



CLEAN TIMES

Volume 62 Issue 1
The North Dade Area Newsletter

Issue #1

Latoyia G. Newsletter Chair

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 or bring it to Area yourself and give it to the Newsletter Chair or send it to the email provided and you may see your work published in the next issue. We each have our own story to tell, and the Clean Times Newsletter can be a way to tell your story to a broader audience. However, we have guidelines for submissions.

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REMINDER: Issues are drafted every other month. Next issue will be MARCH

In loving service,

Latoyia G.-Newsletter Sub-Committee
Chairperson (305) 331-7334
powerandhope2020@gmail.com

Asst Newsletter Chairperson-OPEN



Tell Us About Your Group History

In our history we have voices of HOPE that transcends

Group Name: Friday's Freedom

Year Est.: Oct. 1985

How Old is the Group: 40 yrs old

Who Started the Meeting: NDA members

How Did the Group Get Its Name: They decided as a group

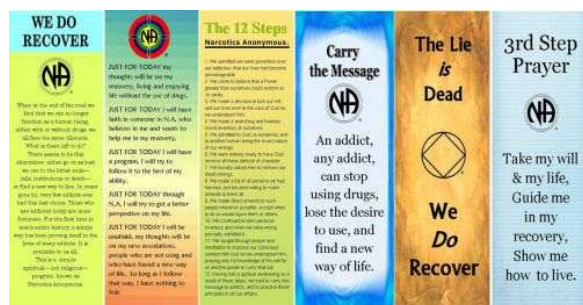
Current Trusted Servants: Kathy J, Mike G, Latoyia G, Keisha C, Angel C, Newell C, Dawainna L

Day and Time of Meeting: Friday, 8:00 p.m.

Location of the Meeting: 15250 Nw 22nd Ave Miami Gardens, Fl 33054

What Is the Group Format: 12 Step Series

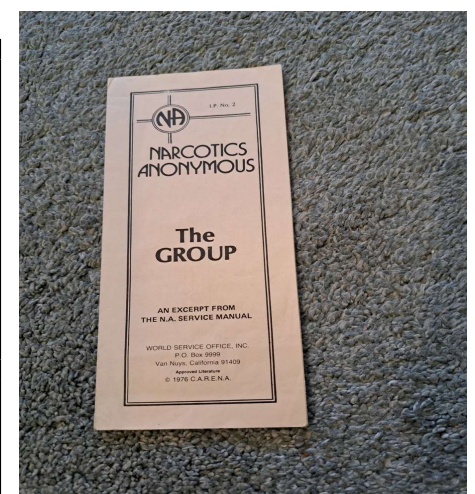
Group Comments: All are welcome



GROUP FUN FACTS..

Friday Freedom is the only group in North Dade that has a logo made for t-shirts for celebration night.

Kathy J created this logo in 1987 and is still an active member of this group.



Tradition 1

Our common welfare should come first; personal recovery depends on NA unity.

Spiritual Principle UNITY

NA unity is our bond with fellow addicts: those that came before us, those who are here today, and those have yet to find us. Our practice of unity makes room for all addicts to recover in NA.

Guiding Principles, page 02

Step 1

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

Spiritual Principle HONESTY

- We stress the importance of *surrender*, for it is the very process that enables us to recover. -

It Works How and Why,
page 11

Concept 1

To fulfill our fellowship's purpose, the NA groups have joined together to create a structure which develops, coordinates, and maintains services on behalf of NA as a whole.

Spiritual Principle COLLECTIVE ACTION

- We find that our services are stabilized when we conscientiously apply these concepts, much as the steps have stabilized our lives and our traditions have stabilized and unified our groups. -

Twelve Concepts of NA Service, page 03

NA LIT

As we have grown in our membership, so has our literature. We have many books that help us in our recovery. In the spirit of unity and growth we have books and pamphlets in 77 languages (including Braille). We have different forms of literature, like written and audio. No addict is left behind and without being able to have access to our life saving message if they want it.

In Narcotics Anonymous over the years many books have been crafted and approved for our education, guides and support. None of the literature would have been made possible without the bases of our members working the steps, upholding our traditions and activating the concepts.

Woven into our 12 Steps, and Traditions are the spiritual principles of our program that are geared for internal change, growth and a new way of living.

Each step and tradition have a few glaring principles that we all discuss on a regular basis, but each one has more spiritual principles, more between the ink and our hearts... These are called the unspoken or silent principles.

Step 1: Honesty, surrender, acceptance

Step 1: Humility, willingness

Tradition 1: Unity, love

Tradition 1: selflessness, acceptance, empathy

Concept 1: Collective Action

Concept 1: Unity, brotherly love, discipline, commitment

Thus, the stance and belief that more will be revealed...



Step 2 HOPE

“We came to believe in a power greater than ourselves could restore us to sanity”

HOPE, our central principle of Step 2 may be the only principle a recovery addict can give to another.

This step implies that there is a need for something that the addict can identify as bigger than the urge to want to continue to use drugs.

We look at the insanity of our addiction, we look at all the roads we have been down, the choices we have made, the people we left behind, the danger some of us place ourselves in, and the insanity begins to become very clear.

For so long, many of us have been in the grips of this powerful driving force to continue to use no matter what. With the hope of step 2, there comes this relief in learning that there is a real way out.

Open-mindedness is another spiritual principle that is imperative in this step. It is not only impossible to move forward without a belief that things will get better, but also the foundation of hope and its ability to begin to bring the spirit into focus. Restoration begins, and life begins to look less bleak.

In the It works How and Why, the very first sentence on chapter two states, “Our surrender in the First Step leaves us with a deep need to believe that we can recover.”

An addict shared... “When I first came to NA, I found the hope in the members who were sharing openly the struggles of addiction and the triumphs of recovery. My first power greater than myself was in the attending the meetings.”

Step 2 Core Principles: HOPE, HONESTY, OPEN-MINDEDNESS, WILLINGNESS



Step 2 incerpt from How it works and Why pg 17



The Second Tradition is clear and freeing. It begins with the group, united by common purpose. But it immediately makes clear that neither the group nor its members are in charge. Tradition Two sets an ultimate authority above us all, freeing us from the need to be an authority or to submit to someone else control.

The Second Tradition assures us that NA will be there for us no matter what. When we have a reservation in Second Tradition, we don't quite believe that all will be well. We fear that we have the ability to destroy Narcotics Anonymous. If something particular happens—if we take this action or make this motion or even listen to a scary idea—NA will die. Our experience shows us that NA is strong enough to withstand our growing pains. Tradition Two tells us that we can trust a Power greater than ourselves. We learn to stand up for a principle without feeling like we're fighting for our lives.

Concept 2: The final responsibility and authority for NA services rest with the groups.

The NA service structure has been created by the groups to serve the common needs of the groups. Our fellowships service boards and committees exist to help groups share their experience with one another, provide tools which help groups function better, attract new members..., and carry the NA message further than any single group could carry it alone. The groups have directly or indirectly provided the resources used by those service boards and committees. The Second Concept can be seen as the groups' way of saying to the NA services structure, “Be responsible with the spiritual, personal, and financial resources we have provided you. Seek our advice; do not ignore our direction.”

Group Conscience

“The most powerful way we lead is by example.”

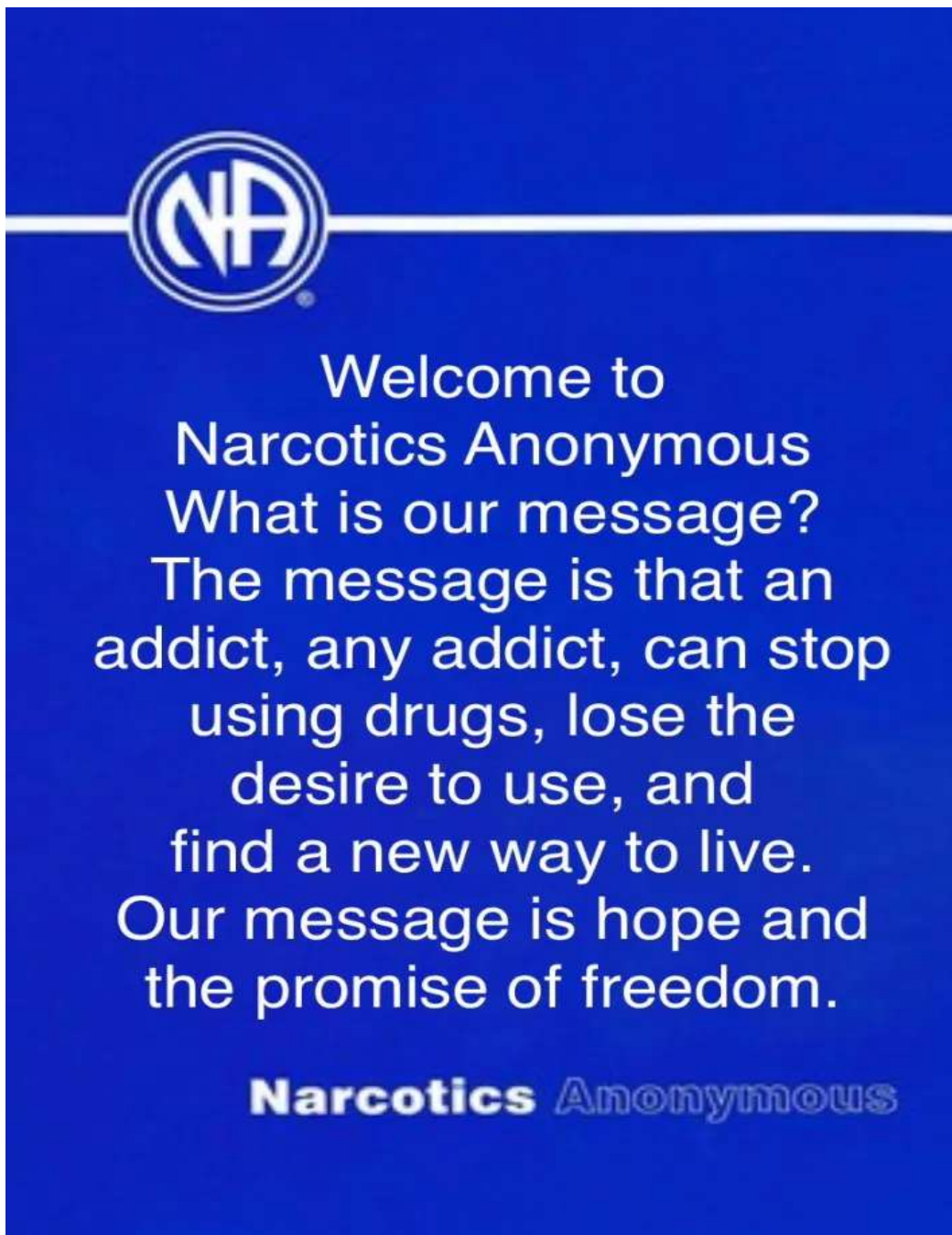
In many ways, the Second Tradition can be said to embody the spirit of all twelve. Unity, purpose, selfless services, relationship to God of our understanding, conscience, and anonymity are principles that shape the Second Tradition and our way of life.

Service is any action through which we give of ourselves, and every service position is a stewardship of trust. We do not govern; we also do not own service positions, boards, committees—or meetings.

A connected group conscience recognizes the value of all its members. One member described leadership in NA as “holding a space for the brilliance of others.” Allowing that brilliance to come through can be challenging: It requires us to listen, to reserve judgment, and to be open to new answers even when we are really committed to the old ones.

Our group purpose--like our common welfare--is one of the ties that bind us together, a unifying thread that weaves through everything we do in NA. In this view, the process of coming to a decision as a service board or committee is no less spiritual than in groups.

Core principles: Acceptance, goodwill, selflessness, hospitality



LET'S CELEBRATE!!

January 2026

No submissions

February 2026

No submissions

Today I Choose Freedom Today I have a choice. What a freedom those 5 words are. To know that I need no longer live in the prison of addiction. I thought that the prison I lived in was self-imposed upon me through chemicals. Through the love and sharing of the N.A. Fellowship, I learned that prison was my disease. A disease that has the potential to destroy me physically, mentally and spiritually. My active addiction had very nearly done just that; it had almost destroyed me. I came into this Fellowship a shell, the spirit that I was born with had been destroyed by actively participating in my disease for years. My ability to choose was gone. The only choice I had left was what means to use to destroy myself on any given day. My diseased mind provided me with numerous ways to do this. I could choose to use a substance which in and of itself was a means of physical destruction, or I could choose to destroy myself mentally by living in my negativity, concentrating on everything that was wrong in my life and in the world. My final choice was one of spiritual destruction. The use of people to fulfill my every self-obsessed thought. I only had the ability to choose what path to take; all roads led to self-destruction. Using, or clean, participation in the disease of addiction means death in one form or another. Through surrender to the First Step -- accepting the fact that addiction is a disease, and that the lack of choice is my powerlessness over that disease, I have found the release and freedom I so desperately sought. Today I have a choice. I can choose to actively participate in my recovery. This choice for me says that I no longer need to be locked into old thoughts and patterns. The choice is a freedom to change -- a freedom to live!

-From the NA Way September 1982- issue 9, pg. 19



CLEAN TIMES

Volume 62 Issue 2
The North Dade Area Newsletter

Issue #2

Latoyia G. Newsletter Chair

Editorial...

Dear North Dade Area Members,

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Asst Newsletter Chairperson-OPEN



Tradition 3

The only requirement for membership is the desire to stop using.

Spiritual Principle COMPASSION

The most powerful message we carry is the simple truth of our experience. Our real value is in being ourselves. We are the message of hope.

Guiding Principles, page 42

Step 3

“We made a decision to turn our will and our lives over to the care of God as we understood him.”

Spiritual Principle FAITH

- The decision we make in Step Three requires that we move away from our self-will...Acting on our self-will has kept us trapped in a continuous cycle of fear and pain. -

It Works How and Why, page 26

Concept 3

The NA groups delegate to the service structure the authority necessary to fulfill the responsibilities to it.

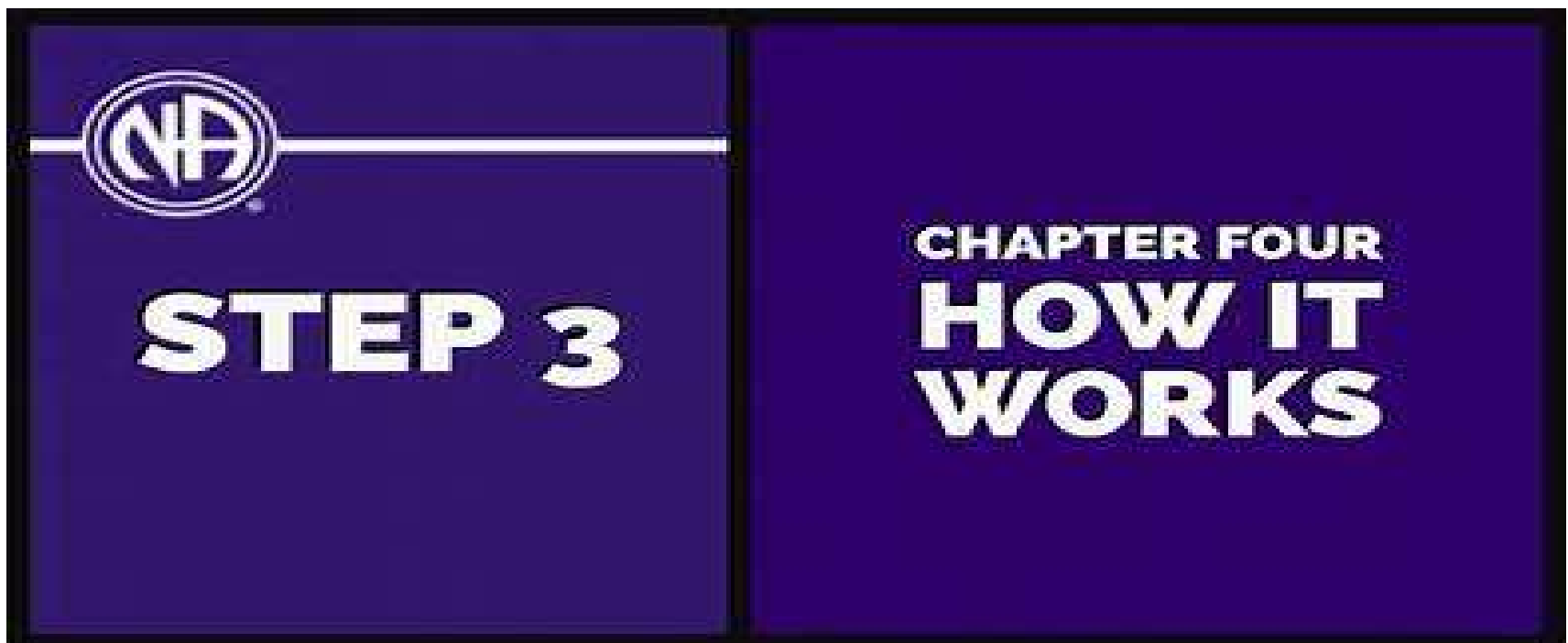
Spiritual Principle RESPONSIBILITY

- We often use motions and guidelines to help us apply the Third Concept. We clearly describe each task we want accomplished, and the kind of authority we are delegating to those who will fulfill the task. -

Twelve Concepts of NA Service, page 04-05

At the heart of Tradition Three is compassion. This Tradition ensures that every addict is free to decide whether to be a member. Through some combination of desperation, courage, anguish, and hope, we find willingness. Desire is not always visible and it is not measurable. Whether our commitment to NA is shallow or profound, above all it is ours. No one can tell us it is or is not good enough, or that we are or are not “NA material.” The door is always open; we can make or unmake that decision at any time. When we surrender, our lives begin to change. After that first surrender there will be many more—and after that first decision to be a member, we will commit and recommit, over and over. Life circumstances—a move, a breakup, change or controversy within the Fellowship—can lead us to question our membership. It can take as much courage to recommit to NA as it does to make that decision the first time. Our fundamental equality, expressed through the principle of anonymity, doesn’t mean that differences disappear or don’t matter. We can recover in unity. Our differences deepen our ability to be of service. Our principles allow NA to transcend difficult and sometimes painful issues of diversity. We are often surprised at where we find common ground. We tell newcomers we are only interested in “what you want to do about your problem and how we can help.” Practicing Tradition Three puts that into action. Our symbol reminds us that the broader the base, the higher the point of freedom. Our diverse membership, around the world and within our home communities, can help to ensure that there is someone to welcome every addict who comes in. Empathy and dignity are available to all. Recovery is not automatic. Our literature states, “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.” Lives depend on the answer to these critical questions: Do I want what NA has to offer? Am I willing to make the effort? We may be tempted to think we can answer these questions for others, but no one knows the depth of an addict’s desire. An addict who comes around for months or years without putting clean time together might be desperate to get it; an addict who gets clean right away and whose life comes right back together might not take the process seriously. We have no way of knowing for someone else.

Thus, the stance and belief... You are a member when you say you are!



Step 4 Taking Stock

“We made a searching and fearless moral inventory of ourselves.”

COURAGE, our central principle of Step 4, but it is not the only principle required in the Step, it will not work without honesty.

This step implies that we must begin a process of taking a look at ourselves to continue moving forward.

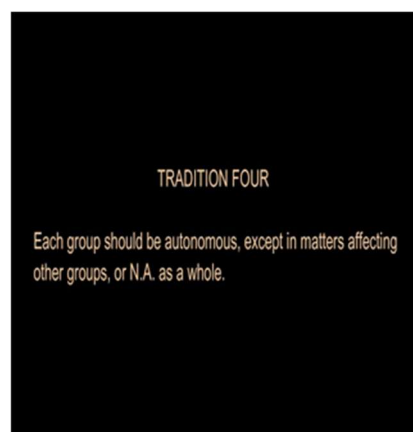
What we are searching for here is a complete and total picture of ourselves. We have found that this requires honesty—honesty to examine our behaviors, feelings, thoughts, and motives, regardless of how unimportant they may appear. Our self-honesty is most important since it will lead us to discover how our disease has affected our lives. We have operated with a distorted self-image, never fully looking at the whole picture all at once. Now, possibly for the first time in our lives, we will begin to see ourselves as we really are, rather than as we imagined or fantasized. The more accurate and complete this picture is, the more freedom we will gain in learning that there is a real way out.

“We do not just look at our liabilities, we look at our assets too.”

Step Four calls on us to be searching and fearless. We are asked to look carefully at ourselves and to get beneath the self-deceptions we have used up to now to hide the truth from ourselves. We search within, as if entering a dark house with a single candle to guide us. We move ahead, despite our fear or resistance to the unknown. We need to be willing to illuminate every corner of every room of our minds as if our lives depend on it, because they do.

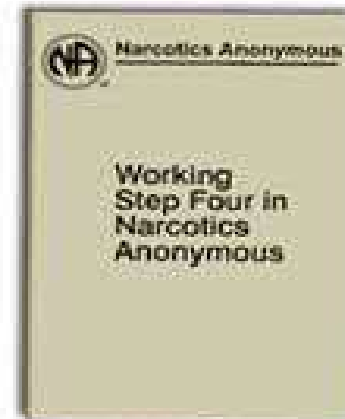
In the It works How and Why, the very first two sentences in paragraph one states, “By working the first three steps, we have formed a solid foundation for our recovery. Our active addiction cannot remain arrested, however, unless we build upon this foundation.”

An addict shared... “When listening in NA meetings as a newcomer, I heard all the “boogie man” stories about the 4th Step. However, I was also hearing “The answer is in the Steps! So, I put fear to the side because I wanted to learn what made me use drugs and what was really going on with me. I did not run from Step 4, I embraced it.”



Our Tradition of autonomy ensures that every NA group is able to carry the message to the best of its ability. Each group makes decisions for itself and takes responsibility for those decisions. The result is that each of us is able to recover in complete creative freedom. We find ways to reach out that make sense to us, and our groups make decisions that best serve the needs of the addicts who attend.

Step 4 Core Principles: COURAGE, HONESTY, TRUST, WILLINGNESS



“Each group should be autonomous except in matters affecting other groups or NA as a whole.”

AUTONOMY

“The ability to make decisions for ourselves”

We balance autonomy with responsibility. When we keep our purpose in focus, our autonomy makes more sense.

Freedom and responsibility work hand in hand...

We carry an NA message, and we are part of fellowship that extends from the doors of our groups through our local community...

Our actions always have an effect on those around us...

Core principles: freedom, independence, connection, anonymity, consistency

Concept 4: Effective leadership is highly valued in Narcotics Anonymous. Leadership qualities should be carefully considered when selecting trusting servants.

The trust necessary to confidently delegate services authority is founded on the careful selection of trusted servants...

Effective NA leadership not only knows how to serve, but when it will serve best to step aside and allow others to take over. An Entrenched bureaucracy inhibits our fellowship’s growth, while a regular influx of new leadership, balanced by continuity, inspires NA growth.

Step 4 incerpt from How it works and Why pg 36 & IP #10 Tradition 3 and 4 from Guiding Principles pgs 46, 62, 63. Concept 3 and 4 from the Twelve Concepts for NA Service pg 4 and 5.



Welcome to
Narcotics Anonymous
What is our message?
The message is that an
addict, any addict, can stop
using drugs, lose the
desire to use, and
find a new way to live.
Our message is hope and
the promise of freedom.

Narcotics Anonymous

LET'S CELEBRATE!!

March 2026

No submissions

April 2026

No submissions

Today I Fit

Have you ever felt like a square peg that someone was trying to force in a round hole? My whole life was spent feeling just that way. I was constantly trying to whittle my square sides down so that I could fit into a round hole somewhere. I never felt a sense of belonging anywhere, and yet tried to fit in everywhere. It always seemed that I fell an inch shy of fitting in. I was not pretty enough to fit in with the beauty queens. I was not smart enough to fit in with the intellectuals, I wasn't bad enough to fit in with the drop-outs. Not rich enough to fit in with the jet setters; nor poor enough to fit in with the street gangs. I was just never enough. The worst part of it, I didn't even fit in with myself. I was never enough for even me. I was detached from everything. I made my way around the 12 Step program and still never felt like I belonged. Something was still missing. I kept trying to make myself fit in. The labels that are based on substances just never seemed to fit. I remained an outsider; I kept trying to fit in and never could. In recovery as I kept trying, things slowly started to get better. At some point I realized that I fit because all I have to be is myself. Recovery is my life today. It's an endless uphill journey, rewarding with every step I take. **EACH DAY MORE IS REVEALED.**