2019 OCTOBER NOVEMBER

NORTH DADE AREA

CLEAN TIMES NEWSLETTER VOLUME 56 ISSUE 6

ONE PROMISE UNLIMITED GIFTS ENJOYABLE BENEFITS



Keeping It Green 28th

Anniversary

WHEN: DECEMBER 21, 2019 WHERE: BETTERWAY/BETH LANG MEETING ROOM 820 NW 28 STREET 7:00 PM – UNTIL COME OUT AND HELP CARRY THE MESSAGE ALL DONATIONS ACCEPTED CONTACT – RAY G. – GSR 786-470-5393 BETTERWAY IS NOT AFFLIATED WITH NARCOTICS ANONYMOUS

Information about NA



Our vision is that one day:

Narcotics Anonymous

Narcetics Anenymeus has niversal recognition and respect as a viable program of recevery.

Narcotics Anonymous is a global, community-based organization with a multi-lingual and multicultural membership. NA was founded in 1953, and our membership growth was minimal during our initial twenty years as an organization. Since the publication of our Basic Text in 1983, the number of members and meetings has increased dramatically. Today, NA members hold nearly 67,000 meetings weekly in 139 countries. We offer recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle. Our name, Narcotics Anonymous, is not meant to imply a focus on any particular drug; NA's approach makes no distinction between drugs including alcohol. Membership is free, and we have no affiliation with any organizations outside of NA including governments, religions, law enforcement groups, or medical and psychiatric associations. Through all our service efforts and our cooperation with others seeking to help addicts, we strive to reach a day when every addict in the world has an opportunity to experience our message of recovery in his or her own language and culture. Membership Survey: Contains the results of a biennial survey of 22,803 NA members.

English | Spanish

Information about NA: Includes facts about the history of NA, organizational philosophy, and membership demographics.

English | Spanish

In Times of Illness: This relied-upon booklet was recently revised to reflect members' experiences with challenges such as mental health issues, chronic illness and pain, and supporting members with illnesses. It includes section summaries in the table of contents.

English |Spanish

News for the Public

Contains links to items of interest to the general public and professionals about the Fellowship of Narcotics Anonymous

Information About NA

Resources for Professionals

Am I an Addict?

Welcome to NA

SUBSCRIBE to our Periodicals and Other Publications

Contact Us | Literature & Other Products | About Us | Contribute | Find a Meeting | SS | H. Mobile site

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All Links are available on North Dade Area website. http://www.northdadearea.org



The North Dade Area's 24 Hour room Sub-committee provides a place for addicts to fellowship with others during the Holiday Season so that no addict need be alone..

This Sub-committee establishes a location for addicts to meet and arranges for groups to hold meetings around the clock, and ensures that the 24 Hour Room maintains an **ATMOSPHERE** of **RECOVERY**.

We appreciate donations from the groups and individual members of NA. [food, water, juice, soda, tea, coffee and paper products]

This committee may hold fund raisers to help support the North Dade Area's 24 Hour Room.



The North Dade Area 24-Hour Room is looking for willing volunteers to serve on the committee to make this year 24-hour room a successful one.

ALL POSITIONS ARE OPEN

The next meeting will be held October 27th, 2019 at 1:00 PM 5601 NW 7th Ave (Armani Dance Studios) All are encouraged to attend!!!

For more information please call: DeDra B. (Chair) 786-333-0497 Owedia B. (Co-Chair) 786-227-4634



The North Dade Area 24-Hour Room is looking for donations of









Please see any trusted committee member or leave it with the group and we will kindly pick it up.

THANK YOU!!!

For more information please call: DeDra B. (Chair) 786-333-0497 Owedia B. (Co-Chair) 786-227-4634

Honoring Our Predecessors

FOR JUST TO DAY

OCTOBER 2019

Not Just a Motivation for Growth

"We learn that pain can be a motivating factor in recovery." [JFT]: <u>I will accept pain as a necessary part of life. I know that to whatever lefel I can feel pain, I can also feel joy.</u>

SUN	MON	TUE	WED	THU	FRI	SAT	
		1	2	3	4	5	
		Not Just a Motivation for Growth	Keeping Faith	Losing Self-Will	Thirty-Day Wonder	Ask For Mercy, Not Justice	
		Basic Text	Basic Text	Basic Text	Basic Text	Basic Text	
		P. 30	P. 46	P. 105	P. 50	P. 38	
6	7	8	9	10	11	12	
Amends Without Expectations	Depending On Our Higher Power	A New Pattern Of Living	Order	Consequences	Eyeglasses and Attitudes	Being Right	
Basic Text	Basic Text	Basic Text	Basic Text	Basic Text	Basic Text	Basic Text	
P. 39	P. 71	P. 78	P. 97	P. 90	P. 55	P. 58	
13	14	15	16	17	18	19	
Making a Difference	The End of Loneliness!	Choices	The Simplest Prayer	The Truth	We All Belong	Standing for Something	
Basic Text	Basic Text	Basic Text	Step	Basic Text	Basic Text	Basic Text	
P. 104	P. 262	P. 3	Eleven	P. 94	P. 87	P. 88	
20	21	22	23	24	25	26	
Freedom to Choose	God's Will Today	Look Who's Talking	Surrender	Responsibility	Principles Before Personalities	The Path to Self- Acceptance	
Basic Text	IP No. 14,"One Addicts	Basic Text	Basic Text	Basic Text	Tradition Twelve	IP No. 14, "Self-	
P. 45	Experience"	P. 83	P. 44	P. 91		Acceptance"	
27	27	28	29	30	31		
The Ninth Step- Reclaiming Life	Living in The Present	Attitudes	Living in the Now	Courage	Our Relationship with a Higher Power		
Basic Text P. 42	Basic Text		Basic Text	Basic Text	Basic Text		
1.12	P. 29	P. 55	P. 94	P. 96	P. 99		

Our Relationship with a Higher Power

"Ongoing recovery is dependent on our relationship with a loving God who cares for us and will do for us what we find impossible to do for ourselves." [JFT] : <u>I will remember that the source of my courage and willingness is my relationship with</u> my Higher Power.

WPEP LPCPOP CP



NEWCOMERS



You don't have to be clean when you get here, but after Your first meeting we suggest that You keep coming back and come clean.

You don't have to wait for an overdose or jail sentence to get help from NA, nor is addiction a hopeless condition from which there is no recovery.

it is possible to overcome the desire to use drugs with the help of the Twelve Steps Program of Narcotics Anonymous and the fellowship of recovering addicts.

Addiction is a disease that can happen to anyone. Some of us used drugs because we enjoyed them, while others used to suppress the feelings we already had.

Still others suffered from physical or mental ailments and became addicted to the medication prescribed during our illnesses.

Some of us joined the crowd using drugs a few times just to be cool and later found that we could not stop.

Many of us tried to overcome addiction and sometimes temporary relief was possible, but it was usually followed by an even deeper involvement than before.

Whatever the circumstances, it really doesn't matter. Addiction is a progressive disease such as diabetes. We are allergic to drugs. Our ends are always the same: jails, institutions or death.

If life has become unmanageable and you want to live without it being necessary to use drugs, we have found a way. There are twelve steps that help us overcome active addiction and gain manageability of our lives.

Recovery doesn't stop with just being clean.

As we abstain from all drugs (and yes, this means alcohol and marijuana too) we come face to face with feelings that we have never coped with successfully. We even experience feelings we were not capable of having in the past.

We must become willing to meet old and new feelings as they come.

24-Hour Helpline

(866) 935-8811

We learn to experience feelings and realize the' can do us no harm unless we act on them. Rather than acting on them, we call an NA member if we have a feeling we cannot handle. By sharing, we learn to work through it. Chance are they've had a similar experience and can relate what worked for them. Remember, an addict alone is in bad company.

The Twelve Steps, new friends, and sponsors a help us deal with these feelings. In NA our joys are multiplied by sharing good days; our sorrows are lessened by sharing the bad. For the first time in our lives we don't have to experience anything alone. Now that we have a group, we are able to develop a relationship wit a Higher Power that can always be with us.

We suggest that you look for a sponsor as soor as you become acquainted with the members ir your area. Being asked to sponsor a new member is a privilege so don't hesitate to ask someone. Sponsorship is a rewarding experience for both; we are all here to help and be helped. We who are recovering must share with you what we have learned in order to maintain our growth in the NA Program and our ability to function without drugs.

This program offers hope. All you have to bring with you is the desire to stop using and the willingness to try this new way of life.

Come to meetings, listen with an open mind, as questions, get phone numbers and use them. Stay clean just for today.

North Dade Area Events

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November 16, 2019 NDACNA presents

- "A Speaker Jam" (speaker every hour)
 Food Sales, Fellowship. Great topics
 10:00 am 8:00 pm @ Armani Studio- 5601 NW 7th Avenue Miami
 Contacts: Joanna H. (786) 803-0180 or Phyllis J. (305) 345-4008
 FLIER AVAILABLE ON WEBSITE
- Thursday-November 28, 2019 24 Hour Room Committee presents

"A Thanksgiving Day Dinner & Meeting"

Dinner and Speaker Meeting. Fellowship in recovery Fulford United Church -1900 NE 164th street, North Miami Beach Contacts: Dedra B. Chair 786-333-0497 or Oweda B. Co Chair 786-227-4634

Saturday-December 21, 2019 - Keeping It Green

Anniversary"28 Years"

7:00pm @ Better-way - 820 NW 28th street, Miami

Contact: Ray G. (786) 470-5303

FLIER AVAILABLE ON WEBSITE

North Dade Area Business Meetings

MEETING LOCATION: Daryl's Opa Locka Clubhouse 1290 Ali-Baba Avenue, Opa-Locka

✓ THE FOLLOWING MEETINGS ARE HELD AT THE ABOVE LOCATION

2nd Sunday of each month

- 12:00 pm., Helpline & P.I. Committee
- 1:00 pm., The Hospital's & Institutions Committee
- 1:30PM., Newsletter

MEETING LOCATION: Armani Studio 5601 nw 7th ave, Miami (North Dade Area only)

- ✓ THE FOLLOWING MEETINGS ARE HELD AT THE ABOVE LOCATION
- 1st Saturday of each month [Contact: Jeff H. (ASC Vice Chair) (786) 487-9982]
- Please bring your ASC Guidelines
- 12:00 pm., North Dade Area service committee
- 2:00pm-North Dade Area Admin. Meeting
- 4:00pm-GSR Assembly Meeting Armani Studio 5601 nw 7th ave, Miami
- 2nd Saturday of each month
- 2:00pm-NDACNA Convention Committee

PLACE AND TIME HAVE NOT BEEN ESTABLISHED

Area's Entertainment committee. The 24 Hour Room Committee meeting location and time TBA NA members of The North Dade Area are welcome to attend MEETING LOCATIONS ARE NOT AFFILIATED WITH NARCOTICS ANONYMOUS

Honoring Our Predecessors DAY FOR TO **JUST**

NOVEMBER 2019

Awakening

"God helps us as we help each other." [JFT] : My god helps me as I help others. Today, I will seek help in giving away the love my Higher Power has given me, knowing that is the way to keep it.

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
					Awakening	Living with Unresolved Problems
					Basic Text	Basic Text
					P. 51	P. 54
4	4	5	6	7	8	9
No Matter What	Feet Exchanging Love	God's Guidance	Understanding Humility	Feeling God's Will	Freed From Insanity	The Best-Laid Plans
Basic Text	Basic Text	Basic Text	Basic Text	Basic Text	Basic Text	Basic Text
P. 85	P. 105	P. 95	P. 36	P. 198	P. 24	P. 91
10	11	12	13	14	15	16
Fear or Faith	From Surrender to Acceptance	Our Own Story	Not Perfect	Not Just Surviving	Letting Go	Alone No More
Basic Text	Basic Text	Basic Text	Basic Text	Basic Text	Basic Text	Basic Text
P. 14	P. 26	P. 98	P. 31	P. 52	P. 26	P. 37
17	18	19	20	21	22	23
Walking Through the Pain	Self-discovery	The Language of Empathy	Finding Fulfillment	Letting Our Defects Go	Foundation First	God's Will
Basic Text	Basic Text	Basic Text	Basic Text	Basic Text	Basic Text	Basic Text
P. 82	P. 41	P. 85	P. 86	P. 34	P. 83	P. 26
24	25	26	27	28	29	30
Gratefully Recovering	Meditation	Responsibility	Seeking God's Help	Being Ourselves	Our Higher Power's Care	Sharing the Real Me
Basic Text	Basic Text	IP No. 8,"Just	Basic Text	Basic Text	Basic Text	Basic Text
P. 98	P. 45	For Today"	P. 26	P. 35	P. 55	P. 81

Sharing the Real Me "Sharing with others keeps us from feeling isolated and alone." [JFT] : I seek the freedom from isolation and loneliness that intimacy brings. Today, I will get to know "the real me" by taking personal inventory, and I will practice being completely honest with anotheer person.

North Dade Public Relations /Helpline



The Helpline sub-committee

maintains a telephone information service for Narcotics Anonymous that helps addicts and others in the community find us easily and quickly.

Helpline volunteers often serve as the first point of contact between the community-at-large and the NA Fellowship. For this reason, it's vital that careful attention be paid to the work of this sub-committee.

North Dade Area's Helpline

(866) 935-8811



North Dade Public Relations/Helpline

Sub-Committee

We're looking for new members to join and help carry the message to the still suffering addicts in our community. We meet every 2nd Sunday at 12pm At Darryl's Opa-locka Clubhouse 1290 Ali-Baba Ave. For more info contact: Chair: Bruce G. (786-801-7521

Vice-C: Ted B.

(786) 238-6214

EXPERIENCE STRENGT & HOPE CLEAN - RECOVER

I was bruised beyond words, and had become sick and tired of being sick and tired, I had the desire to stop using and allowing others to use me. Once I became clean and became honest with myself, I was able to listen to others experience, strength and hope. What I heard was that I had choices to make if I wanted to remain clean and recover. I had to be fully committed. The choice was mine and mine alone. Choosing to pick up that white chip instead of a substance gave me a fresh start that was long over due. NA, gives me what I once lost, the promise of HOPE. Realizing that I needed to surrender more than I was willing to admit, even to myself. As I experience an ever renewing relationship with the God of my understanding, I am embracing more of my Spiritual side. This can only happen when I keep coming back.

I keep coming back to meetings, events, my sponsor, the steps and service. Without the guidance of my Higher Power, my sponsor and the fellowship of Narcotics Anonymous, I dare not think what lies ahead. I am learning to practice principles and not personalities. "KEEP COMING BACK MORE WILL BE REVEALED."

> Editor & Chair, Mary M.



Service Statement

"Everything that occurs in the course of NA Service must be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers.

It was for this reason that we began this work. We must always remember that as individual members, groups and service committees, we are not and should never be in competition with each other.

We work separately and together to help the newcomer and for our common good. We have learned, painfully, that internal strife cripples our Fellowship; and preven

Steps* Principles* Traditions* Concepts

Ten Step

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

Ten Principle

Humility is knowing the importance of doing our part well and being open to the many forms of help required for a full and abundant life.

Ten Tradition

Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.

Ten Concept

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

Eleventh Step

We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Eleventh Principle

Unconditional love is given where we sense our spirit in another human being.

Eleventh Tradition

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Eleventh Concept

NA funds are to be used to further our primary purpose, and must be managed responsibly.

North Dade Area Trusted Servants

Administrative Officers

Area Service Committee

ASC Chair: ASC Vice Chair:		Shirley C. Jeff H.
ASC Secretary: Asst. Secretary:	secretary@northdadearea.org	Keisha C. <mark>Open</mark>
ASC Treasurer: Asst Treasurer:		Tina <mark>Open</mark>

Regional Committee Members

RCM:	Open
Alt RCM:	Open

AD-HOC Sub-Committees

NDACNA Chair: NDACNA Vice-Chair:	Phyllis J. Willie M.
24 Hour Room Chair:	Debra B.
24 Hour Room Vice-Chair:	Oweda B.

Standing Sub - Committees

Web-Site Chair: Web-Site Vice-Chair:	hwillioms@att.net	Herbert W. <mark>Open.</mark>
Helpline/PR Chair: Helpline/PR Vice-Chair:		Bruce G. Ted B.
Hospitals & Institutions Chair: Hospitals & Institutions Vice-Cl	hair:	Kelvin <mark>Open</mark> .
Literature Chair: Literature Vice-Chair:		Sheryl R. Docie
Meeting List Chair: Meeting List Vice-Chair:		John T. <mark>Open.</mark>

Entertainment/Activities Entertainment/Activities

Newsletter Chair: **Newsletter Vice-Chair:** Newsletter.and@gmail.com Mary M. Open.

Mailing Address for: North Dade Area Of NA P.O. Box 473025 Miami, Fla, 33247



NDACNA IS HOSTING A...



FUNDRAISER

WHERE: 5601 NW 7th Ave WHEN: NOV. 16th 2019 TIME: 10am-8pm FOOD WILL BE SOLD AT COST

<u>COME OUT AND SUPPORT!</u>







North Dade Area Convention of Narcotics Anonymous

The purpose of the North Dade Area convention of NA is to bring our membership together in the Celebration of Recovery. Meetings, workshops, and other activities are scheduled to encourage unity and fellowship among our members and will reflect the primary purpose of Narcotics Anonymous. Why Register early? The money collected from registration is used to pay for the hotel and convention facilities, associated services, for equipment, maintenance, printing of pre-registration packets and other related expenses. Administrative expenses include rent for committee meetings, telephone charges, and general expenses prior to the convention. We believe that once participants understand that it is the fees from registration that make this event possible, and that the registration funds collected are used for the planning and implementation of present and future conventions, the reasons for registering become clear. It is the support of each member's registration and/or donation that helps make our Convention a success.

FULL PAGE FLIERS ARE AVAILABLE TO ALL GROUPS

NORTH DADE AREA	CONVENTION OF NARCOTICS ANONYMOUS Addressing Recovery V 1, 2019 - DECEMBER 31, 2019
\$20.0	00 REGISTRATION
TODAY'S DATER	REGISTERED WITH@
FIRST NAME	LAST NAME
ADDRESS	CITY
STATE	ZIPAREA
PHONE	EMAIL
CLEAN DATE	so the Convention, res res res res res res res res res res
Pre-registration funds are used to pay maintenance, insurance, registration p Your registration fees and participation	y for hotel and convention facilities, equipment, services, supplies packets, and other expenses related to hosting the convention. on help us make this event possible.
	onev order Hotel Information:
	DOUBLETREE BY HILTON
	Miami Airport & Convention Center 711 NW 72 nd Avenue Miami, FL 33126 Telephone: (305)261-3800 Fax: (305)260-895
OF NARCOTICS ANONY	Miami Arport. & Convention Conter 711 NW 72 rd Avenue Miami, FL 33126 781 33242 Sta3242 (800)222-TRE 847553 Sate Sate Sate Sate Sate Sate Sate Sate

NDACNA-Chair: NDACNA-Vice C.:



WE ARE LOOKING FOR SPEAKERS FOR OUR NORTH DADE AREA CONVENTION of N.A..

Three (3) Years clean for Workshop speakers. Five (5) Years clean for Main Meeting Speakers.

MUST HAVE A CLEAR MESSAGE OF RECOVERY

Please submit all CD, or MP3 or name submissions to: North Dade Area Convention of Narcotics Anonymous. P.O. Box 420217, Miami, FL, 33242 or for electronic submissions please email to <u>NDACNA01@gmail.com</u>.

Please include your name, Contact Information and Clean Date.

For more information please contact the NDACNA Convention Program Chair Yvette W. @ 786-266-6487.



Phyllis J. Willie M.



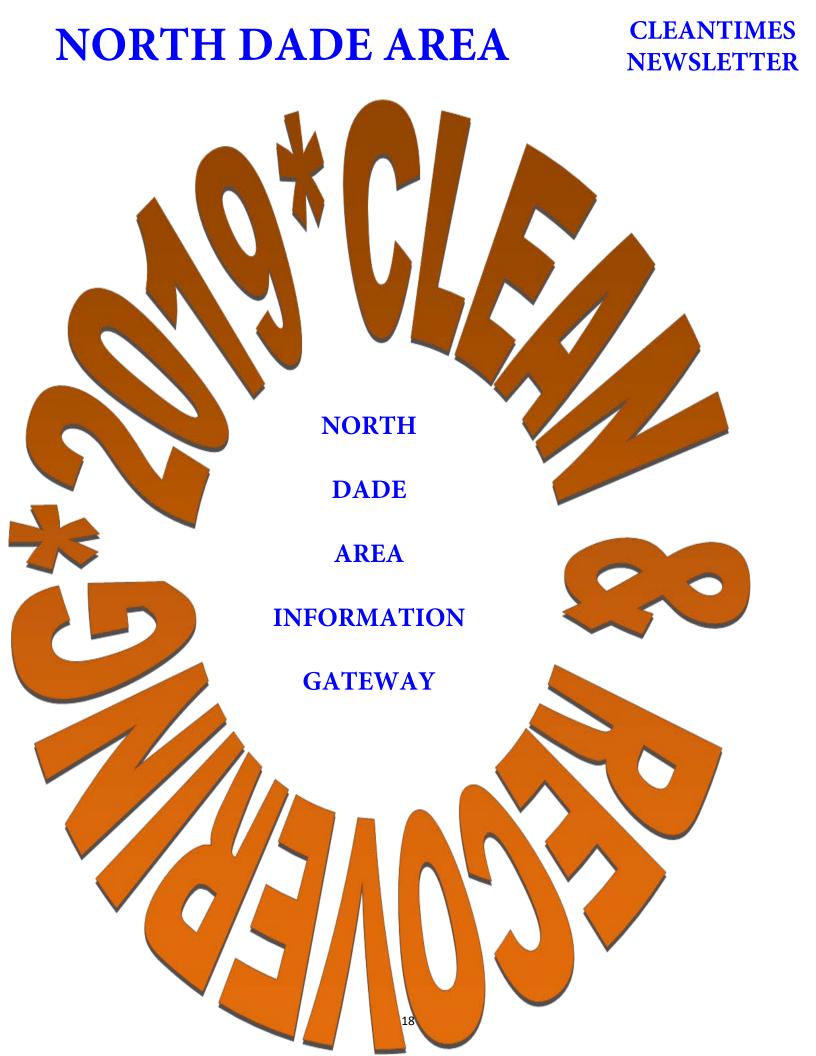
35 Yrs.	Margaret H.
27 Yrs.	Akabar S.
21 yrs.	Oscar P.
14 Yrs.	Debra G.
12 Yrs.	Owedia B.
10 yrs.	Clarence O.
09 yrs.	Andrea W.
08 yrs.	Kathy T.
07 Yrs.	Julius R.
07 yrs.	Nse E.
06 yrs.	James D.
06 yrs.	Brían L.
06 yrs.	Fernando W.
05 yrs.	Billy H.
04 yrs.	Raquel M.
04 yrs.	Gaíl W.
02 yrs.	Louís I.
01 Yr	Moníca L.
01 yr	Bernard T.
01 yr	Latrelle T.
01 yr	Alícía P.

<u>NOVEMBER</u>

33 yrs. 14 yrs. 07 yrs. 01 yr..

Delphíne P. Bonníe L. Sherwood E. Alex M.





NORTH DADE AREA CLEAN TIMES

NEWSLETTER

CO-CHAIR POSITION VACANT NOMINATIONS ARE BEING ACCEPTED

2 copies per group available **GSR's ATTENDING AREA** JANUARY 12, 2020.

WINNERS CORNER

completed forms are expected to be submitted by GSR'S attending Area DECEMBER 8,2019.

- complete top portion of form
- submit a summary of yo<mark>ur groups</mark> history.
- return form to your GSR to be submitted at AREA 2nd Sunday before distribution.



Group Nam

GSR

mail: newsletter.and@gmail.com or text photo via cell: (954) 638-2757-before the closing date for every publication

oup Anniversary Date

PHONE

First Name			Las	t Inital	Years Clean	Clean Date
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						_
						_
						1
						_
The NDACNA Ne Currently, We are				all your encou	uraging support.	
[<u>anuary</u> , Dec. & Jan.)	<u>March,</u> (Feb. & Mar.)	<u>May,</u> (April & I	May)	<u>July</u> (June & Ju	ly) September (Aug. & Sept.)	
	elcome all quest	ions & suc	nestio	ns concernin	g the "WINNERS C	ORNER"
We w			geone		gine minitelite e	



____ Group Anniversary Date:

GSR

Group Name:

PHONE:

We appreciate the responsible GSR's, that hand deliver (at the ASC meeting) or submit electronically

e-mail: newsletter.and@gmail.com or text photo via cell: (954) 638-2757-before the closing date for <u>every</u> <u>publication.</u>

First Name			Las	st Inital	`	Years Clean	Clean Date
					_		
						·	-
	e publishing ever			all your encou	urag	ing support.	
January, (Dec. & Jan.)	<u>March,</u> (Feb. & Mar.)	<u>May,</u> (April &	May)	<u>July</u> (June & Ju	ly)	September (Aug. & Sept.)	<u>November</u> (Oct. & Nov.
We	We welcome all questions & suggestions concerning the "WINNERS CORNER"						
Currently, We ar <u>January</u> , (Dec. & Jan.)	<u>March,</u> (Feb. & Mar.)	y other mo May, (April &	onth. May)	<u>July</u> (June & Ju	ly)	September (Aug. & Sept.)	(Oct. & Nov.