

# WRASCNA NEWSLETTER

June

2025

What about NA service? Strangely enough, some of us reserve NA service as the one place where we forget our principles. We cease giving people the benefit of the doubt in a service setting. We openly accuse others of hatching plots, and we say cruel things because we're not practicing the principle of kindness. We set up impossible processes for those we elect to do a job because we're not practicing the principle of trust. We become self-righteous, belligerent, and sarcastic. It's ironic that we seem to want to attack those whom we trust with our very lives in recovery meetings. We need to remember to practice spiritual principles in any meeting, whether service or recovery. Service gives us many opportunities to practice spiritual principles. Na-Step-Working Guide, Step 12, Practicing These Principles in All Our Affairs

## Struggling Meetings

Why do meetings struggle? What causes a meeting's attendance to go from a room full of addicts to the bare minimum of homegroup members? Where does the responsibility lie?

I always pay attention when the format requests that homegroup members raise their hands. We do this to show those who take the time to participate in service. Because without these members, a meeting would not be possible. The phrase "thanks for being here" should be shouted with gusto.

When attending a meeting that does its best to create an atmosphere of recovery for the still-suffering addicts, it is hard to feel a part of the fellowship when there is little to no attendance. How long do members hold on before throwing in the towel? If there is no message to receive due to a lack of willing participants, will the last standing homegroup members suffer?

Going to the extraordinary, fun meetings can really feed the pink cloud. Addicts sometimes go to specific meetings because of the friends, format, and atmosphere. Fellowship is fantastic, and finding comfort in a meeting is key. But sometimes the message of recovery and the hope shot we need can be found in various places. Broadening meeting attendance can help members meet new addicts, hear various recovery messages, and grow comfortable in any recovery environment. We were all new at some point in our journey, and walking into an unknown room was hard. Now we know what waits inside a NA meeting. We are a part of something bigger than ourselves, and we owe it to the next addict to show up and do our part where we can.

## Clean Time Shout Outs

Jennifer S 4/21/96  
TremX 5/1/22  
Chris G 5/4/12  
Mark C 5/10/04  
Ed K 5/12/82  
Stephanie K 5/25/19  
Angel W 5/27/24  
Ken M 5/28/95  
Warren M 5/30/24  
Dane G 6/8/20  
Colleen M 6/14/12  
Judy Y 6/22/21  
Laura F 6/29/97



## -An Addict's Experience-

As a member of Narcotics Anonymous, I have been involved in a variety of home groups with varying support. Sometimes, the meetings were in rural areas and were sparsely attended. In our basic text, it says that "Any two addicts can make a meeting." I have sat with one other addict, waiting for a new member to arrive. When that new member did arrive (and invariably they did), they were greeted very enthusiastically with phone numbers, offers for rides to other meetings, and all sorts of hugs. Many of those newcomers stayed and became an integral part of the meeting. Those days of sitting with a coffee pot and another addict led to hope and a growing intimacy with the other members.

More recently, I have been a member of a home group that has struggled to gain support. At first, members who weren't regular attendees supported the group, but as time has gone on, their attendance has dropped off.

Recently, I have begun to question the purpose of continuing the meeting. I have wondered whether my involvement in the meeting has provided an atmosphere of recovery or an attitude of disease. All sorts of character defects have sprouted up in relation to the meeting. Self-centeredness—that "it's all my fault", "people don't like me", and "maybe I just don't belong here anymore". At times, I have harbored a resentment, "I am not going to the meetings you attend, because you won't come to the meeting that I attend," or self-pity sets in, "why bother to continue this meeting when no one wants it?"

Thanks to a Higher Power, recovery has an answer for all those insane thoughts. Why bother? Because there may be a newcomer this week or next week that will hear the message and stay.

Am I the problem? A tenth step can reveal that at times I have been the problem. I can get negative and whiny. Recovery says I can ask for help and change! Is it my fault? I probably can't take responsibility for whether a meeting fails or not. I am just not that important. What I can do is keep the doors open, offer a friendly and comfortable environment, ask for guidance from a Higher Power, and seek some solutions. If all else fails, the decision may be to close the doors, but if that's the case, the group will decide that. If nothing else, it has kept the three home group members clean and thriving for several years, and that is what matters. It may never be a popular meeting, but there is a level of camaraderie and intimacy in a smaller group, so for now, the meeting will just keep coming back!



JOIN IN CELEBRATION WITH THE  
FALLS HOME GROUP!

## ANNIVERSARY MEETING

June 26th  
Doors at 6:30  
Meeting at 7:30

Food, Fun, Fellowship

St. John's Episcopal Church  
2220 Second St  
Cuyahoga Falls, OH 44221  
United States



## Favorite Formats

Meetings have their own format styles. Whether they involve a literature discussion, a speaker, or the JFT. Floating formats allow home groups to have diversity in their discussions, enabling members to participate in various ways that help them gather insight of themselves. Here are some of the favorites that members of NA have pointed out.

- Ask it basket
- Anniversary meetings with out-of-town speakers
- Topic discussion
- Literature meetings
- Having time for problems in recovery

No one member is better than another. We all deserve to sit in a meeting and feel safe. If you don't have anything nice to say, call your sponsor. When we tear one another apart, we harm the base of our program. Remember that what you do and say could result in a person never having the courage or strength to enter a certain meeting or to attend a function. Some will joke, that's their problem. Or they need to learn to take a joke. No one is prefect, everyone is scared shitless in their own heads. Choose to be kind.

In Loving Service  
Newsletter