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# THE JOURNEY CONTINUES NEWSLETTER

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## 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.

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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)



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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.”

My experience on step 4:

As a newcomer, I came into recovery wanting to be recovered right away, so I ran through my first three steps and immediately went for my fourth step. Of course, I wasn't ready. I didn't have the courage to face the pain, guilt, and shame that was hiding inside my heart. I didn't know what "surrendering my will" was and I didn't have any acceptance. My honesty was fragmented by all my fantasies and lack of recovery. I didn't have any sanity in my brain and no hope other than the experience of other members.

I have always believed in God, but never completely let go of my “way” and there I was facing this fourth step. It was a brutal experience. It's the only time in my recovery that I felt that using was the only solution to quiet the loud noise in my head. My sponsor had told me that I wasn't ready, but of course I didn't listen.

I walked into his house and we prayed. I remember I was very nervous. I had already felt the strong emotions that came up when I started writing my fourth step. As we went through the questions, anger, guilt, and shame was all I felt. I was angry at my sponsor for questioning me on my past behavior. Today, I understand that he was helping me dig deeper into my past because I was in denial. However, I needed someone to blame because I didn't want to take responsibility for my actions. It was, as our literature says “through our inability to accept personal responsibility,” I was creating my own problems.

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When I left my sponsor's house, I was in a really bad place but I did the next right thing. I went to a meeting and I shared and shared and shared until I felt empty and for some extraordinary reason I felt relief. At last, I opened up and did not let fear stop me from completing my fourth step and staying clean no matter what. My experience is that unless we let go of the past with courage, we will never heal to a better future. However, we must have a strong foundation before going into the fourth step. Working the steps one, two, and three; and applying them to our lives is a must before moving to the fourth step.

**By R. Addict 05/12/2023**

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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.”

Here's a scenario for you to consider: You are in your homegroup's business meeting, (you DO have a homegroup, right? And attend its business meetings? 😊), a motion was seconded and put up to a vote. The motion is the following: We want to choose just one way to end every meeting, for consistency, and it should be with the Lord's Prayer, also known as the “Our Father.” In discussing the motion, the addict who made the motion suggests that the Lord's Prayer does not contain anything that goes against spiritual principles, and that in a country where about 62% of adults identify as Christian, no one should be offended by a prayer that is Christian in origin. A second group member suggests that the Serenity Prayer is a better choice because it is less tied to a specific religious text, and has a long history of being used in many recovery groups. Yet another suggests that the “Third Step Prayer” is found in NA literature, so it is the “most NA” way to pray. A fourth member says that a simple moment of silence, without further instruction, would be the most inclusive way to end the meeting. Who is right? Continues on Page 4

**WRITTEN FOR ADDICTS BY ADDICTS**



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The fourth tradition states that groups are autonomous, which means they act independently. This correlates with Tradition Two, which states that the only “ultimate authority,” for our group purpose, is “a loving God as He may express Himself in our group conscience.” However, as Tradition Four giveth, it also taketh. It creates an exception to that autonomy, excluding matters which affect other groups or NA as whole.

There is also harmony between Tradition Four and Tradition One: limiting a group’s autonomy is a way of protecting NA unity. Tradition Four also cooperates with the Fifth Tradition, which limits a group’s “primary purpose” to carrying the message of NA to the addict who still suffers. There is also a direct connection to Tradition Ten, which discourages groups or individuals from bringing NA into public controversy. A good test of how a group is honoring a particular tradition is checking to see if their actions break any of the traditions.

Ultimately, none of the choices discussed in our hypothetical proposed motion is inherently right or wrong. However, exploring each option through the lens of ALL our traditions would be the best way for a group to make its decision. Would any of those options make people feel unwelcome or uncomfortable? Do any of those options look more religious than spiritual? Does the broader NA fellowship welcome everyone regardless of what religion they follow, or whether they follow any religion at all? Should the group strive to be as inclusive as the fellowship strives to be? Do any of these options serve the primary purpose better than the others? These are all examples of questions for group members to ask themselves when coming to a group conscience about a matter.

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## **THE JOURNEY CONTINUES NEWSLETTER**

In NA, we gain great freedom. Freed from active addiction, we are able to use our diverse minds to carry the message in all kinds of ways, from the sublime and serene, to the hilarious and fun. However, with great freedom comes great responsibility. We never stop being accountable to the worldwide community of Narcotics Anonymous.

Narcotics Anonymous saved my life. In NA, I found my most treasured spiritual home. In my Eleventh Step process, I have found satisfying spiritual harbors elsewhere, too. However, my experience is that NA is the most vital. I cannot imagine my life without Narcotics Anonymous, nor would I want to. I know my life without it was very grim, and my prospects for thriving, or even surviving, were quite low. Therefore, it is incumbent upon me to protect NA at all costs, and in all settings. I don't want any harm to come to my fellowship, so it's my job to familiarize myself with its traditions and try to uphold them at all times, to the best of my ability.

The NA book, *Guiding Principles: The Spirit of Our Traditions*, reminds us that "Tradition Three frees us from the need to judge other members, and Tradition Four frees us from the need to judge other groups" (p. 117). "As long as carrying the message is our first priority, our diverse methods, formats, personalities, and cultures all help us to reach addicts and to form the kinds of connections that will sustain us." (Id.) As we incorporate the principles found in the Twelve Steps and Twelve Traditions into our daily lives, in all our affairs, our discretion improves and we grow into more responsible members of NA and society at large. Then we can bring that improved judgment to our groups and ensure that NA is a welcoming, nurturing place both for the newcomer walking into the room for the first time, as well as for the old-timer who calls NA home. I'm grateful to all my predecessors who have done that for me, and I strive to do the same for others. Thank you all for keeping me clean today.

**By G. Addict 12/31/2008**

**WRITTEN FOR ADDICTS BY ADDICTS**

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### **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 authority is founded on the careful selection of trusted servants. Leadership is very important to the welfare of our fellowship. 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. The essay on this concept describes an array of leadership qualities to be considered when selecting trusted servants.

**From: Twelve Concepts for Narcotics Anonymous Service – Overview**

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South Dade Area Of  
**Narcotics Anonymous**

# THE JOURNEY CONTINUES NEWSLETTER

## Upcoming Events

SOUTH DADE AREA OF NA ACTIVITIES  
SUBCOMMITTEE PRESENTS

A graphic for a Karaoke Night event. It features a central black microphone icon with a red and orange watercolor splash behind it. The words "Karaoke Night" are written in a large, white, cursive font with a black outline. Below the text is a small square logo with a diamond shape inside. The background is dark blue with faint musical notes and a treble clef.

**Karaoke  
Night**



APRIL 26<sup>TH</sup> KARAOKE 6:00 TO 9:30PM  
SPEAKER MEETING 9:30PM  
UNITY CLUNHOUSE 6200 SW 62<sup>ND</sup> AVE  
FOOD, FUN, AND FELLOWSHIP  
LOCATION NOT AFFILLATED WITH NA



# THE JOURNEY CONTINUES NEWSLETTER

## Upcoming Events

**MEETING IN THE WATER**  
**FOOD, FUN, & FELLOWSHIP**

**11:00am**  
**APRIL 27TH, 2025**

**PINE CHANNEL NATURE PARK**  
**29550 OVERSEAS HWY, BIG PINE KEY**

**BRING A RAFT, OR FLOATING DEVICE**  
**BRING YOUR FAVORITE BBQ FOOD**

**VOLLEYBALL AFTER THE MEETING**  
**BRING YOUR BEST GAME**

**TICKETS:**  
**\$5**





**THE JOURNEY CONTINUES NEWSLETTER**

**New Meetings**

**ONE IS TOO MANY**

A new Narcotics Anonymous Meeting in South Dade

**When:** Saturdays at 3pm

**Where:** South Miami Lutheran Church-small room  
7190 Sunset Drive  
Miami, FL 33173

**Start Date:** December 7<sup>th</sup>

Format: Speaker Meeting  
Experience, Strength, Hope

**All are WELCOME !!!**



**You Are Not Alone:  
Medication & Illness in  
Recovery**

Tuesdays  
7:30 - 8:30 PM  
Unity Room  
6600 sw 62 Ave,  
Miami FL



Location not affiliated with NA



South Dade Area Of  
**Narcotics Anonymous**

# THE JOURNEY CONTINUES NEWSLETTER

## 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

**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

**POCO A POCO**

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

**RENACIMIENTO**

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

**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



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

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

COMITE DE CONVENCIONES DEL AREA HISPANA  
DEL SUR DE LA FLORIDA DE NA

**CONVENCION XVI | 2025**

**JUNE 27 | 28 | 29**



**WE ARE LOOKING FOR SPEAKERS**

MAIN SPEAKERS WITH 5 YEARS OR MORE OF CLEAN TIME.  
SEND US A RECORDING MESSAGE OR VOICE NOTE  
OF YOUR STORY VIA WHATSAPP OR EMAIL

PROGRAMATION | MARISOL +1(786)393-8393  
EMAIL ADDRESS: Marisolt463@gmail.com

**CONTACTS:**

REGISTRATION  
MILDRED | +1(305) 563-6011

MERCHANDISE  
DOUGLAS | +1(786) 278-1049

HOSPITALITY  
PAOLA | +1(954) 842-1217

ACTIVITIES  
WILFREDO | +1(954) 955-9165



QR CODE FOR  
HOTEL RESERVATIONS



19201 Collins Av, Sunny Isles Beach, Florida 33160

NA NARCOTICS ANONYMOUS IS NOT AFFILIATED WITH THIS FACILITY



**THE JOURNEY CONTINUES NEWSLETTER**

**Local Announcements**

**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

**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



South Dade Area Of  
**Narcotics Anonymous**

**THE JOURNEY CONTINUES NEWSLETTER**

**Local Announcements**



**LATE NIGHT DINER MEETUP**

Every Last Friday of the Month  
Join us after our Friday Night  
Last Chance Meeting!

Diner Location on BIRD ROAD  
8503 SW 40th ST, Miami, FL 33155

The Diner's location is not associated with N.A.

**NEW FORMAT!!**

**WEEK 1: SPEAKER**

**WEEK 2: "THE BASICS OF THE PROGRAM"**

**WEEK 3: SPEAKER**

**WEEK 4: SPEAKER'S IP CHOICE**

**MAKE GABLES**

**GREAT AGAIN**

**THURSDAYS,**

**8:30 -9:30 PM**

**SOUTH MIAMI  
LUTHERAN CHURCH**

**7190 SUNSET DRIVE  
MIAMI, FL 33143**



South Dade Area Of  
**Narcotics Anonymous**

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**Get Involved :  
Local Service Committee Meetings**

A blue poster with a halftone dot pattern background. At the top center is the NA logo. Below it, the text 'VOLUNTEERS NEEDED!' is written in large, bold, white capital letters. Two megaphone icons are positioned on either side of this text. Below the main text, it says 'SOUTH DADE AREA HOSPITALS & INSTITUTIONS SUBCOMMITTEE'. A paragraph follows: 'Seeking volunteers in recovery to share their experience, strength, and hope with those seeking a new way of life.' Below that, it states 'WE MEET THE THIRD WEDNESDAY OF EVERY MONTH IN THE LIBRARY AT 7:30 PM'. A white rectangular box contains the address: 'South Miami Lutheran Church, 7190 SW 72nd Street, Miami, FL 33143'. At the bottom, contact information is provided: 'For more information, contact: Greg G. 703-679-0003, Tony L. 786-879-3347'. The bottom corners of the poster feature illustrations of hands raised in support, with small hearts floating above them. A small disclaimer at the very bottom reads '\*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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# **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



South Dade Area Of  
**Narcotics Anonymous**

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**THE JOURNEY CONTINUES NEWSLETTER**

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



## **THE JOURNEY CONTINUES NEWSLETTER**

# **Happy Anniversary:**

Michelle I - 04/03/2017

Donald - 04/06/2023

Hannah - 04/10/2024

Yvette D - 4/10/2011

Darryl W - 04/16/2003

Gar - 04/19/2005

Sue Z - 04/20/2022

Eric D - 04/22/2017

Antonio - 04/28/2023

Debbie - 04/28/2008

Kevin V - 04/28/2018



**Celebrate with us!**

**Send your First Name, Last initial and Cleandate to:**

**[newsletter@namiami.org](mailto:newsletter@namiami.org)**