

JULY 2011

Volume 3




Sudbury Area Of N. A.

The Recovery Rocks Newsletter Disclaimer:

The *Recovery Rocks Newsletter* is published by the Sudbury Area Newsletter Sub Committee. We welcome any and all submissions. We reserve the right to edit or not publish any submission. The views expressed in the *Recovery Rocks Newsletter* are those of the authors and **not** of **Narcotics Anonymous**.

**How to live a life
free from active addiction...**

...Read and trust the  Literature!

H&I Sub Committee:

Hospitals and Institutions is in need of new panel members to carry through with our commitment at Sudbury Jail: 1 Year Clean and 2 Years Crime Free. CPIC Required If interested please show up at our Meeting the Last Saturday of each month at 9:00am at The Salvation Army 146 Larch Street: Downstairs.

P&I Sub Committee:

Check out our Web Site for our Area at <http://www.sudburyareana.com>. Please help us at our meeting to reach the public and help addict on the Last Saturday of each month at 10:00am at The Salvation Army 146 Larch Street: Upstairs behind office in the boardroom.

Activities Sub Committee:

Working hard on the next Dance, September date to be announced. Please come help out at our meeting on the Last Saturday of each month at 11:00am at The Salvation Army 146 Larch Street: Downstairs.

Policies and Procedures Sub Committee:

Come join and be part of this new and essential Service Sub-Committee where you can be involved in looking into our Area P&P as well as have input and suggestions. Last Saturday of the month at 11:00am at The Salvation Army 146 Larch Street: Upstairs behind office in the boardroom.

Campout Sub Committee:

22nd Sudbury Area Of Narcotics Anonymous Campout: July 30 -2011 Noon - August 6th -2011 10:30 AM. We meet on the Last Saturday of each month at 12:00pm at The Salvation Army 146 Larch Street: Upstairs behind office in the boardroom. please go to <http://www.sudburyareana.com/Campout.php> for more information and for Campout Registrations.

Newsletter Sub Committee:

Please hand submissions in to your GSR at your home group at Newsletter Sub Committee Meeting that meets at the Salvation Army Upstairs in the Boardroom Kitchen at Noon.

Literature Sub Committee:

A great way to help out is to check out all our NA Literature at the meeting on the Last Sunday of each month at 10:00am at The Sudbury Public Library: 74 McKenzie Street Downstairs in Meeting Room.

Sudbury Area Service Committee Meeting:

Last Saturday of each month feel free to join us and participate and learn about Area Service and the different levels of Sub-Committees and Group Representatives as well as give back what was so freely given to you. This will make your Sponsor happy :) Last Saturday of each month 1:00pm until approximately 4:00pm at The Salvation Army 146 Larch Street Downstairs in Meeting Room No Clean Time Requirement Just a Heart Beat and a Willingness to Serve and be A Part Of Narcotics Anonymous

UPCOMING CELEBRATIONS

- **Tuesday, June 28th Roland P Celebrates 1 Year at The Pathway to Peace Group In Val Therese at 7:30 PM- Downstairs**
- **Wednesday, July 13 Sean A Celebrates 15 Years at The Step Ahead Group at 7:30 PM- Downstairs**

*****Our newsletter is quarterly so any celebrations between issues will be posted at <http://www.sudburyareana.com>**

JUST FOR TODAY

Tell yourself:

JUST FOR TODAY, my thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY, I will have faith in someone in NA who believes in me and wants to help me in my recovery.

JUST FOR TODAY, I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY, through NA, I will try to get a better perspective on my life.

JUST FOR TODAY, I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

Coping Is The Key

Sitting in confinement
In a place far away
Is time for positive refinement
And a choice of a new way
Life isn't about length
But the quality in which you live it
Feed upon your strengths
And you'll get out what you give it
There will always be
Heart-ache , pain and misery
It's how you cope that is the key
For if you don't you'll never be free
I will not let the past
Ruin my future
Putting life together is a task
That requires delicate sutures
You can blame your situation
On women, cops or a snitch
To me that's a sad capitulation
For you dug your own ditch
I'm going to take the lessons learned
And put them to the test
I may not always get the results I yearn
But at least I'll give it my best

By Dave C