

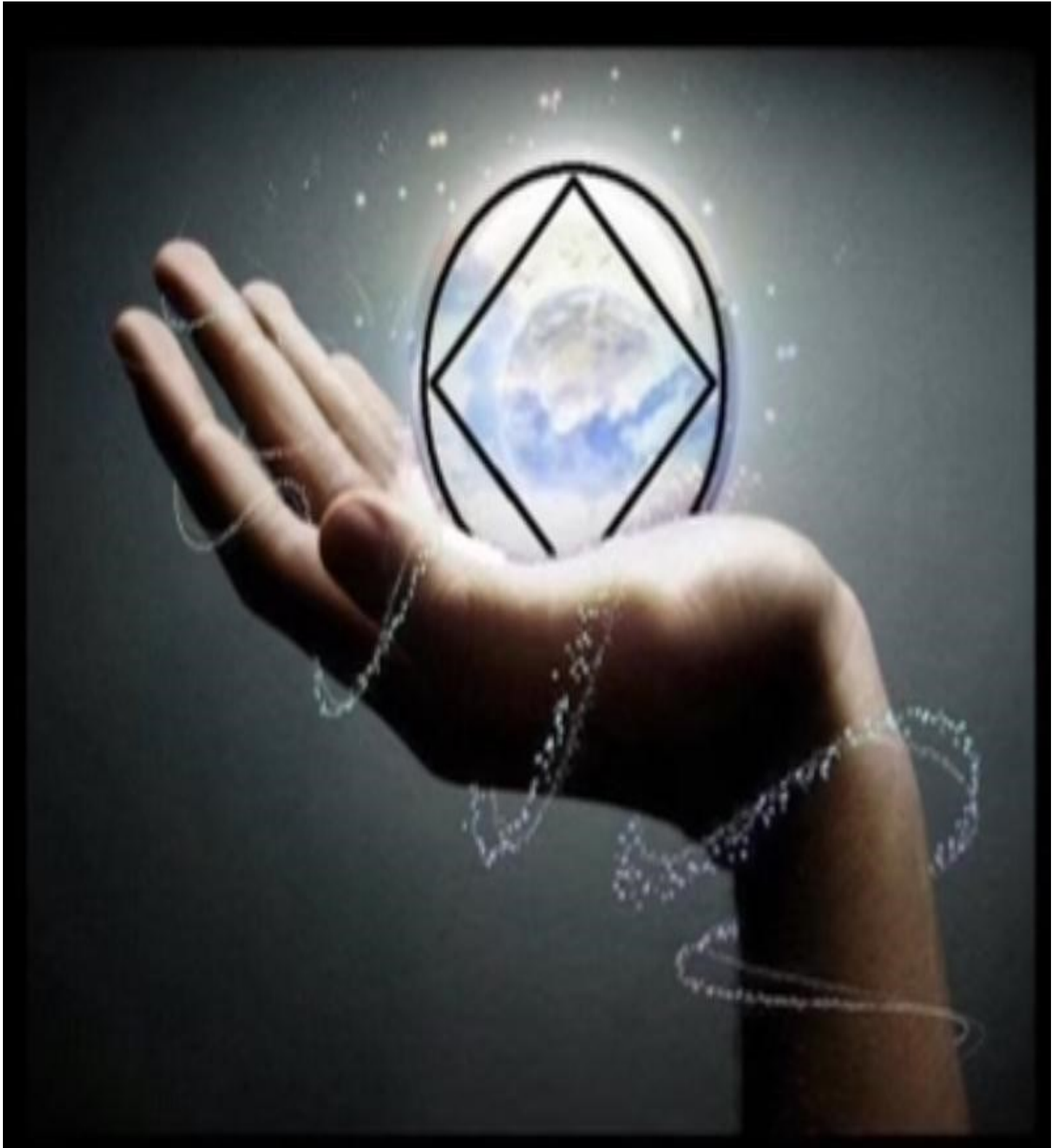


# CLEAN TIMES

SEPTEMBER 2024

VOLUME 61 ISSUE 3

THE NORTH DADE AREA NEWSLETTER



# Editorial...

*“Lost dreams awaken and new possibilities arise.”*

*Basic Text, p. 91*

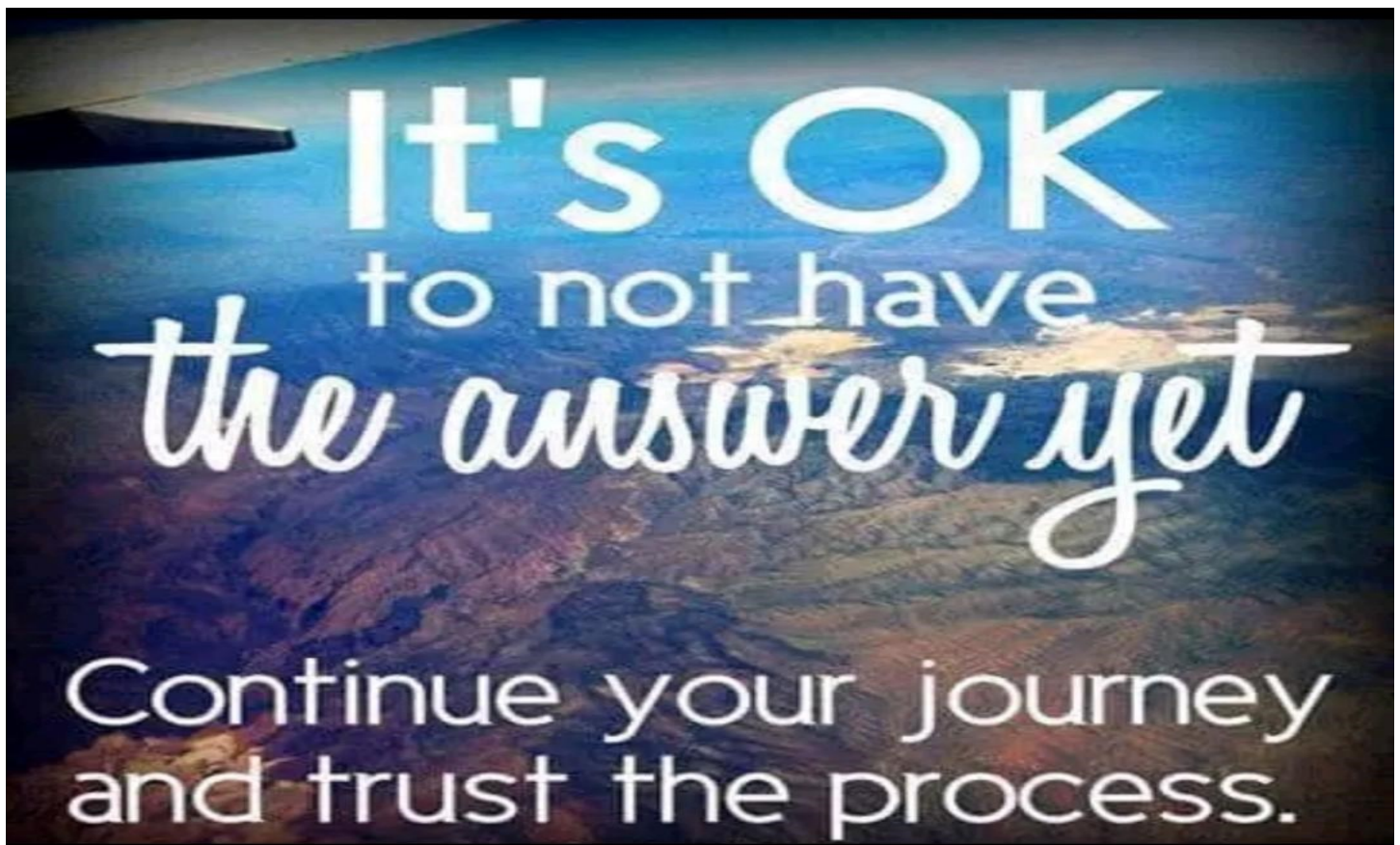
Most of us had dreams when we were young. Whether we dreamed of a dynamic career, a large and loving family, or travels abroad, our dreams died when our addiction took hold. Anything we ever wanted for ourselves was cast away in our pursuit of drugs. Our dreams didn't go beyond the next drug and the euphoria we hoped it would bring.

Now in recovery, we find a reason to hope that our lost dreams could still come true. No matter how old we are, how much our addiction has taken from us, or how unlikely it may seem, our freedom from active addiction gives us the freedom to pursue our ambitions. We may discover that we're very talented at something or we find a hobby we love, or learn that continuing our education can bring remarkable rewards.

We used to put most of our energy into spinning excuses and rationalizations for our failures. Today, we go forward and make use of the many opportunities life presents to us. We may be amazed at what we're capable of. With our foundation of recovery, success, fulfillment and satisfaction are within our reach at last.

**Just for Today:**

**Starting today, I'll do whatever I can to realize my dreams.**



NORTH-SOUTH DADE  
H&I SUBCOMMITTEE

Presents:

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H&I

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GRATITUDE DINNER

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NOVEMBER 15 2024

RENAISSANCE BALLROOMS®  
5910 SW 8th St. Miami, FL 33144

7PM-11PM

Tickets: \$50  
Purchase in advance.



8:17 PM

# An Addict's Experience


As I look back at the beginning of my recovery, April 15, 1986, I was so scared when I first got here. I wasn't sure that this could work for me. I wondered if I would ever care about anything or anybody. I went to my first meeting, NA by the Bay. I was so surprised when I walked in the room filled with people that said that they were addicts and alcoholics. I heard things like: It Works If You Work It; Don't Leave Before The Miracle Happens; Keep It Simple Stupid (KISS); Live and Let Live; Just For Today; Stay In The Here and Now; Can't Keep It Unless You Give It Away; The Biggest Secret Is Out - You're An Addict; Hope Without Dope; One Day At A Time; G.O.D. (Good Orderly Direction); H.A.L.T. (don't get too Hungry, Angry, Lonely, Tired); Keep Coming Back; Take the Cotton Out Of Your Ears and Stick It In Your Mouth. These are some of the ones you don't hear anymore, but should. Who remembers the addict who said "The power is truly real. I know it. You know it. Soon everyone will know it." Someone else said "If you sponsor yourself, you have a fool for a sponsor." And my personal favorites, that I started saying when I had about two years clean: "If nothing changes, nothing changes", and "If I have one foot in yesterday and one foot in tomorrow, then I will piss all over today".

I remember from the beginning when they did the chips. So serious, that if we messed up, we would tell on ourselves. Ask Huggy. People were serious when the chips were done. It was not a game. It was point blank. "If you pick up a drink or a drug, you are gambling with your life." Not adding on words like but if you do, pick up your shame and your guilt and come back in as many times as it takes you. That's giving the newcomer an excuse to use. They told me that I have another relapse but I may not have another recovery. Relapse IS NOT a part of recovery. There is no excuse to use. We use because we want to. Recovery is as hard as we make it. We have choices today. It also says in the literature that 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.

Another point I want to make is that ever since I've been in recovery, NA has never experienced the problems it has today. No matter what, NA will not die. It's hard to find a place to house some groups. Our name (NA) has been in danger of being barred from society because of our different behaviors and opinions that we cannot keep to ourselves, or allow ourselves to change. Some groups have been blessed to find a facility with no problem. Some haven't. The only place they can find to house their groups is in a church. But we don't RESPECT the house that we are in (CHURCH). And because of that, we are making a bad name for ourselves. No one wants us around since we feel that we can't live without cussing for an hour and a half.

I am grateful that I accepted change in my life. I don't act, think or feel the way I used to. I don't even respond to people, places and things the same way. I don't think I have all the answers, and I am remaining F.A.T. (Faithful, Available, Teachable). I have accepted change so I could feel better about me. That's growth. They said "if you don't grow, you'll go." And I don't plan on going anywhere. Not Today.

Submitted by Kathy J.



*"We surrender quietly and let the God of our understanding take care of us."*

**Basic Text, p. 26**

**Just for Today: My recovery is more than infatuation. I have surrendered. Today, I will nurture my conscious contact with my Higher Power and accept that Power's continuing care for me.**

# An Addict's Experience

Danger...Flashing red lights and caution signs and unforgiving streets that await your return. "Welcome home" says that ninja on da corner and with a wide grin he offers you a "freebie". Man ain't nothing free. See every time I got high it cost me something. My dignity, my clarity, my focus, my savings, my self respect, my family and my peace of mind. All from not paying heed to the danger sign. You see if I love drugs how could I possibly love myself? And if I can't love myself? How could I love anyone else? I sought answers to why I'm all screwed up. Why? Like the moth I'm attracted to that flame of hell...I made profit off another's pain and incurable disease and lived foolishly unaware of the danger!!! Then I contracted the disease myself now who would weep for me? The predator turned prey...A ghetto pharmacist who fell from the devil's grace. You see reality is my nationality and the rest of my life I'll live in danger!!!

*Anonymous*

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## **The Message**

*submitted by Blair S.*

**I always thought it would be my cross to carry**

**All the trauma I tried to bury**

**By doing drugs in one form or another**

**Smoking this and snorting that, I thought we were made for each other**

**But March of 2021 everything in my life changed**

**Stuck in jail forced to live with the guilt and shame**

**Facing the chaos I had caused**

**A menace is what I was**

**A hurt and rejected soul**

**Looking for my tribe my fold**

**I found it in NA**

**My Higher Power and sponsor showed me the way**

**Every day I wake up clean and that is how I chose to stay**

**And when things get rough I say to myself Just For Today**

**3 years later I've never felt greater**

**I am grateful for the things I once let hold me back**

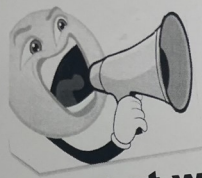
**Because my message might save a life just like someone's did mine**

**My life was once a wreck but I know with work in due time**

**By leaving old behaviors behind**

**I'll step into my best and true self until the end of time.**





## NDACNA 2025

We're putting the word out ...

**That we are looking for the Talent!**

To create the

**"Convention Theme and Logo"**

but we're running out of time. The deadline is September 20, 2024

The winner will receive a **FREE** Registration Packet for the upcoming Convention. *(Excludes Paid Event Tickets)*

For more information contact: Tina G., Chair @786-399-5161

YOU MAY GIVE YOUR ENTRY TO ANY COMMITTEE MEMBER BEFORE THE DEADLINE DATE, WHICH ALLOWS US TO SELECT AT OUR 09-21-24 COMMITTEE MEETING

Disclaimer: Drawings will not be returned and the Committee reserves the right to alter or modify at their discretion.

## NDACNA 2025

NORTH DADE AREA CONVENTION OF NARCOTICS ANONYMOUS

Addressing Recovery VIII

REGISTRATION FORM

(TWO REGISTRANTS PER FORM, PREFERABLY WITH SAME MAILING ADDRESS)

Today's Date: \_\_\_\_\_  
 NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY, STATE, ZIP: \_\_\_\_\_  
 PHONE: \_\_\_\_\_  
 CLEAN DATE: \_\_\_\_\_  
 AREA: \_\_\_\_\_ NEWCOMER DONATION :\$ \_\_\_\_\_

NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY, STATE, ZIP: \_\_\_\_\_  
 PHONE: \_\_\_\_\_  
 CLEAN DATE: \_\_\_\_\_  
 AREA: \_\_\_\_\_ NEWCOMER DONATION :\$ \_\_\_\_\_

Cash or Cash App: \$NDACNA

Make check or money order payable to: **NDACNA**

North Dade Area Convention of Narcotics Anonymous

P.O. Box 473266 Miami, FL 33247

Registration July 01 - December 31, 2024 \$30.00

Registration January 01, 2025 thru Convention \$45.00

For more information, contact Jackie E. (786)606-4463, Keisha C. (786)372-2430 or Lamar M. (786)451-0774

# NORTH DADE 24-HOUR ROOM FUNDRAISER

## SPONSOR/SPONSEE BREAKFAST

Enjoy a delightful spread of delectable dishes and warm beverages in our special breakfast

### Your Breakfast Set Includes:

- Salmon or Sausage or Bacon
- Eggs
- Grits
- Country Potatoes
- Toast
- Orange/Apple Juice
- Coffee

**Saturday, Oct 26th, 2024  
10am-2pm**

**Deadline for Tickets, Oct 5th, 2024!!!**



ONLY  
**\$15.00**  
PER SERVING

**FULFORD UNITED METHODIST CHURCH**

1900 NE 164TH ST  
NORTH MIAMI, FL 33162

**CONTACT:**

JIMMIE B. (786) 523-4077  
DENISE M. (786) 488-5366  
JOANN H. (786) 412-2153  
CHERYL W. (786) 357-0901  
BERNADETTE H. (786) 290-3227

# North Dade

# 24 Hour Room

## Support Your Area 24-Hour Room PLEASE DONATE



Coffee



Cream



Sugar and substitute

**TO DONATE PLEASE CONTACT:** Jimmie B 786-523-4077  
Bernadette H 786-290-3227  
Denise M 786-488-5366  
JoAnna H 786-412-2153  
Cheryl W 786-357-0901



## July 2024

James H.	35 yrs.	Cynthia B.	34 yrs.	Josie N.	32 yrs.
Michael T.	27 yrs.	Naomi B.	25 yrs.	Silky A.	18 yrs.
Shirley A.	16 yrs.	Wayne P.	16 yrs.	Ali W.	12 yrs.
Leon R.	8 yrs.	Jessy R.	6 yrs.	Tyrone J.	2 yrs.

## August 2024

Stan B.	36 yrs.	Earlene C.	35 yrs.	Gene H.	33 yrs.
Larry M.	24 yrs.	Jennifer B.	21 yrs.	Corey B.	19 yrs.
Kevin G.	19 yrs.	Shekeetha H.	9 yrs.	Floyd C.	7 yrs.
Eva M.	2 yrs.	Joel I.	2 yrs.		

## September 2024

Marie T.	36 yrs.	Carla H.	36 yrs.	Phyllis J.	34 yrs.
Warren M.	30 yrs.	Leonard P.	29 yrs.	Patricia B.	15 yrs.
Barbara T.	14 yrs.	Shirene A.	13 yrs.	Marisol G.	11 yrs.
Eddie C.	3 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.*



### "Tell Us About Your Group History"

Group Name: 54<sup>th</sup> Street Recovery

Date of First Meeting or Year Established: 2014

How Old is the Group: 10 years old

Who Started the Meeting: Cedric N.

How Did the Group Get Its Name: Named after the street it's located on

Current Trusted Servants:

GSR: Billy H. Day & Time of Meeting: Friday 7-8 pm

Secretary: Gene H. Location: 1400 NW 54<sup>th</sup> Street

Treasurer: Deloris S.

What Is The Group Format: Topic Discussion

Group Comments:

Group is in need of support