

Sharing the Message



MAY/JUNE 2020

The Ozark Area Newsletter

www.ozarkasc.com

24 Hour Helpline 1-888-359-3339

Vol. 3

5th Tradition, A New Way, Against All Odds, But Do It, Day By Day, Dope to Hope, Knights Of Recovery, Living Clean, Native American, Onward, Spiritual Principles, Straightline, Stray Katz, Survivors, Traditional Recovery, Under Grace, We Do Recover

HELLO!

Hello, and welcome to the 3rd installment of the Ozark's Area Newsletter for 2020! Things have certainly changed a lot since our last printing! We hope you enjoy this issue and please feel free to submit stories of experience, strength & hope, poems, cartoons, or anything else you have and want to share.

> Please email submissions to:
OZARKAREA@GMAIL.COM

THIS ISSUE'S THEME:

SERVICE

"WE KEEP WHAT WE HAVE ONLY
BY GIVING IT AWAY"

Basic Text - Page 9

UPCOMING EVENTS

HIGH ON THE PICNIC

AUGUST 7, 8, 9

CANCELLED!

SORRY Y'ALL!

YOUR EVENT HERE!

EMAIL US:

OZARKAREA@GMAIL.COM

CLEAN TIME ANNIVERSARIES!

PLEASE EMAIL US
YOUR CLEAN TIME
ANNIVERSARIES TO:

OZARKAREA@GMAIL.COM

so we can celebrate with you!

OUR MESSAGE

"An addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. You are welcome here."

Basic Text - Page XIX

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HOW IT WORKS...



If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible.

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. 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.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practise these principles in all our affairs.

"Alone I Can't, Together We Can!"

OZARK AREA NEWSLETTER

SERVICE TO THE FELLOWSHIP

When I started coming to the Rooms of Narcotics Anonymous, I was so happy to be clean that service is all I wanted to do! I remember at one of my first meetings, hearing someone share that when they first got here, they would pickup cigarette butts from out in front of the building. I liked that! When I was younger, I held a job as a dishwasher, so after meetings I would go around and pickup coffee cups and ashtrays and give them a good scrubbing. A short time later someone showed me how to make coffee. After a few months of being clean my home group was wanting some new people to help chair meetings. I really liked that because I felt like I was giving back to the program. For about 2 months I got to co-chair meetings with Rob S. It was awesome getting to work with Rob, because he was a guy that truly loved Narcotics Anonymous! A short time later I started going to home group business meetings and then my sponsor said I should go to Area Meetings as well. Like we hear in the rooms of NA...

"WHEN N.A. ASKS... SAY YES"

There are many ways for newcomers and old timers to be of service...

- Show up early and set up meetings
- Greet and welcome fellow members
- Make Coffee (Don't fuck it up!)
- Chair Home Group Meetings
- Attend Home Group business meetings
- Attend Area business meetings
- Share your experience, strength and hope at meetings
- Reach out to a struggling addict
- Become a sponsor
- Get involved with H&I, PR, Outreach and Activities

Thank you for letting me be of service. - Rufus P.

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 prevents us from providing the services necessary for growth."

OZARK AREA NEWSLETTER

"SERVICE IS LOVE"

NOT ALONE ANYMORE

Hi my name is Kimmy and I am an addict . I love the topic of service. One of the things I remember in my early recovery was that I wasn't alone anymore. I remember hearing I didn't have to be afraid anymore. I totally identified with people in the rooms when they shared their experience, strength and hope. Sharing with addicts is one of the tools in our program that makes this work. I wasn't judged for my choices that I had made and I had found a new level of freedom. I began to see the similarities and not the differences anymore and my self centeredness started to turn into the principles of love and service. I started seeing that I could give back to this fellowship. I found out that people believed in me and wanted to help me in my recovery. As time goes on and steps later, I started to realize how I am of service to others. I give back and carry the message on many different levels today, not only in the rooms, but in my life outside the rooms. I am eternally grateful for the steps, my sponser and the fellowship who teaches me daily how to be of service to others . - Grateful Addict

KEEP YOU CLEAN!

It's been said service work will keep you clean. I can't tell you how many times I have been in my head and go to a meeting and empty an ash tray would get me out of my head. It works!
- KL W.

SELF ESTEEM!

Service work is always good for self-esteem and it does not have to be anything grand. The simplest task works too.
- MICHAEL P.

RELATIONSHIPS!

What better way to give back to something that has gave me a wonderful life! Service work will keep u clean and not to mention all the wonderful relationships u make! I can only keep what I have by giving it away!
- MICHAEL B.

LIFTS ME UP!

When I do service out of the kindness out of my heart expecting nothing in return, it's like winning the lottery for my heart. It doesn't make me degrade myself, but lifts me up as a HUMAN BEING.
- DUANE C.

SERVICE GIVES BACK!

Service keeps us clean and gets us out of ourselves.
- Arthur P.



OZARK AREA NEWSLETTER

"EXPERIENCE, STRENGTH & HOPE"

I DON'T SAY NO!

Addict named Sarah.

Our basic text tells us "it is a privilege to respond to a cry for help. We who have been in the pits of despair feel fortunate to help others find recovery." I am so grateful to be a member of narcotics anonymous with that being said, gratitude is an action word. The way I show my gratitude to a program that saved my life is by giving back what was so freely given to me. I attend meetings where I share my experience, strength and Hope. I reach out to the newcomer and always try to make them feel welcome. I make sure they get a phone list and a meeting schedule. I recently started a new meeting which is a literature study because I strongly believe in the power of the words written by addicts for addicts. I am a sponsor, the gift of going over a step with another addict is indescribable. I do H&I even though it makes me uncomfortable because it isn't about me anymore, it's about planting that seed in the still suffering addict. I answer my phone or return calls today because that one phone call could save someone's life. The biggest thing about service narcotics anonymous that I practice is that I never tell narcotics anonymous no. This program saved my life and I will be forever grateful.

THE BEST WAY!

I got clean many many times but wasn't able to stay clean until I learned to be of service. Service is the best way I know to combat the spiritual aspect of our disease, the inner void and total self-centeredness. It helps me get out of myself, out of ego and into humility.

- DWIGHT D.



THE GOOD FIGHT!

Whenever I do service work or I'm involved with helping others, it helps me fight the disease. When I'm doing service work, it helps me stay clean.

- CHRIS G.

SERVICE HELPS TWICE!

Service is disguised as helping others, but the one that it helps the most is the person doing it.

- LYN SAY L.





"SERVICE IS..."



I am what I am and I do what I do. Those are the ingredients that make up the ideal. I would like to think that the doing part consists of noble action, thus making the "I am" belief something to feel good about... and parade about. Did I just negate personal growth under the guise of helping my fellow addict?

So service work is a tightrope and a Catch-22. If I had no defects, giving to others would flow like water - effortless and naturally to all the low places where it is needed most. Yet service work is one of the greatest tools we have to put into practice the good parts of the new we under construction, so it tends to be a messy and chaotic process. Good thing those who came before chiseled a Post-It note for our bathroom mirrors - Progress, not perfection.

Current events are a good example of our collective struggle. An ASC room filled with addicts who've travelled an aggregate of hundreds of miles is pretty impressive, Ain't we something, ya? An ASC hosted via zoom with 6 in attendance...not so much to crow about. However, in both cases the work to be done is done - we are who we are and we do what we do, and our thing that's greater than the individual carries on. Service work cements the concrete reality that this is a We program in all the forms and situations it takes.



Keep coming back; it's still working.
Doug B.

OZARK AREA OF NARCOTICS ANONYMOUS NEWSLETTER

WEBSITE: OZARKASC.COM

**"Service keeps us clean and gets us
out of ourselves" - Arthur P.**

What Can I Do For You?

by Chris D.

Humility uplifts with silent care;
To do for others does for one's self too.
But not in taking, giving as we do
Subjects ego beneath such services rare.
The best of selfishness, to serve our self
By letting go of it for others' gain.
And by such letting go, we dodge the pain:
That thief who robs our peace in quiet stealth.
That villain whispers, "Get it, take it now!"
But once possession's had, we just want more;
And so rapaciously, we grab and hoard
To lose our life in chattel, wondering how.
If happiness we seek while we but live,
Then humble service is the gift to give.

PLEASE HELP OUT YOUR NEWSLETTER!

Send us **STORIES, CARTOONS, ARTWORK & MORE!**

Email your submissions to: **OZARKAREA@GMAIL.COM**

THANK YOU FROM YOUR OZARK AREA PR COMMITTEE!