



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**.

ORCNA IS COMING!!!!

Your Sudbury Area Of Narcotics Anonymous is hosting ORCNA XXIV
May 20,21,22 2011 at The Radisson Hotel. Please visit the official
Web address at <http://orcna.ca/index.htm> for more info.

UPCOMING CELEBRATIONS

May 14, 2011-- Sylvie M Celebrates 1 Year at the Saturday Night Alive Group

May 17, 2011-- Liz L celebrates 15 Years at The Tuesday Pathway to Peace Group

May 19, 2011-- Rob T and Dave C both Celebrate 4 Years at the Thursday Back to Basics Group

***Our newsletter is quarterly so any celebrations between issues will be posted at
<http://www.sudburyareana.com/Event%20Calendar.php>***

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, date to be announced. Please come help out at our meeting on the Last Saturday of each month at 10:00am at The Salvation Army— 146 Larch Street: Downstairs.

Campout Sub Committee:

22nd Sudbury Area Of Narcotics Anonymous
Campout: July 30 - 2011 Noon - August 6th - 2011
Noon. We meet on the Last Saturday of each month at 10:00am at The Salvation Army— 146 Larch Street: Upstairs behind office in the boardroom. Looking for a Cook, Dishwasher and a Service Coordinator, 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 Saturday of each month at 10:00am at The Salvation Army— 146 Larch Street: Downstairs.

Make It Last

They can take away my freedom
They can even hurt my pride
But still have all my feelings
Hidden very deep inside

I've made a lot of mistakes
But that's all in the past
I'm out to change my ways
And I'm gonna make it last

I'm tired of being a criminal
It's time to be a man
It makes me feel good inside
To do the best that I can

A feeling that I'm loved
Is one thing that I lack
When someone shows they care
It's hard for me to show it back

So I'm starting my life over
It's time to be brave and strong
Some people say "It can't be done"
But I'm gonna prove them wrong

By Dave C

Leslie

If I sit still,
I can see your eyes,
Light blue and bright;
What do they see?

They see a friend in every stranger
And note the magnificence of creation,
Mountains, rocks, and rapid waters
Children to love, wild wolves,
funny frogs and the full moon,
Dragonflies,
And the need
For sisters to be close.

If I sit very still,
I can see your feet
With funky beige boots
How do you travel?

Sometimes skipping,
Sometimes dancing,
freely To the music of life.
Embarking bravely on wild adventures,
Running through trees, along the river,
Exploring and celebrating
Delightful nooks and crannies of
Existence.

If I sit very still,
I can hear your voice
in its beauty and truth
What is your message?

It is the voice of a courageous spirit
Urging us to savor life and heal;
Speaking of growth and self-acceptance
pointing out the hilarity of the moment
And howling at the moon with pure abandon.

Still, I can hear your laughter
And see your smile;
You are making your
Funny grizzly bear face
To cheer my heart.

If I sit very still
I can see your hands
Cherished and open
To welcome a friend.

Touching life with pure curiosity
creating, building, discovering,
Covered in purple paint and soft clay,
Grasping canoe paddles and the rocks that you climb
Then writing an encouraging note.

Sometimes if I sit very still, I cry, because I can
Feel your sweet hand holding mine to say goodbye.

Lesley, you have shared the brightest flower in our garden
And you have shared your contagious enthusiasm,
you fervor for life, and your loving friendship so freely,
Holding nothing back.
How can you be gone?

But if I sit very still,
I can see you now,
Going on your next adventure;
You are surrounded with bright colors
Riding the surf, on a faraway planet,
With amethyst seas.

And if I sit very still,
I can feel your friendship, like a
Sunbeam that magically changes
Particles of dust
Into sparkling, healing jewels

I love you.

You love me.

By Cindy R