

## Healing and Amends

I have been a member of Narcotics Anonymous since 1989, and at the time of this letter I have appreciated continuous abstinence for more than 24 years. During my second year in recovery, while in his

was hopelessly addicted to drugs and deep in the mix of prison violence. It was at this time that I was spiritually directed to leave my home in California and move to Port Cartier, Quebec (Canada), to stay near him until he either died or freed himself with NA's life-giving steps and traditions.

Accepting the love our fellowship has to offer, my son got clean just a few months after my arrival and stayed clean under the most adverse conditions. For the next nine years he healed as I did what I was taught, taking trains, buses, and even walking in frigid, below-zero weather to selflessly carry the message of hope and freedom. I had very little money, could not speak or understand the local language, and was so far up north that there were no NA meetings in either French or English. What I did have was a Basic Text, some speaker tapes and CDs, and a whole lot of willingness and perseverance to share what was so freely given to me.

After his —*cont.d.*, p. 8

active addiction, my 16-year-old son fatally stabbed another teen. Wanting to make an example of him to other teens, the judge gave him a life sentence, to serve a mandatory ten years before being eligible for parole.

As painful as it was, I went to a lot of meetings, worked the steps with my sponsor, got involved with service, and stayed clean. At the end of his ten-year sentence, parole was impossible as my son

### **Featured This Month**

*A look back at last year's articles as voted on by the Clean Times Subcommittee*

## A Sprinter Learns Longevity

One Sunday I went for a run with a friend. He was new to running and took off fast; leaving me in his dust. Yet as I continued to run I would catch up with him. He had stopped and grasping for breath, again he would sprint and I would catch up and push him onward. As I took time to ponder this I was able to see the similarities of his running to his recovery. Since I had known him he has always been a "Sixty Day Wonder".

He would get the job, truck and the girl. He would sprint thru being a new comer and go straight back out.

This time he is different, he walks to meetings, does not have a girlfriend. He struggles to find work. The miracle is he is okay with it. He has learned the longevity of recovery. He is okay with where he is at in life. In slowing down, he has discovered serenity and he is okay with being new. He has stayed clean so long, that he even gets to re-apply for EBT. A benefit of learning to enjoy the process and sprint to a destination. Love this guy and enjoy watching him grow.

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# Reaching Out

Whether you are an NA member, a professional who works with recovering addicts, an incarcerated member, or a member who

All are invited to share their experience, strength, and hope in the *Reaching Out* newsletter. The *Reaching Out* publication is seeking paid subscribers to assist in supporting our continued ef-



carries the message via service with Hospital and Institutions; the Reaching Out newsletter curated by NA World Services may be a resource for you. *Reaching Out* in its design helps incarcerated addicts connect to the NA program of recovery, enhances H&I efforts, and offers experience from members who have successfully transitioned from the 'inside' to be productive members of society.

forts to distribute the magazine to our members housed in state and federal facilities. Ask your home group to subscribe and help us carry the message.

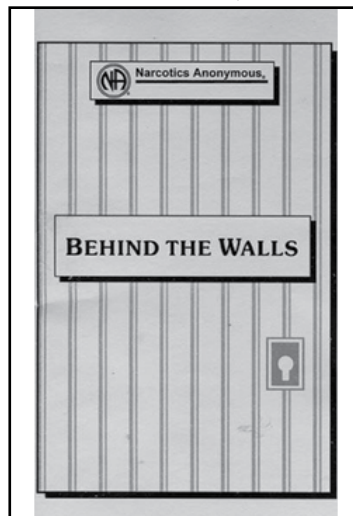
—Gilbert O.

For additional information or to contribute, contact Gilbert O. at 813.245.5399 or via email at [gbs92101@hotmail.com](mailto:gbs92101@hotmail.com)

## Writing Steps for Recovery (Behind the Walls)

Our vision is to carry the message that any addict can stop using drugs, lose the desire to use, and find a new way of life.

The Florida Region of Narcotics Anonymous has now helped introduce 23 self-sufficient NA meetings in FL and beyond; including, Coleman Federal Penn, Alabama, NW FL, Georgia, and South Carolina. The process began 6 years ago with the 'Pen Pal' project and developed into free-standing meetings; for inmates and by inmates.



Many of these men and women are eager to work the steps and become involved in Narcotics Anonymous prior to release. The Florida Region of Narcotics Anonymous is working to realize our primary purpose by further implementing the "Writing Steps for Recovery (Behind the Walls)" initiative.

How can I help? Join the "Writing The Steps for Recovery (Behind the Walls)"

## How it Works



*We should make amends<sup>®</sup> when the opportunity presents itself, except when to do so will cause more harm. Sometimes we cannot actually make the amends; it is neither possible nor practical. In some cases, amends may be beyond our means. We find that willingness can serve in the place of action where we are unable to contact the person that we have harmed. However, we should never fail to contact anyone because of embarrassment, fear or procrastination.*

*We want to be free of our guilt, but we don't wish to do so at the expense of anyone else.*

*Basic Text p. 39*

project. This can be your next step in further carrying the message. Through "Writing The Steps for Recovery (Behind the Walls)", you have another opportunity to share your experience, strength, and hope; give back to an addict seeking recovery what NA has given to you.

*If you are interested in gaining a State or Federal clearance or for more information and guidelines on the program, contact Gilbert O. at 813.245.5399.*

### NA On The Web

Tampa Funcoast Area  
[www.Tampa-NA.org](http://www.Tampa-NA.org)

World Services  
[www.NA.org](http://www.NA.org)

Florida Regional  
[www.naflorida.org](http://www.naflorida.org)



## Back From The Start

*Back from the start:*

*They said play the tape all the way thru  
before it gets worse*

*So I did, But I played it in reverse*

*The tears of my loved ones come out the dirt  
and un-quench its thirst*

*I'm lifted out the ground and put back in the  
hearse*

*The convoy rolls back to a service that's  
cursed*

*My caskets closed, friends and family walk  
backwards out the church*

*My body is taken to a cold dense place  
Where a woman uses make up to bring life  
to my face*

*She tells me about her daughter that died  
the same way*

*I'm talking to her but she can't hear a thing  
I say*

*I keep apologizing and trying to pray*

*I guess I'm in purgatory for my choices that  
day?*

*Wtf happened man? I had a good heart.  
I didn't deserve to die, God, I need a fresh  
start. 2 men place me on a metal cart*

*I can hear a zipper as the light fades to dark  
They wheel me to a van that needs a little  
art*

*On the side it says morgue, I don't wanna  
see this part*

*From above I see the examiner remove the  
stitches while I rest*

*My organs are placed back in my body, then  
he closes my chest*

*The sheet covers me again, did I fail another  
test?*

*As they put me in the freezer, I realize I was  
blessed*

*If I had a second chance, God, I would do  
my best*

*And not give up on undoing my mess*

*EMT's deliver me to a hospital bed  
The doctor announces my time of death*

*My chest rises and I take a deep breath*

*The nurse is quick ....to remove the IV*

*I bet it was tough to find a vein to put fluids  
inside me*

*I'm rushed right back to that ambulance  
The EMTs are beating on my chest as if I  
had a chance*

*In and out of consciousness, I see the devil at*

*a glance*

*What a way to die vomit on my shirt. Vomit  
on my pants*

*The trucks moving quick, man they're  
hauling ass*

*Weaving in and out of traffic the Sirens on  
blast*

*I can hear him yelling, "We're losing him  
fast!"*

*My life is flashing, I'm regretting my past*

*We pull up to a house, I remember this  
place*

*They take me inside and lay me down on  
my face*

*A puddle of vomit under my chin, I feel  
disgraced*

*I'm shaking and trembling, in my mouth,  
an acidic taste*

*This chick hangs up the phone an says, "He  
OD'd! He's gonna die soon!"*

*Then she Pulls the rig out her arm an  
squirts it back in the spoon*

*Out of the solution, a pill forms*

*I inhale my vomit, my body becomes warm  
One more time, I had no clue what I was in  
for*

*My body launches up on —cont.d., p. 8*

## Got To Make The Donuts

**G**ot to make the donuts. Remember that one? I've been doing some type of service work since I was a preteen. My parents thought and practiced that a citizen has a duty to his fellow man, hence, I was no stranger to service. What we in the NA fellowship call service work is not much different than another organization or community's definition.

Many-a-year-ago (that's fancy writing for back-in-the-day), I would occasionally attend a meeting. As I'm introduced to another recovering addict, the first words from that person's mouth

would be, "do some service work". It always irritated me. It was irritating that someone assume that service work was



something foreign to me and that they would base that assumption on the fact that at one time it was completely foreign to them.

Maybe I'm being a bit harsh. I wasn't a guy who consistently kept coming back, so how could anyone in our

fellowship possibly know what I did besides abuse drugs. Granted, I was well on my way to total self-centeredness; my services

to the community and other organizations did dropped considerably.

Now, I'm one of those irritating people who prompt

the newcomer or the chronic relapse to do service work.

Service work works. It contributes to the growth of the NA fellowship and allows us to effectively give a clear message of the program. The service worker himself equally benefits. So, you want to get in the middle of the boat? Get a service commitment. We do keep what we have by giving it away and I believe some that giving is through our services to the fellowship.

Service work works for me. Active service in the fellowship keeps me grounded and connected. It broadens my circle of friends beyond the NA meetings. Prior to me finally deciding to stick and stay in NA, I never did any service work —cont.d., p. 4



## There's Always An Exit

*There's always an exit  
There  
If you wanna take  
Even some music  
To play you out  
All the way  
Out*

*There's always an entrance  
Don't mind  
The squeaking hinges  
The bent frame  
Disfigured  
From the refrain  
That played you out  
All the way out  
So many times*

*It's not a revolving door  
This rectangular frame  
Was not built to endure  
Something so circular*

*Your pattern  
Your rings of Saturn*

*Appear whole and promising  
From a distant view  
Up close*

*It's just raw edged debris  
Dangerous and unchanging*

*How many licks of the whip  
Till you get to the center of it  
How many bites of midnight  
Till your wounded enough to  
commit*

*But the thing about relapse  
And trading legs for wings  
Is that you're not promised a  
pulse  
When you've exhausted your  
orbit*

*So move with hubris and choose  
The birds eye view  
But know now  
Oxygen thins as one ascends  
So you better really want the  
blues  
Cuz...*

*Your gonna get 'em.  
Your gonna get 'em full well.*

—Kristan W.

*Donuts cont'd. from p. 3—*  
in our fellowship. This time, and at the urging of my sponsor, I did. In the beginning I attended only as a spectator—just to see what this Area stuff was about.

But simply being a spectator is not enough for me as a recovering addict. I needed activities and goals to help fill in the gaps left by drug abstinence. Eventually I started taking on minor responsibil-

ities in the fellowship—sometimes by mere circumstance I would find myself with a commitment.

There is something else I've noticed with the service worker. They stay clean. When sharing, their message is really a message of strength and hope. It rarely is a message of how the mundane and unimportant is diminishing their desire to for happiness. They seem to

me more gracious and they demonstrate a higher sense of gratitude.

Service work gives me responsibilities and a sense that I am needed. Being needed, however, should not be confused with indispensable. Yeah, I'm making donuts, but I'm eating them, too. —Terence B.

*Originally printed in the Jan-Feb 2011 issue of The Tampa Funcoast Clean Times*

## How it Works



*The physical aspect of our disease is the compulsive use of drugs: the inability to stop using once we have started. The mental aspect of our disease is the obsession, or overpowering desire to use, even when we are destroying our lives. The spiritual part of our disease is our total self-centeredness. We felt that we could stop whenever we wanted to, despite all evidence to the contrary. We felt that could stop whenever we wanted to, despite all evidence to the contrary. Denial, substitution, rationalization, justification, distrust of others, guilt, embarrassment, dereliction, degradation, isolation, and loss of control are all results of our disease. Our disease is progressive, incurable and fatal.*

*Basic Text p. 20*

**12 Steps**  
**+12 Traditions**  
**24 Hours**  
**of Serenity**

Email Us  
FuncoastNews@hotmail.com



## MY BROKEN HEART

*What do you do when you lose  
the will to fight*

*When the tears used to cleanse  
you but now you can't even cry*

*What do you do when the pain is  
so great you're being crushed by  
its weight*

*How do you keep going even  
when you want to die*

*What do you do*

*How do you live when living guest  
to much*

*When you close your eyes and  
wish they'd never open*

*What if they do? Will you love  
again?*

*Why do I see you in everything*

*Every second of everyday is you.  
you're in my thoughts. my actions.  
my memories. my hopes. my  
dreams.*

*Why can't you leave*

*Why won't you stay*

*Why don't you care*

*Why do you dare to  
keep away*

*I hate you for the  
depth of my love for  
you*

*I love you for the way  
I hate the pain*

*The loss*

*The hole in my heart*

*You've taken pieces of me  
with you and I can't see them  
returning*

*Please come back*

*Please miss me*

*Please...*

*Love me*



—Collette T.

## Tampa Funcoast Anniversaries

## January & February

|                          |           |   |                          |           |   |                   |           |   |
|--------------------------|-----------|---|--------------------------|-----------|---|-------------------|-----------|---|
| <b>A New Way</b>         |           |   |                          |           |   |                   |           |   |
| Danielle R               | 2/8/1996  | 9 | Rhonda M                 | 2/6/1993  | 2 | <b>Grow or Go</b> |           |   |
| Dannielle A              | 1/5/2007  | 8 | Robert B                 | 2/12/2005 | 0 | Eddie B           | 2/20/1987 | 8 |
| <b>Breakfast Club</b>    |           |   | Willie W                 | 1/2/2010  | 5 | Hank T            | 2/21/1987 | 8 |
| Peggy C                  | 2/14/2011 | 4 | <b>Emergency Room</b>    |           |   | Tom T             | 2/2/2014  | 1 |
| <b>Circle Of Friends</b> |           |   | Alex S                   | 2/14/2007 | 8 | <b>Happy Hour</b> |           |   |
| Alicia E                 | 2/5/1996  | 9 | Marilyn R                | 1/2/2010  | 5 | Angel G           | 1/28/2010 | 5 |
| Pat S                    | 2/6/1996  | 9 | <b>Freedom From Pain</b> |           |   | Charlie L         | 1/14/2008 | 7 |
| <b>Daily Recovery</b>    |           |   | Kim H                    | 1/8/1991  | 2 | Vicki P           | 2/28/2012 | 3 |
| Barbara P                | 2/7/2006  | 9 | Sean O                   | 1/15/2009 | 6 | <b>High Lie</b>   |           |   |
| Jackie C                 | 1/2/2007  | 8 | <b>Fresh Start Group</b> |           |   | Abby W            | 1/16/2005 | 0 |
| John P                   | 1/5/2008  | 7 | Cynthia S                | 1/11/2009 | 6 | Caroline C        | 2/8/1989  | 8 |
| Lovett H                 | 1/21/1988 | 2 |                          |           |   | Cassie H          | 1/1/2001  | 4 |
|                          |           |   |                          |           |   | Mike C            | 1/6/2002  | 3 |



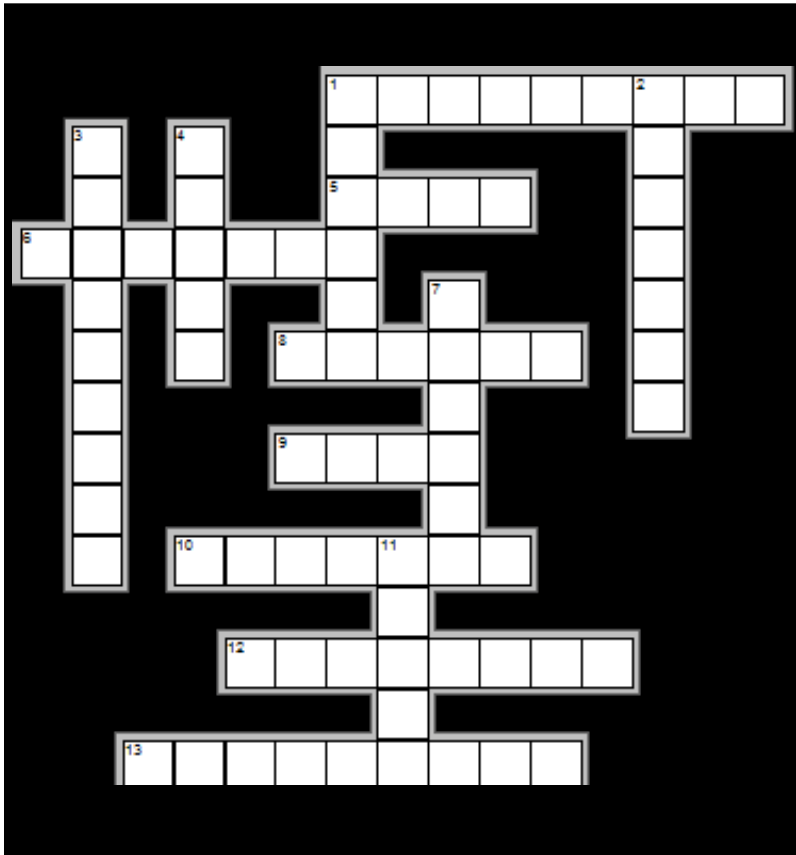
|                                   |           |   |                              |           |   |                                  |           |   |
|-----------------------------------|-----------|---|------------------------------|-----------|---|----------------------------------|-----------|---|
| Steve M                           | 2/19/2001 | 4 | Melissa J                    | 2/22/2005 | 0 | <b>The War Is Over</b>           |           |   |
| <b>Hope In Lutz</b>               |           |   | Oscar H                      | 2/5/2005  | 0 | Alexandra H                      | 1/11/2014 | 1 |
| Adam B                            | 2/27/2012 | 3 | Yolanda P                    | 2/17/1993 | 2 | Amber R                          | 1/10/2012 | 3 |
| <b>Hope In Recovery</b>           |           |   | <b>New Life</b>              |           |   | Aris                             | 1/7/1987  | 8 |
| Robert B                          | 2/12/2005 | 0 | Carlton W                    | 2/12/1999 | 6 | Baxter C                         | 2/12/2004 | 1 |
| Shawnya W                         | 1/20/2012 | 3 | Chevelle T                   | 1/22/1998 | 7 | Baxter C                         | 2/12/2004 | 1 |
| <b>How It Works</b>               |           |   | John P                       | 1/5/1998  | 7 | Bobby M                          | 1/3/2010  | 5 |
| Jusus H                           | 1/19/1990 | 8 | Pam S                        | 2/5/2011  | 4 | Brian M                          | 2/4/2007  | 8 |
| <b>Hyde Park NA</b>               |           |   | Sara M                       | 2/22/1994 | 2 | Danielle G                       | 2/25/2014 | 1 |
| Chris K                           | 2/18/2003 | 2 | Todd F                       | 2/5/2011  | 4 | Jason M                          | 2/12/2011 | 4 |
| Judy O                            | 2/5/1998  | 7 | <b>New Tampa NA</b>          |           |   | Josh M                           | 2/17/2005 | 0 |
| Lisa C                            | 1/9/2010  | 5 | Steve D                      | 2/18/2006 | 9 | Kandi O                          | 1/13/2007 | 8 |
| Maggie R                          | 2/6/1988  | 2 | <b>Old-Timers</b>            |           |   | Lou                              | 2/15/2005 | 0 |
| Patty M                           | 1/5/1990  | 8 | Alicia E                     | 2/5/1996  | 9 | Melissa M                        | 2/1/2013  | 2 |
| <b>In The Middle</b>              |           |   | Kim R                        | 2/4/2009  | 6 | Nancy M                          | 1/24/2010 | 5 |
| Brad S                            | 2/14/2012 | 3 | Pat S                        | 2/6/1996  | 9 | Robbie V                         | 2/5/2013  | 2 |
| Doug I                            | 2/14/2011 | 4 | <b>Quest For Serenity</b>    |           |   | Tiney R                          | 2/5/2008  | 7 |
| Jill E                            | 1/12/2014 | 1 | Ben Z                        | 1/31/2014 | 1 | Vicki M                          | 2/12/1999 | 6 |
| <b>Keep The Faith</b>             |           |   | Billy W                      | 1/21/1987 | 8 | Wyatt B                          | 2/4/2014  | 1 |
| Ashley P                          | 1/5/2013  | 2 | John G                       | 1/24/2011 | 4 | <b>The Women's Recovery Room</b> |           |   |
| Robert Y                          | 2/1/1998  | 7 | Lynn D                       | 2/22/1988 | 2 | Alicia E                         | 2/5/1996  | 9 |
| <b>Keep The Faith I &amp; II</b>  |           |   | <b>Radical Recovery</b>      |           |   | Jennifer F                       | 2/14/2010 | 5 |
| Robert Y                          | 2/1/1998  | 7 | Martin P                     | 1/20/1987 | 8 | Karen S                          | 2/2/2011  | 4 |
| <b>Life On Life's Terms</b>       |           |   | Rick B                       | 1/14/2014 | 1 | Vicki M                          | 2/12/1999 | 6 |
| Donald D                          | 2/27/2010 | 5 | <b>Recovery Central</b>      |           |   | Together We Can                  |           |   |
| Todd E                            | 2/4/2011  | 4 | Chelsie P                    | 1/1/2004  | 1 | Jay S                            | 1/30/2003 | 2 |
| Vince C                           | 2/14/2005 | 0 | Chris                        | 2/19/2013 | 2 | Triple M                         |           |   |
| <b>Live or Die</b>                |           |   | Grant M                      | 1/21/2013 | 2 | Luther R                         | 1/15/1989 | 8 |
| Linda H                           | 2/10/2003 | 2 | Ken T                        | 1/3/1988  | 2 | <b>TTNA</b>                      |           |   |
| <b>Monday Meditation</b>          |           |   | <b>Recovery In Riverview</b> |           |   | Jerry R                          | 2/17/1996 | 9 |
| Jen N                             | 2/13/2011 | 4 | Sharon M                     | 2/28/2009 | 6 | <b>Uptown Tue &amp; Fri</b>      |           |   |
| Kandi O                           | 1/13/2007 | 8 | <b>Rise For Recovery</b>     |           |   | Caroline C                       | 2/8/1989  | 8 |
| <b>More Hope I &amp; II</b>       |           |   | Chanta S                     | 2/2/2010  | 5 | <b>Welcome Home</b>              |           |   |
| Louis W                           | 1/28/1998 | 7 | Chrissy R                    | 2/13/2010 | 5 | John W                           | 1/18/2009 | 6 |
| <b>More Will Be Revealed</b>      |           |   | Joanne D                     | 1/11/2010 | 5 | Oscar H                          | 2/5/2005  | 0 |
| Jeremy M                          | 1/24/2009 | 6 | <b>Squeaky Clean</b>         |           |   | <b>Women Do Recover</b>          |           |   |
| NA 180                            |           |   | Chris B                      | 2/23/2011 | 4 | Brenda O                         | 2/10/2009 | 6 |
| David V                           | 1/11/2010 | 5 | Vernon F                     | 1/12/2007 | 8 | Cherelle T                       | 1/22/1998 | 7 |
| John B                            | 1/22/2013 | 2 | <b>Stepping Up</b>           |           |   | Chevell                          | 1/22/1998 | 7 |
| <b>Michael C</b>                  | 2/3/2014  | 1 | Brenda B                     | 2/24/2005 | 0 | Chrissy R                        | 2/13/2010 | 5 |
| Shawn S                           | 2/17/2005 | 0 | George J                     | 1/20/1992 | 3 | <b>Women Of Freedom</b>          |           |   |
| <b>NA Speaker Meeting</b>         |           |   | <b>Sunset Solutions</b>      |           |   | Sheila S                         | 2/15/2007 | 8 |
| Kim L                             | 2/9/2003  | 2 | Mank S                       | 1/1/1985  | 8 | <b>Women Of Serenity</b>         |           |   |
| Melinda E                         | 1/30/2009 | 6 | <b>The Breakfast Club</b>    |           |   | Abbie                            | 2/14/2010 | 5 |
| Robert Y                          | 2/1/1998  | 7 | Peggy C                      | 2/14/2011 | 4 | Alicia E                         | 2/5/1996  | 9 |
| <b>Never Too Young To Recover</b> |           |   | <b>The Sanctuary</b>         |           |   | Delphine D                       | 1/31/2010 | 5 |
| Abby W                            | 2/14/2010 | 5 | Cynthia P                    | 1/11/2009 | 6 | Jennifer                         | 2/14/2010 | 5 |
| Kelly M                           | 1/14/2014 | 1 | Gary C                       | 2/4/2012  | 3 | <b>Women's Hope</b>              |           |   |
| <b>New Bite Of Serenity</b>       |           |   | <b>The Ties That Bind Us</b> |           |   | Andrea A                         | 1/14/2014 | 1 |
| Aaron G                           | 2/10/2008 | 7 | John G                       | 1/3/2010  | 5 | Dasy R                           | 2/13/1997 | 8 |
| Charlie D                         | 1/15/2006 | 9 | <b>The Truth</b>             |           |   | Jen A                            | 1/27/2008 | 7 |
| Liz W                             | 1/10/2000 | 5 | CJ                           | 1/10/2011 | 4 | Misty L                          | 2/5/2010  | 5 |
|                                   |           |   | Johnny V                     | 1/1/2014  | 1 | Sandy M                          | 1/29/2008 | 7 |
|                                   |           |   | Kyle R                       | 2/11/2014 | 1 | Shanon S                         | 2/5/2014  | 1 |



# Funcoast CROSSWORD

## Step 1

“We admitted that we were powerless over our addiction, that our lives had become unmanageable”



### Across

1. \_\_\_ is a physical, mental and spiritual disease that affects every area of our lives.
5. Recovery doesn't exempt us from \_\_\_.
6. Our \_\_\_ is progressive, incurable and fatal.
8. Obsession is the never ending \_\_\_ of thoughts.
9. We realize that we cannot use drugs and \_\_\_.
10. \_\_\_ had to replace denial.
12. We are responsible for our \_\_\_.
13. When we admit we're \_\_\_, we never have to use again.

### Down

1. In NA, we deal with every \_\_\_ of our addiction.
2. Compulsion is the irrational \_\_\_ to continue using.
3. The \_\_\_ part of our disease is our total self-centeredness.
4. In NA, staying \_\_\_ has to come first.
7. Victory lies in the admission of \_\_\_.
11. Long-lasting change in recovery happens \_\_\_.

(Answers on last page)

## WORD FIND



- ACCEPTANCE
- SURRENDER
- HOPE
- COMMITMENT
- FAITH
- WILLINGNESS
- UNCONDITIONAL
- LOVE
- OPENMINDEDNESS
- GOD
- AWARENESS
- VIGILANCE
- PATIENCE
- FORGIVENESS



*Healing cont'd. from p. 1—*  
 initial ten-year sentence, it took my son nine more years to work his way down to lesser-security penitentiaries and finally free himself to the outside world. Although he will be on parole the rest of

his life, he's been out of prison for almost four years. His dreams to be free, work as a tattoo artist, and have a family have all come true.

NA's message that any addict can stop using drugs, lose the desire to use, and find a new way to live has made a difference not only in the life of my son, but also in

*Back from cont'd. from p. 3—*  
 the couch from the floor

*I pull that point back- straight outta my vein  
 Squirt it back in the bottle cap I feel so much pain  
 Why am I an addict? Someone trade me a brain  
 I just wanna get lost, like that Malaysia plane*

*I put the point down and blow snow in a straw*

*Spit liquor back in the bottle, Jack's to raw*

*Where did it really start? Was it a problem I saw?*

*A voice says, "Keep watching. Prepare 2 be in awe..."*

*I exhaled the smoke, back into the blunt it goes, this optimo, Gets longer, the cherry Burns stronger,*

*Then it gets dim quick, and absorbs back into this Bic,*

*My tears roll up my cheek and*

the life of the mother of the boy my

son killed. She has taken my son in her arms and forgiven him, and now she and I speak on forgiveness in prisons and to victims' rights organizations. As a mother who felt so guilty and ashamed for the harm I caused my children in my active addiction, I can honestly say I have made my amends.

*Supriya D, Nova Scotia, Canada*

*Reprinted from NA Way Magazine October 2014 Issue*

*hide in my eyes*

*The pains unbearable, It came as a surprise*

*I didn't wanna cope, I wanted the easy way out*

*After seeing this shit? There wasn't a doubt*

*That a little bit of Patience, can save my ass*

*I won't have a face to save if I don't get in gear fast*

*One decision, one choice,*

*One mission, one voice*

*One life to live*

*It's time to rejoice*

*Music is my outlet and the steps bring me peace*

*So why am I delaying caging this beast?*

*I have a lot to give and a big ol' heart*

*I'm not dying today, going back to the start...*

—Chad K.

## I'M SO SICK

**I'm so sick  
 Of your scandal  
 When I've got true friends  
 willing to hold me  
 And not just to get a handful**

**I'm tired of being man  
 handled.  
 You don't know love.  
 You know business  
 arrangements,  
 Offering love as payment,  
 For good entertainment.**

**I'm so out of your range,  
 I'm above all of this.**

**Don't even miss you now,  
 Cuz you  
 YOU  
 Don't exist...**

**Oh I found out,  
 The hollagram with  
 Money for eyes,  
 And a soul that bottomed out.  
 Oh I found out the truth,  
 Your wallet begets you,**

**You sold out.**

**And youre so damn proud to  
 be,  
 The only one who's truly  
 proud of you.**

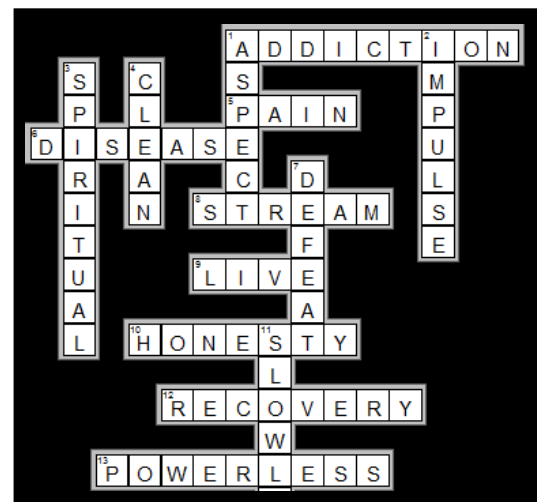
**Tried wrecking stronger  
 things,  
 Like me,  
 To prove something.**

**And found out wits will always  
 overtake muscle in time,  
 Unless the muscle is a heart,  
 And happens to be mine.  
 Then you only lose it,  
 To your misuse of the  
 paradigm.**

**Either way a self proclaimed  
 winner,  
 Will never fail to lose it all,  
 And there's always a crowd  
 around for the fall.**

**Your egos to big for the  
 cosmos,  
 That's all.  
 —Anonymous**

Email Us  
[FuncoastNews@hotmail.com](mailto:FuncoastNews@hotmail.com)



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