



CLEAN TIMES

JUNE 2024 VOLUME 61 ISSUE 2
THE NORTH DADE AREA NEWSLETTER

A Spiritual Principle a Day

“And just as all of us have our own individual personalities, so will your group develop its own identity, its own way of doing things, and its own special knack for carrying the NA message. . . . In NA we encourage unity, not uniformity.”

- The Group Booklet, “Introduction”

Today I will delight in the variety of NA group identities and the unity that allows our diversity to flourish in a single, worldwide Fellowship.



Editorial...

Dear North Dade Area members:

Welcome to the Clean Times newsletter. This is our newsletter written for us by us. Please submit all articles, artwork, poetry, essays, etc. to your GSR and you may see your work published in the next issue. We each have our story to tell and the Clean Times newsletter can be a way to tell your story to a broader audience. The only guidelines are:

- The material must be recovery related
- The material must fall within the guidelines of Traditions 6, 10 & 11
- The Newsletter Sub-Committee reserves the right to edit any written material submitted for content and grammar, but will make every effort to keep the material as close to the original submission as possible.

Please continue to submit the clean time log sheet so that we can properly recognize all members clean time.

In loving service,

Marie T, Newsletter Sub-Committee Chairperson (305) 803-9543 marietalley211@aol.com

Latoyia G, Assistant Newsletter Sub-Committee Chairperson (305) 331-7334 ldybug.lj@gmail.com

TELL Us About Your Group History

Group Name _____ **Miracles**

Date of First Meeting or Year Established _____ **2011**

How Old is the Group _____ **13 years old**

Who Started the Meeting _____ **Unknown**

How Did the Group Get Its Name _____ **Group changed its name when it moved to a church**

Trusted Servants: GSR: Paul L. Asst. GSR: Adele C. Secretary: April W. Treasurer: April W.

Day & Time of Meeting: Monday & Thursday, 7:00 pm

Location of the Meeting: 8510 Harding Ave. (Harding Village) Miami Beach, FL 33141

What is the Group Format: Monday-JFT/Thursday-Chair's Choice

Group Comments: Group is in need of support

Group Name _____ **Our Gang Clubhouse**

Date of First Meeting or Year Established _____ **1984**

How Old is the Group _____ **40 years old**

Who Started the Meeting _____ **Sharon R.**

How Did the Group Get Its Name _____ **Group Members Chose It**

Current Trusted Servants: GSR: Marie T. Secretary: Margaret H. Treasurer: Kathy J.

Day & Time of Meeting: Sunday, 4:00 - 5:30 pm

Location of the Meeting: Virtual Meeting ID: 405 666 1975 PW: 9d3AfZ

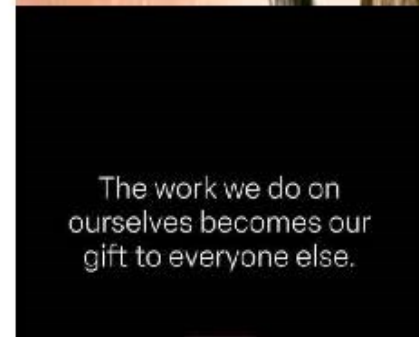
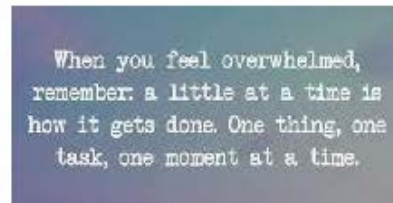
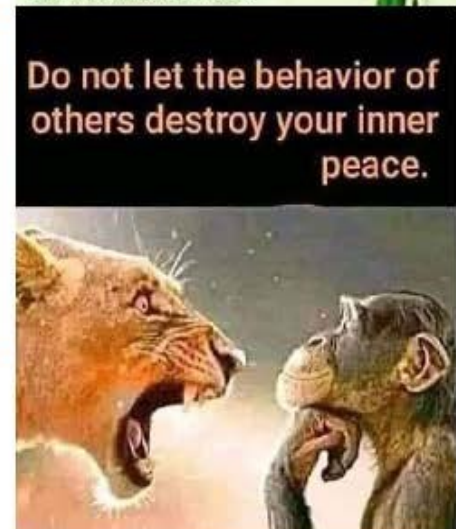
What is the Group Format: Traditions, Speaker Discussion, Ask it Basket

Group Comments: Group is in need of support.

The views and opinions expressed herein are those of individual contributors and do not necessarily reflect the views of Narcotics Anonymous

COMMENTARY

Did you ever get a meme message that made your day? Inspirational words of kindness can make a big difference. Share your memes with us. You never know who might need some encouragement.



An Addict's Experience

One addict shared, "I wanted to be a nurse since I was a child. I would tell everyone, I'm going to be a nurse. During my addiction, I would still tell people my dreams of becoming a nurse. Here's the hit. I never put any effort towards achieving this dream. When I came to NA, I learned that dreams without putting in the work become fantasies. I realized I had been living in a fantasy. Since being in NA, I have learned how to make my dreams a reality. It all began with the basics. First, if I wanted to stay clean, I couldn't use. Second, if I wanted to be restored to sanity, I had to work the 12 Steps. Anything that I want, I have to work towards. Today, my dreams are no longer untethered to my efforts. I am no longer lost in fantasies. My dreams have become realities. **Submitted by Latoyia G. - Newsletter Vice-Chair**

Reflection by Eduardo A.

GSR, SoBe Solutions Group

Back in 2020, our Fellowship was working on a new book, which is now titled *A SPIRITUAL PRINCIPLE A DAY*. As with all our books, all addicts were welcome to contribute to the book by submitting their own writings. I wrote a piece on HUMILITY. However, my piece was not chosen for the book, which, ironically, gave me a new opportunity to practice humility and gratitude in a deeper way. Other fellow addicts contributed reflections on humility that were better than mine. For some reason, I can't find that text I wrote on humility, but I found another one I wrote on FREEDOM. Now that I've moved to this area from Austin and have a home group in Miami Beach and attend our North Dade Area meetings, and I heard the request for submissions to the newsletter, I wanted to share the below as my contribution to our CLEAN TIMES NEWSLETTER. I do so with humility and gratitude, in loving service.

FREEDOM

"Gradually, we come to experience freedom from some of our deepest wounds. As we begin to clear up some of the confusion and contradiction in our lives, we can move forward with less of the baggage we brought in with us."

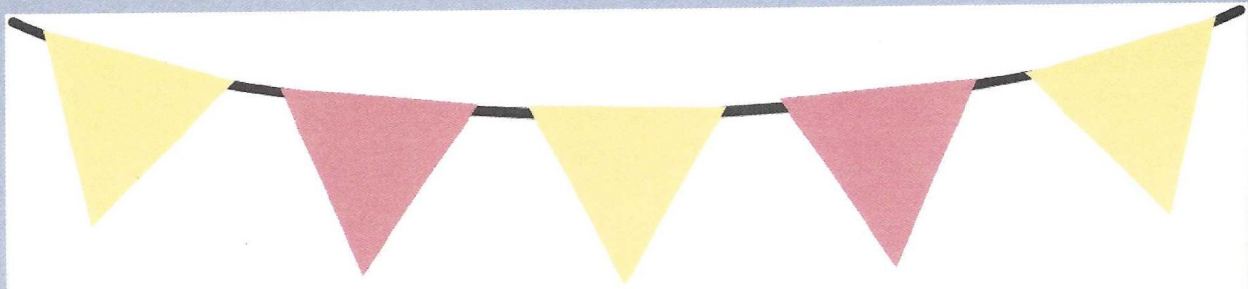
(Living Clean, Chapter 4, "Sex").

We come to recovery seeking freedom from active addiction. We want to shake the shackles of our addiction, soar free. We say that "Narcotics Anonymous offers only one promise and that is freedom from active addiction." And indeed, when we take that initial step of coming to our first NA meeting and stop using, that's an act of freedom, and we start to regain freedom from the self-imposed prison of our addiction. Freedom is the very foundation of our recovery.

In recovery, we learn that freedom from active addiction is the beginning of our life-long journey of freedom. We learn that freedom has many aspects and that it comes with responsibility. As the fog of our addiction lifts, the fog of our emotional confusion also lifts. We start to see more clearly and understand that our wounds and painful memories are themselves a prison that prevent us from being full participants in our own joyous life of freedom. Through step work we learn that our painful memories are just that, memories, and those events are not happening now, and we can let them go. Through step work, we learn to forgive and let go. We find a new freedom in practicing honesty, open-mindedness, and willingness as spiritual principles. We look at our own mistakes and those of others honestly and find ways to forgive ourselves and forgive others.

We also find freedom in responsibility, in meeting our obligations, in being honest with ourselves and our loved ones, in practicing compassion with ourselves and with others whenever we or them make a mistake. We learn that freedom is something that we strive for every day when we commit to living a principled life.

I will embrace a joyous life of freedom in my recovery. I will face challenges with honesty and welcome them as opportunities to grow.



NORTH DADE 24 HOUR ROOM

BAKE SALE

Sunday June 16th

10 am - 2 pm



**FULFORD UNITED METHODIST CHURCH
1900 NE 164TH ST NMB, FL 33162**

Contact: Jimmie B. (786) 523-4077

Bernadette H. (786) 290-3227

Denise M. (786) 488-5366

***Narcotics Anonymous is not affiliated with this facility**

The Joy in the Journey

- Submitted by Warren I. (Washington, DC)

"Most of the struggles that we have in our lives are usually centered around how we're feeling at the time. Our emotions can actually dictate our behavior. Sometimes that's a good thing, sometimes it's not. We can't always control how we feel; but we can always do something about how we respond to our feelings. Feelings are the language of the soul, but we must make sure we're not listening to some counterfeit model we created in our own mind. Choices are thrust upon us in our everyday lives on a minute-to-minute basis and we won't always get things right. Disappointments and frustrations are all part of learning how to make better choices. Feelings are not facts. How we feel is not who we are because how we feel is changing all the time. Having a Grateful attitude can help us adapt to life changes in its many forms and live each day on purpose. Always remember that Gratitude is an action word, so never take anything for granted. To be able to wake up every morning is a miracle in itself. To make good use of each day is how we show appreciation for that miracle. Life is offering us twenty-four brand-new hours to get it right. No doubt there will be people and situations thrown in our path to distract us. Welcome to Earth. In spite of all the unknown challenges, it is our choice if we want to live each day with joy or discontent in our hearts. A good day is when everything goes our way, and we are grateful. A Great day is when, nothing goes our way, and we are still grateful. Falling down is just another part of life, getting back up is what is called living. It is counterproductive for us to waste our time focusing on what went wrong. Instead, we need to focus on what to do next. Our ultimate freedom lies in our right and power to decide how anybody or anything outside ourselves will affect us. The fact that we woke up this morning is proof that this day has already been predetermined in our favor. A well-lived life is never a destination, but a part of a process. It is up to us to find the Joy in the Journey."

Honest Sharing

- Submitted by Mike G.

The literature states: "The newcomer is the most important person at any meeting because we can only keep what we have by giving it away." How many addicts understand that the word "because" negates everything that comes before it?

To elaborate on this, I have to share what my personal understanding of that phrase meant to me when I first encountered the Narcotics Anonymous program. I first came into the NA fellowship in 1995. There were predecessors who were great role models. Others could share really great about the program. Lost in that equation were those few who would share openly about their struggles although they had substantial clean time. Of course, the latter wasn't the popular choice that the newcomer would easily emulate.

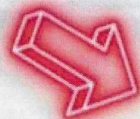
I began on the journey of connecting to those addicts who were popular. Those who shared profound insight for the newcomer. It would be a long while (three relapses later) where I would find that recovery is a hard road. I would have to freely share myself with the newcomer in order to maintain my personal recovery and not the other way around. I am not the savior of the newcomer. My message should be delivered openly and honestly so that I can remain free from the prison of addiction. My genuine sharing will reach the desperate and dying addict who wants to change. I am not responsible for when that change comes about. I am only required to give my honest sharing to someone the way it was given to me. My honest sharing is so that I can administer to myself (not the newcomer) the antidote to my diseased thinking. My perspective about this phrase cost me hard lessons in my journey to recovery. I've learned that I'm not only powerless over my addiction but also over the newcomer's addiction as well. I had better share honestly and openly so that I can maintain my recovery as opposed to trying to be the spokesperson for the newcomer.

Recovery Vibe



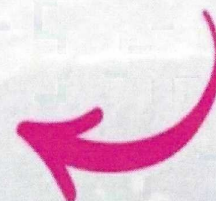
SFRCNA XXVIII

September 20th - 22nd, 2024
Miami, FL



GET REGISTERED TODAY!!

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BOOKED TO WIN COOL PRIZES!!**

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**REGISTER AT SFRCNA.NET
FOR MORE INFO CALL REGISTRATION CHAIR ARIELLE 786-768-1055**

*NA IS NOT AFFILIATED WITH HYATT REGENCY



April 2024

Kathy J.	38 yrs.	Fannie R.	38 yrs.	Tosca C.	36 yrs.
Tamara K.	29 yrs.	Rocky S.	25 yrs.	Latoyia G.	19 yrs.
Elizabeth J.	18 yrs.	Bruce G.	11 yrs.	Charles J.	11 yrs.
Anthony K.	11 yrs.	Mike J.	9 yrs.	Tyrone J.	9 yrs.
Mike G.	3 yrs.	Gregory R.	3 yrs.	Erica P.	2 yrs.
Valerie L.	1 yr.	Tangela C.	1 yr.	Kenneth W.	1 yr.

May 2024

Sandra M.	35 yrs.	Blanca C.	26 yrs.	Vonya S.	23 yrs.
Jerry M.	22 yrs.	Tyron H.	19 yrs.	Avery S.	18 yrs.
Tuwannah G.	16 yrs.	Derril H.	15 yrs.	Ray G.	14 yrs.
Samantha L.	5 yrs.	Roy L.	5 yrs.	Samuel W.	5 yrs.
Renee H.	2 yrs.	Adrian T.	1 yr.		

June 2024

Greg A.	37 yrs.	James L.	32 yrs.	Rudy B.	24 yrs.
Sabrina B.	24 yrs.	Andrea T.	21 yrs.	Elizabeth T.	20 yrs.
Joey H.	19 yrs.	Paul L.	14 yrs.	LaTasha M.	11 yrs.
Joanna R.	10 yrs.	Megan K.	6 yrs.	Shanika T.	6 yrs.
John R.	5 yrs.	Adele C.	5 yrs.	Rickey B.	2 yrs.
		Joey M.	2 yrs.		

*Members of the Fellowship: Please help us in updating our Winner's Corner. If there are any changes to the above list, please let us know.
In loving service, the Newsletter Sub-Committee.*

*"We regretted the past, dreaded the future, and weren't too thrilled about the present."
Basic Text, p. 7*



Just for Today: When I live fully in each moment, I open myself to joys that might otherwise escape me. If I am having trouble, I will ask a loving God for help.