without distracting the groups from their own primary responsibility. **From: Twelve Concepts for Narcotics Anonymous Service – Overview**

Tradition of the Month: Tradition 1

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

This was a difficult tradition for me to understand because of my rebellious attitude toward the intentions of any groups, organizations or institutions. I didn't grasp the importance of this tradition, until I recognized my own divisive behavior in the fellowship. Sometimes it was a motion or perceived issue I would raise in the home group meeting that was decisively voted against by the group conscience. I would go off in a huff developing a resentment that would lead to isolation and possible relapse. Sometimes when representing my group at an Area Service meeting, I would demonstrate my newly found emotions and acuity with an eloquent and impassioned speech about an issue that no one gave a hoot about. Sometimes I exhibited disruptive behavior at a meeting by sharing a questionable opinion about the NA Steps and Traditions. It's in these times that I have to stop and question my motive. Is it my raging self-centeredness at play or am I doing it to serve others? Am I practicing unity? It's in these times it is clearer to me that when we practice these principles all together, in service, we create a common good. That good is to deliver our primary purpose of carrying the message to the addict who still suffers. Continues on Page 4



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Our unity in purpose and exhibition of good will attracts still suffering addicts. They return because they have never experienced being in a group of clean addicts that provide unconditional love, understanding and support until now. It's a serious matter because without considering the general welfare of NA, addicts will die. We don't have to like everyone in NA, but they do deserve the same respect that we expect.

Another way we practice the spirit of unity is to come together in subcommittees to promote the common well-being. This includes taking meetings/panel presentations to hospitals and prisons. We do it too when we write and publish a newsletter, put on an NA dance or celebration for addicts that have never "partied" clean. We come together and have fun. We provide NA approved literature, sell NA merchandise, and organize large conventions where the spirit of unity is strong. As thousands of recovering addicts link hands after the main speaker meeting for the serenity prayer, we feel the strength of our unity and are energized by our common purpose.

Unity can be practiced at the meeting level by providing commonality and predictability when we open the meeting with NA approved readings. It's when the home group members organize a safe place to share our experience, strength and hope with other addicts. It's a place where addicts can gather to get and discuss NA literature and, sometimes, to even get a cup of coffee and a cookie. We come together at the same place and time and gain friendships and find sponsors. We practice unity by providing a meeting that maintains an atmosphere of recovery through the practice of traditions. We demonstrate unity through respect for other addicts and the facilities generously provided. Continues on Page 5



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If we arrive early, we contribute by helping to set up the meeting and stay late to talk to a newcomer or catch up with our sponsor or friends. It's a powerful example when we pass around a meeting list with our phone numbers to be given to a newcomer. Unity is when we invite others to join us after the meeting, and offer to pay for their meal at a local dining or coffee establishment. It means we support each other for a common purpose even if we are not friends. We practice principles before personalities. We share the responsibility of maintaining the meeting by volunteering for service positions at our home group. We are also reminded of this principle when we are in full support and respect of another member we don't like because they are delivering and demonstrating a strong message of recovery.

Common welfare might also manifest itself when as a home group member an addict shares a toxic message mentioning specific drugs and drug use that trigger others instead of focusing on recovery. Often a home group member will not cross talk or refute the share but rather redirect the meeting back to the focus on recovery in their share shortly thereafter. Some addicts may share their specific higher power names and religious practices that may lead the newcomer to believe that we are a religious, not spiritual, organization. We try to not encourage that in order not to scare off a newcomer that is struggling with the concept of turning it over to a higher power. Some addicts have strong opinions about the use of prescribed medications. Although NA considers this to be an outside issue, two pamphlets: "In times of Illness" and "NA Groups and Medications" address this in detail and outline guidance for addressing this common divisive issue. Continues on Page 6



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Newcomers are sometimes highly impressionable and are attending NA for the first time because they only want to stop using drugs. There is plenty of time for them to work the steps with a sponsor. During that period, they can define a higher power of their own understanding and navigate any topics regarding medication in recovery. We want to establish a feeling of inclusion not division in this new path for a newcomer or we may risk that they may draw the wrong conclusion, never return, and possibly die.

When a home group works toward encouraging an “atmosphere of recovery” by practicing the NA principles, those meetings are the strongest and most consistently attended meetings with robust home groups and always filled service positions. In larger service meetings, such as area service, disagreements and personalities take over and it is helpful for us to remind ourselves during those heated conversations that we are here doing service for the purpose of promoting our common welfare.

We are exactly where we are supposed to be in our recovery, imperfect humans grappling with our character defects and shortcomings. We need each other to progress in our recovery. We make mistakes, we disagree and begin to appreciate the process and results of our work. Together we can, as we are never alone when we trust the principle of unity as the bedrock for personal recovery. **by O. Addict (03/21/2012)**



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**Gratitude Shared
from Members of the South Dade Area:**

Grateful for:

- The ability to live in the moment and appreciate the small blessings and things that make each day special
- For my sponsors love, guidance and constant support
- For appreciating the peace and quiet I have in my life
- For the growth and lessons I've learned throughout my recovery

M. Addict 01/15/2007

Grateful for:

- Decorating my house for Christmas
- Going to survival tonight and seeing my girlfriends
- Eating healthy and reaching my weight goals
- Getting the day off tomorrow so I can go to a friends white Christmas party
- Self love

E. Addict 11/19/2006



Grateful:

- to have a higher power in my life
- to be clean!
- for my kids and family
- I'm about to make a year clean!
- for my sponsor and my sponsee brothers and family!

J. Addict 12/10/2023

today i'm grateful for

building healthy habits and relationships, the willingness to reflect and better myself, my house, my cat, my mom, friends, the gym and the community i've found there, my home group, friendships in NA, and traveling!

M. Addict 4/3/2017

I am grateful for my family because they bring love, support, and joy into my life.

I am extremely grateful to have my boyfriend by my side because he is so amazing in so many ways.

I am grateful for my health so I can enjoy life to the fullest.

I am grateful for Narcotics Anonymous because it freed me from active addiction and showed me a new way to live and love life.

V. Addict 04/26/23

“My gratitude has a voice of its own; when it speaks, the heart understands. Today, I will share my gratitude with others, whether I can find the words or not.” Just for Today - pg. 129



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Upcoming Events

sisters journey gulf coast area & serenity for women south dade area present

WOMEN'S DAY 2025

"DIG A LITTLE DEEPER"



CASHAPP



VENMO



venmo

\$25 SHIRTS
\$25 TICKETS
order shirts by feb 1
and register by feb 1
for a special gift from
the committee

FORT MYERS COMMUNITY CHURCH
8400 CYPRESS LAKE DRIVE

MARCH 8, 2025 | 11 AM - 4 PM

food, fellowship, speakers, community
for more information or to purchase tickets, contact
Gina S 786-512-9561 / Lynn B 239-362-6845 / Gina S 917-682-7076

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 NEWSLETTER

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

Join us in doing service!

Newsletter Committee

Meets @ 6:45pm

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

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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**

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Get Involved :

Local Service Committee Meetings

Public Relations Subcommittee

meets @ 6:45pm

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

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Happy Anniversary:

Cecilia S. - 01/01/1987

Dave Z. 01/01/2019

Kenny T. - 01/06/2008

Miller M. - 01/07/1988

Nery - 01/08/2022

Olydia K. - 01/09/2023

Mario G. - 01/09/1988

Roberto - 01/10/2005

Monique M. - 01/15/2007

Freddy A. - 01/15/1995

Daniella P. - 01/18/2013

Saby M. - 01/19/1992

Eric F. - 01/26/2021

Allison K. - 01/27/2022

Jackie D. - 01/29/1987

Steph - 01/31/2024

**Together we
have 299
Years of Clean
Time in the
month of
January**



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