



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 07/17/2020

WRITTEN FOR ADDICTS BY ADDICTS



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Step of the Month: Step 7 Experience

“We humbly asked Him to remove our shortcomings.”

When I first came into recovery, I struggled a lot with people-pleasing. I thought that if I kept everyone around me happy, I'd be okay. But as I worked the steps, I started to see how much that behavior was rooted in fear. The fear of rejection, fear of conflict, fear of being alone. Step 7 taught me something different. It helped me begin to trust a Higher Power to remove the character defects that were no longer serving me. It wasn't instant, but it was real.

Step 7 says “we humbly asked Him to remove our shortcomings.” For me, humility didn't mean weakness, it meant accepting that I couldn't fix myself by controlling everything around me. It meant knowing what I was and wasn't capable of doing. And I had to let go. Through prayer, writing and working steps, and sharing with my sponsor, I began to see that I had the right to set boundaries and take care of myself. One of the biggest turning points was when I moved out of a living situation that had become toxic. I had been afraid to speak up, I didn't want to “cause waves,” but I realized that staying silent was actually harming my peace. Choosing to leave that situation was one of the first times I truly acted out of self-respect, not fear.

Soon after, I made another hard decision. I decided to leave a job that was no longer aligned with who I was becoming in recovery. That job once gave me a sense of purpose, but over time it started to drain me emotionally and spiritually. Step 7 gave me the courage to walk away. Not because I had another perfect plan lined up, but because I had faith that my Higher Power would guide me somewhere better. And sure enough, my Higher Power did.

What I've learned through all of this is that recovery is not about perfection.

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It's about progress. Step 7 helped me see that my value isn't based on how useful I am to others, it's based on living in God's will, who wants freedom for me. Today, I don't have to shrink myself to fit someone else's comfort. I can speak up, make changes, and live in alignment with what's healthy and right for me.

Recovery has given me a life of dignity and choice. I'm no longer stuck in survival mode. I've found strength through surrender and hope through humility. If you're struggling with letting go or setting boundaries, just know that you're not alone. Keep working the steps. Keep asking your Higher Power for guidance. It gets better. You get better.

By J. Addict 01/22/2019

Tradition of the Month: Tradition 7

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

This tradition has always been close to my heart. Before I started using, I was pretty independent and took care of my own expenses. But once drugs took over and I moved to Miami, I became heavily dependent on others. My roommates covered everything—food, drugs, travel, restaurants, concerts. It felt great not having to worry, and it was incredibly convenient. My own contributions to household expenses became minimal at best.

Initially, things seemed manageable, but as my addiction progressed, my reliance on others grew deeper. With a \$3,000 loan from my father, I opened an import/export business, and for about three or four years, I managed to keep it afloat while continuing to use. However, after eight years of addiction, everything crumbled. My business shut down, I had to quit my Master's program, and I ultimately ended up in a treatment center. That's where I was introduced to NA through H & I.

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WRITTEN FOR ADDICTS BY ADDICTS



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After treatment, attending NA meetings became my foundation, and I loved the clean life I was building. I got a job, and with guidance from fellow members, finally moved into my own place. I bought a car and found joy again in the simple routines of work, meetings, and fellowship activities. I diligently worked through the steps and traditions with my sponsor.

One evening, my sponsor asked what I planned to do after the meeting. I replied, "Going to have café con leche and tostada with the group." She immediately questioned, "Do you have money to pay for your café and tostada?" Embarrassed, I admitted, "No, but they always cover it; they invite me." She firmly responded, "If you don't have money, you don't go. This is how you practice the 7th tradition in your life." Initially, I resented her for that tough lesson, but later understood the value of supporting myself without leaning on others.

Another pivotal moment occurred when I wanted to buy a t-shirt at an NA event but didn't have enough money. I approached a friend who had been in recovery for a couple of years, asking her to lend me the difference. She bluntly said, "I don't lend money to addicts. Learn that this is the true spirit of the 7th tradition. If you can't afford it, you don't get it." That hit hard but taught me a valuable lesson.

These experiences pushed me quickly toward self-sufficiency. Today, I'm married to another recovering addict, and we maintain separate finances. If my husband ever covers something for me, I promptly repay him. The 7th tradition has taught me self-respect, responsibility, and independence, principles I cherish deeply in my recovery journey. It feels good to be able to not depend on anybody to support you.

By C. Addict 01/01/1987

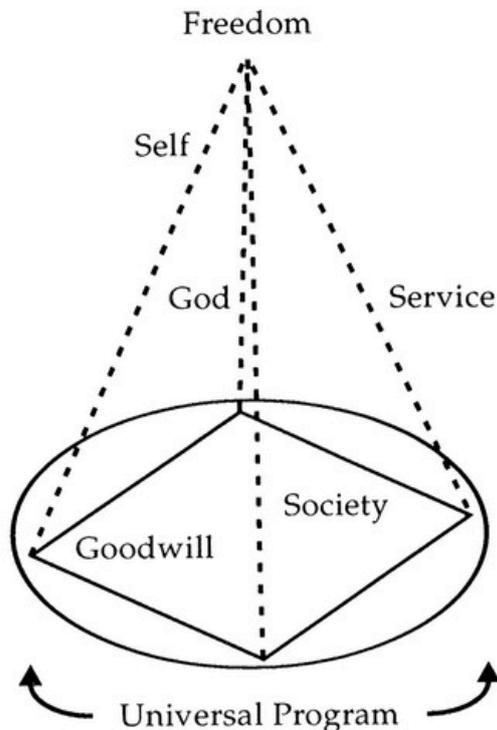
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Concept of the Month: Concept 7

“Group conscience is the spiritual means by which we invite a loving God to influence our decisions.”

“Group conscience is the means by which we bring the spiritual awakening of the Twelve Steps to bear in making service-related decisions. It is fundamental to our fellowship’s decision-making process. It is not, however, merely a euphemism for “voting” and is not itself the NA decision-making process.”

From: Twelve Concepts for NA Service



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



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Upcoming Events



Rapids Water Park
Friends. Family. Fellowship

United We Slide 2
August 23, 2025

11:00 AM - 7:00 PM
Buffet Style Lunch Included
12PM - 1PM

- Burgers
- Hot Dogs
- Sides TBD
- Unlimited Soft Drinks & during Lunch

Outside food & drinks prohibited

\$60 Per Person
Age 2 & under free
No Entry without Ticket
Sales end August 10th
FREE PARKING

NA is not affiliated with Rapids Water Park

South Dade Palm Coast Treasure Coast Mid-Coast Gold Coast

More Information
Tony V. 954-299-6853 Traci W (239) 821-6847

Rapids Water Park
6566 North Military Trail
Riviera Beach, FL 33407



South Dade Area Of
Narcotics Anonymous

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**Be a part of an upcoming issue
of the Newsletter!**

**Submit a short gratitude list
along with your first initial
and clean date to:**

newsletter@namiami.org



***no clean time requirement**

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New Meetings



New Meeting

**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



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Local Announcements

**UNIDAS
IN
RECOVERY**

**Women Bilingual Meeting
Wednesdays at 7pm
6600 SW 62 Ave
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



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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**

**VOLUNTEERS
NEEDED!**

**SOUTH DADE AREA
HOSPITALS & INSTITUTIONS
SUBCOMMITTEE**

Seeking volunteers in recovery to share their experience,
strength, and hope with those seeking a new way of life.

**WE MEET THE
THIRD WEDNESDAY OF EVERY MONTH
IN THE LIBRARY AT 7:30 PM**

South Miami Lutheran Church
7190 SW 72nd Street
Miami, FL 33143

For more information, contact:
Greg G. 703-679-0003
Tony L. 786-879-3347

*NA is not affiliated with this location

The graphic is a blue vertical rectangle with a halftone dot pattern at the top. It features the NA logo at the top center, two megaphone icons on either side of the main heading, and illustrations of hands and hearts at the bottom corners. The text is centered and uses various font weights and colors (white and yellow) for emphasis.



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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

To be included in upcoming issues of this Newsletter: Please send
any subcommittee meeting dates, times, and locations to
newsletter@namiami.org



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

Help us carry the message!

**Newsletter Committee Meets the
Last Sunday of the Month @ 6:45pm**

In the Library at 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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Happy Anniversary:

Franklin F. - 07/01/2024

Kristopher L. - 07/03/2022

Karina S. - 07/06/2024

Ali W. - 07/10/2012

Alex A. - 07/12/2023

Janet R. - 07/12/1984

Hilda S. - 07/14/1993 ∞

Theresa K. - 07/14/2001

Eddy V. - 07/16/2007

Sofi - 07/17/2020

Farrid - 07/24/2022

Ben V.- 07/26/2024

Caro C. - 07/28/2022

Linda B. - 07/31/2009

Lisa G. - 07/31/2007



Celebrate with us!

Send your First Name, Last initial and Cleandate to:

newsletter@namiami.org