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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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**WRITTEN FOR ADDICTS BY ADDICTS**



## **THE JOURNEY CONTINUES NEWSLETTER**

### **Step of the Month: Step 10 Experience**

“We continued to take a personal inventory and when we were wrong promptly admitted it.”

Way before we ever get to write our 8th step list or make our 9th step amends, we may act out on a character defect. It is, of course, ridiculous to withhold or postpone an apology or amend that can promptly be delivered, for a wrong we have committed in the moment, especially a relatively minor one. Most of us, as we regain more socially acceptable behaviors, will intuitively begin doing this in recovery. We might also share with our sponsor what happened, and they may suggest we promptly admit we were wrong in the situation.

However, the Tenth Step has a more formal aspect to it as well. Presuming that we already completed our 8th Step list and have at least made some of our 9th step amends, we then realize this was not a one-shot deal. Being human, we are going to continue to make mistakes. We are going to say or do the wrong thing from time to time. These can even be more subtle acts like choosing to ignore someone who's sharing and playing on our phone, or judging someone and dismissing them in our mind. Just like Steps 8 and 9 are there to help us clear out the major wreckage from an entire life of acting out on character defects, Step 10 is there to remind to always be vigilant and to clean as we go.

I learned the value of this in my kitchen. Cleaning up one day's worth of dirty dishes, cookware, and utensils is WAY easier than cleaning up a whole week's worth. There are also consequences to letting a mess pile up, such as unpleasant odors, attracting insects or vermin, and a more labor-intensive effort to get items clean, like more soaking or scrubbing.

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I find it's the same with my social interactions. The quicker I acknowledge if I've been wrong, the less time the other person has to build their resentment toward me. I also carry around the guilt and emotional unease caused by my action for a much shorter time if I make things right immediately.

There is a diving term called "neutral buoyancy" that means you are neither rising up to the surface, nor sinking to the bottom. You are just rising slightly when you inhale, and dropping slightly when you exhale, but you stay within a very small range of motion. I recently heard someone share in a meeting that this concept helps them with meditation. For me, it also applies to Step 10. The longer I am in recovery, the less I enjoy the really extreme emotional states. They keep me from really being able to enjoy the present moment. I don't like walking around with a conscience weighed down by the knowledge that I made a bit of an emotional mess or I am having unspiritual thoughts about people. I prefer to clear things up as soon as possible so I can experience the neutral buoyancy of a calm, clear state of mind. A daily inventory can help, and the IP called "Living the Program" can be a great way to do it if we're not sure how to start.

Seemingly small lies, resentments, and judgments can, like dirt or grime, build up. In the most extreme case, they can take us back out the door to our old way of living. The 10th step encourages us to evaluate our thoughts and actions with a spiritual lens on a regular basis, and with practice it becomes easier and more automatic, and even expands into areas of defective thought and behavior that we never used to notice before. If I'm not improving spiritually, I'm slipping backward, and the 10th step is a great tool to keep me on the path of growth.

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

**WRITTEN FOR ADDICTS BY ADDICTS**



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### **Tradition of the Month: Tradition 10**

“Narcotic Anonymous has no opinions on outside issues; hence the NA name ought never be drawn into public controversy.”

This tradition ten is beautiful. It allows me to live free and have my own choices outside our fellowship. For many years I've been involved & supported this fellowship; why some may even agree it is my lifeline.

However, as a group we do not bring our outside opinions to the program. NA is a fellowship that is interested in your drug problem and how we can help you to stop using.

We in NA would never advise you to go to one treatment facility over another, we do not have an opinion on that. We will never encourage you to try a spiritual religious retreat at the nearby church or mosque. We do not have an opinion on that. Finally, NA will not prescribe a nutritional food plan or medicine to get you clean and stay clean. We have no opinion any of these outside issues.

NA has an opinion on it's primary purpose. We help the addict to stop using and find a new way to live through the fellowship of NA principals and step use. We guide recovery with group meetings, sponsorship support and member services that stay neutral about outside issues.

NA is not perfect but we can encourage perfection in not using a drug of any mind or mood altering substance one day at a time. That's a perfect day in my world and I have lived it with the NA fellowships non-opinionated support.

**By J. Addict 08/27/1988**



## **THE JOURNEY CONTINUES NEWSLETTER**

### **Concept of the Month: Concept 10**

“Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.”

“The Tenth Concept encourages us to treat each other with respect in the service environment, and provides us with a means of making amends when we wrong others. The essay describes ways in which an individual who feels he or she has been wronged can go about seeking redress of his or her grievance.”

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

**WRITTEN FOR ADDICTS BY ADDICTS**



**THE JOURNEY CONTINUES NEWSLETTER**

**Gratitude List**

**from Members of the SouthDade Area:**

- I am grateful to God for my life, the air I breathe, and my freedom.
  - I am grateful for Narcotics Anonymous and the opportunity to live a new life without the need to use drugs to be happy.
  - I am grateful for this program that offers me freedom and a reason to live.
- R. Addict 05/12/2023

- Grateful for:
- Freedom
  - Freedom from drugs
  - Fellowship
  - New NA fam
- B. Addict 06/08/2024

- Grateful for:
- NA
  - Women in Recovery
- R. Addict 06/26/2022

- Grateful for:
- HP
  - My daughter
  - Hope
- R. Addict 03/07/2016

- Grateful for:
- My faith
  - Meetings
  - The gift of desparation
- S. Addict 07/04/2025

- Grateful for:
- Unsolicited advice that are really good suggestions.
  - A really good outside reason to work on the inner turmoil (example: prospective careers).
  - Being in harmony with all of my relationships be it platonic to blood family.
- J. Addict 10/31/2018

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



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](mailto:newsletter@namiami.org)



**\*no clean time requirement**



**THE JOURNEY CONTINUES NEWSLETTER**

**Upcoming Events**

SOUTH DADE ACTIVITY PRESENTS

**1ST OF NOVEMBER**

**DAY OF THE DEAD**

**MUSIC, COSTUME CONTEST, & FELLOWSHIP**

TOP TWO WINNER FOR BEST COSTUME

MEETING TIME AT 8:00PM

**\$10** SUGGESTED TICKET PRICE

**DANCE UNTIL YOU DROP! 9:00P-11:00P**

PURCHASE TICKETS WITH ACTIVITY

UNITY ROOM  
6600 SW 62<sup>ND</sup> AVE SOUTH MIAMI, FL 33143

NA NOT AFFILIATED WITH FACILITY

**SBACNA 2025**

OCTOBER 24-26, 2025

**WESTIN HOTEL**

400 CORPORATE DR, FORT LAUDERDALE, FL 33334

**ROOM RESERVATIONS**

Cutoff date for prepay is October 2, 2025

PREPAY **\$159** /night

RESERVE /PAY LATER **\$189** /night

**SBACNA.ORG**

Or call hotel to reserve 888-236-2427

Hotel Liason Doreen C.  
(305) 742-9791

\*SBACNA is not affiliated with the Westin Hotel.



# THE JOURNEY CONTINUES NEWSLETTER

## Upcoming Events

*learn SOMETHING new EVERYDAY*

**TOGETHER WE LEARN  
TOGETHER WE GROW**

**1:30PM OCTOBER 25<sup>TH</sup>**  
East Naples Community Park (Back Building)  
3500 Thomasson Dr. Naples  
NA is not affiliated with this institution

<b>Food Fun Fellowship</b>	<b>Prize Baskets Merch For Sale</b>	<b>"What ASC Can Provide To Us All"</b>
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BRING YOUR SPONSOR, BRING YOUR SPONSEE'S,  
BRING A NEWCOMER, BRING AN OLDTIMER

Sponsorship Unity Service Policy Home Groups	Public Relations Activities Hospitals & Institutions
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**NOVEMBER 14<sup>TH</sup> - 16<sup>TH</sup> 2025**  
PEACE RIVER CAMPGROUND  
2998 NW HIGHWAY 70  
ARCADIA, FL 34266

**REGISTER NOW!**

**REGISTRATION COST:**  
\$25 DAY PASS  
\$50 WEEKEND PASS  
KIDS 7 AND UNDER: FREE  
DOGS: WELCOME

**PAY NOW**

**PEACE RIVER CAMPOUT**

JOIN US FOR A WEEKEND OF OUTDOOR FUN!

**CONTACT: ROB C - 218-221-0380 OR. SETH T 941-356-1486**

NA IS NOT AFFILIATED WITH THIS FACILITY



**THE JOURNEY CONTINUES NEWSLETTER**

**Local Announcements**



*New Weekly Meeting Format*

**Sisters in Recovery**

**EVERY WEDNESDAY**

**7:00-8:00 PM**

Unity Room\*  
6600 SW 62nd Avenue, Miami, FL 33143

\*NA is not affiliated with the Unity Room

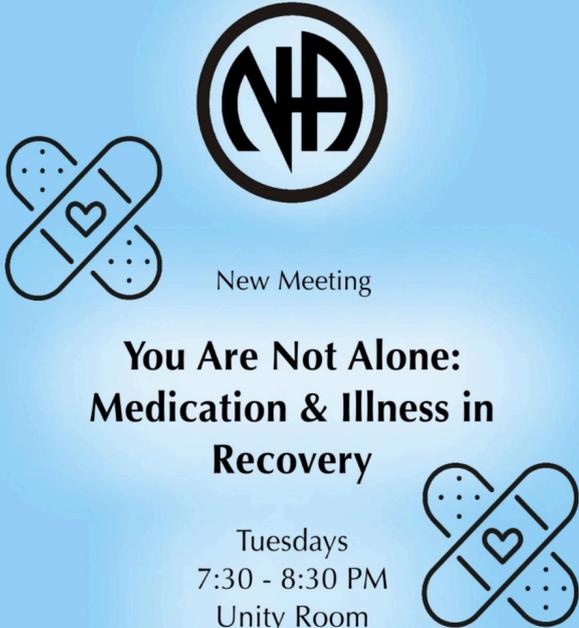
**Serenity 4 Women**



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**

**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



**THE JOURNEY CONTINUES NEWSLETTER**

**Local Announcements**

**The Ties That Bind Us!**  
*Literature*  
 Bring your book!!!  
*reading meeting*  
 From  
*How It Works*  
*And Why!*  
*Tuesday nights!!*  
*8:00pm-9:00pm*

Location: 6600 Sw. 62nd ave Miami FI Unity Room Clubhouse

**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**

**THE JOURNEY CONTINUES NEWSLETTER**

**Get Involved :**

**Local Service Committee Meetings**



**SHARE  
YOUR  
FREEDOM**

**B E T H E M E S S A G E**



Seeking addicts with 1 year clean to share their experience, strength, and hope with those seeking a new way of life.



FOR MORE INFORMATION, CONTACT:  
GREG G. 703-679-0003  
TONY L. 786-879-3347

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

\*NA is not affiliated with this location



South Dade Area Of  
Narcotics Anonymous

**THE JOURNEY CONTINUES NEWSLETTER**

**Get Involved :**



*South Dade Area  
24 Hour Room Ad-Hoc*

**Want to get involved?**

**Join us for our upcoming business meetings:**

**Wednesdays @ 8:30pm**

**SEPTEMBER: 10TH , 24TH**

**OCTOBER: 8TH , 22ND**

**NOVEMBER: 12TH, 26TH**

**DECEMBER: 3RD, 10TH, 17TH, 22ND**

MEET IN THE LIBRARY ROOM @ SOUTH MIAMI LUTHERAN CHURCH  
7190 SUNSET DRIVE

*\*LOCATION NOT AFFILIATED WITH NA\**

*Be apart of the magic & hope that our  
24 hour room brings*

Newcomers **ENCOURAGED!!** We need you too!

Start your service at South Dade Area's biggest event of the year



FOR MORE INFO CONTACT:

AD-HOC CHAIR: AL -786-286-1238



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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

**Activities Subcommittee**

meets @ 7:15pm

Every 1st & 3rd Thursday of the Month  
in the Library at South Miami Lutheran Church  
7190 Sunset Dr

**Area Service Committee**

meets @ 10am

Every Second Sunday of the Month  
at the Unity Room 6600 SW 62 ave

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



South Dade Area Of  
**Narcotics Anonymous**

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



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# Happy Anniversary:

Joseph G. - 10/01/2019

Marla - 10/01/2018

Ryan S. - 10/01/2023

Bernard - 10/02/2024

Cory - 10/05/2024

Gio - 10/06/2024

Kandi - 10/07/2023

Mike R. - 10/07/2001

Mike D. - 10/10/1985

Carmen P. - 10/13/1991

Mike D. - 10/14/2007

Rick - 10/15/1992

Tony V. - 10/16/2015

Alex F. - 10/17/2017

Eric M. - 10/18/2023

Diane D. - 10/23/1985

Marla C. - 10/26/2021

Jackie F. - 10/28/1992

Ivette T. - 10/30/2013



**Celebrate with us!**

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

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