
WRASCNA

NEWSLETTER

WE LEARN THAT WE ARE NEVER ALONE

February

2025

Starting NA

NA traces its roots back to the 1940s when a group of recovering addicts in Los Angeles, California, began holding meetings to support one another in their journey to overcome drug addiction. Inspired by the success of Alcoholics Anonymous (AA), these pioneers adapted the 12-step program to address the specific challenges faces by drug addicts.

In 1953, the first official NA meeting took place in Southern California. The organization slowly expanded throughout the United States, with groups forming in various cities and states. The publication of the “Little White Booklet” in 1962 marked a significant milestone, as it outlined the 12 steps and 12 traditions of NA, providing a foundation for the fellowship’s growth. (Swift River Regard Healthcare, <https://swiftriver.com/blog/the-history-of-narcotics-anonymous/>)

We Do Recover

When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends—jails, institutions or death—or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man’s entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual—not religious—program, known as Narcotics Anonymous.

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“Many of us sought answers but failed to find any workable solution until we found each other” (Basic Text pg. 8)

Join our
celebration!

FELLOWSHIP!

FOOD!



FUN!

HOW IT WORKS

23RD

ANNIVERSARY

APRIL 13th 2025

doors open at 6pm
meeting at 7pm

834 Grant St, Akron
OH

“We often tell newcomers we will love them until they learn to love themselves. What we are doing is loving one another back to life. That’s true no matter how we express that love. Some of us are warm and affectionate, some of us are gruff and removed, but what we do in the rooms when a meeting is happening is the same. We are turning our attention outside ourselves and making a new kind of connection. The Basic Text tells us that love is ‘the flow of life energy from one person to another.’ This is essential to what we do. We connect with others, and through them, to a power greater than ourselves. Opening up to the world around us is a spiritual awakening.” (Living Clean p. 131)

We Find Our Place

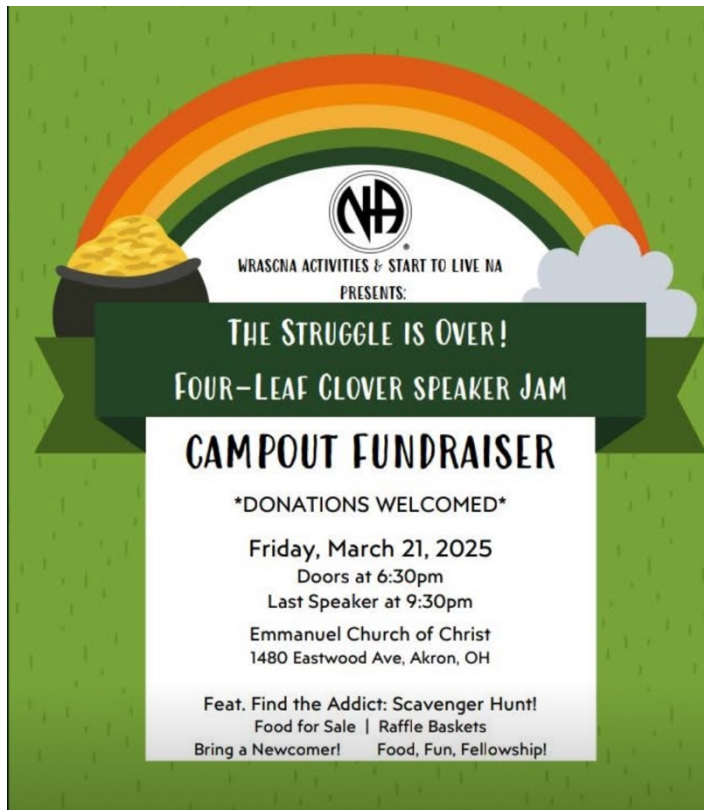
Most of us come to NA broken and in despair. We don’t know that we have finally found a place we can feel at home, and that is at an NA meeting.

After years of feeling outside of the norm, we can take a seat, drink not great coffee, and listen to other members that have experience, strength, and hope for the similar feelings we’ve had of “Being on the outside looking in.”

NA is only possible because of our shared community. No member should ever enter a meeting and feel uneasy. We are here together, gathering in church basements because our previous way of life almost got us killed or incarcerated. We are among like-minded individuals and deserve to give ourselves a break.

It’s hard to feel comforted when our previous relationships have been destroyed because of our actions in active addiction. We have used and cheated friends and family to get what we thought we needed with little to no regard for their wellbeing.

Coming into a group of strangers can be daunting. We barely trust ourselves; how can we trust others? We are told to get a homegroup, a sponsor, and to trust the process. Our brains tell us that we are alone. That we are too different. No one could possibly know what we have done or been through. We are fearful to speak up when there is silence in a meeting because we believe that what we have to say isn’t good enough. But our words combined are what create the atmosphere of recovery. One cannot do it alone. We need our members’ voices to give courage to those coming through the doors for the first time and provide hope to those who arrive on the treatment vans. We thrive as a community because recovery is possible when we come together.



“One of the most profound changes in our lives is in the realm of personal relationships. Our earliest involvement with others often begins with our sponsor. As newcomers, we find it easier if we have someone whose judgement we trust and in whom we can confide. We find that trusting others with more experience is a strength rather than a weakness. Our experience reveals that working the steps is our best guarantee against relapse. Our sponsors and friends can advise us on how to work the steps. We can talk over what the steps mean. They can help us to prepare for the spiritual experience of living the steps” (Basic Text pg. 57)

“Recovery doesn’t happen in a vacuum. We need one another, and we need to be involved with the world around us in order to recover. Living clean is all about relationships – with ourselves, with our loved ones, with our fellow members, with society, and ultimately with our Higher Power. The people in our lives are the means by which we experience grace. We see the miracle of change in others, and they reflect our own changes back to us. They are windows through which we see the world, and vehicles by which we achieve spiritual progress” (Living Clean pg. 123)

Any submissions for the Newsletter can be sent directly to
wrascananewletterna@gmail.com

*** Remember to attend your local area meeting. These meetings are to help come together as a community, vote on ongoing issues, and provide a voice for each individual group’s conscience. Every GSR that attends the area meeting helps enable other groups to pass the message to the still suffering addict. And hell isn’t that the damn point!

In loving service – your newsletter chair

I Can’t, but WE Can- Clean Time Shout Outs

Erica J, Dec. 2nd 10 years
 Pete K, Dec. 5th 5 years
 Renee R, Dec. 8th 10 years
 Heather K, Dec. 13th 4 years
 Tracy P, Dec 15th 10 years
 Jenny F, Dec. 15th 14 years
 Andy F, Dec. 15th 14 years
 Meredith S, Dec. 29th 40 years
 Patty M, Jan. 1st
 Taylor, Jan. 8th 2 years
 Ben H, Jan 9th 5 years
 Melissa L, Jan. 5th 12 years
 Brandy, Jan. 5th 8 years
 Abigail B, Jan. 11th 11 years
 Christle S, Jan. 14th 11 years
 Olivia M, Jan 20th 2 years
 Kristi S, Jan 21st 8 years
 Jenn K, Jan 25th 1 year
 Sara S, Jan 28th 1 year
 Ryan B, Jan 28th 6 years
 Val, Feb. 3 – 13 years
 Josh E, Feb. 16th 2 years

* All clean time shout-outs are submitted to the Newsletter or taken from the NANE OH Facebook page*