

Recovery Rocks Newsletter



*The Recovery Rocks Newsletter is published by the Sudbury Area Sub-Committee.
The views expressed are those of the editors and not those of Narcotics Anonymous. E-mail your submissions to hockey_mommy@live.ca*

A word from the Editor:

Hi friends, I'm really grateful today, I am learning to appreciate the differences in others and I can see good things in people. I am challenging you to give a compliment to yourself and to all those who will cross your path today. ☺ Have a positive day! In loving Service, Danielle.

Service Helps You Stay Clean!!!

The Sudbury Area Service Committee is held on the last Saturday of every month at the Salvation Army. There is no clean time requirement, just a heartbeat and a willingness to serve! Come be a part of Narcotics Anonymous!

One day at a time,

Poem of the month Lying eyes

Looking through bloodshot eyes, my heart gone cold from so many lies. The times are ragged and sometimes rough, Lies are told when times are tough. Travesty arises and the heart is cold, Bloodshot eyes for lies I've told. Though life is hard my heart misplaced, the days unfold I am a disgrace. To be loved just one time, but my words of wisdom might not rhyme. I feel threatened can you hear my cries, now you know I have bloodshot eyes. To be wanted and not pushed away, I long to feel a warm heart every day. Though I look through bloodshot eyes, I swear to God I'll tell no more lies. Now I sit here in my cage, realizing the reason I feel rage. For lies I've told and hearts turned off, for love is gone and really lost. So those that read this is time to come, tell the truth and never run. So you don't have to look through bloodshot eyes, make sure it's the truth instead of lies. **By Dave.C.**

Humour is Good for the Soul

"In my world, everyone's a pony and they all eat rainbows and poop butterflies!"

- Dr. Seuss

"Life is like a sewer... what you get out of it depends on what you put into it."

- Tom Lehrer

FOOD FOR THOUGHT...

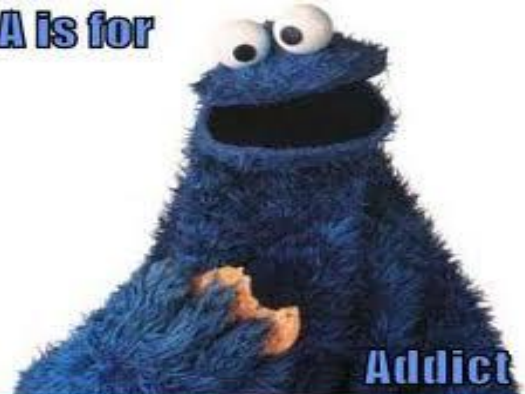
when nothing goes right...
go left.

WHEN SOMETHING BAD HAPPENS YOU HAVE THREE CHOICES. YOU CAN EITHER LET IT DEFINE YOU, LET IT DESTROY YOU, OR YOU CAN LET IT STRENGTHEN YOU.

Rishika Jain's Inspirations

Every day may not be good,
but there is something good in every day ...

A is for



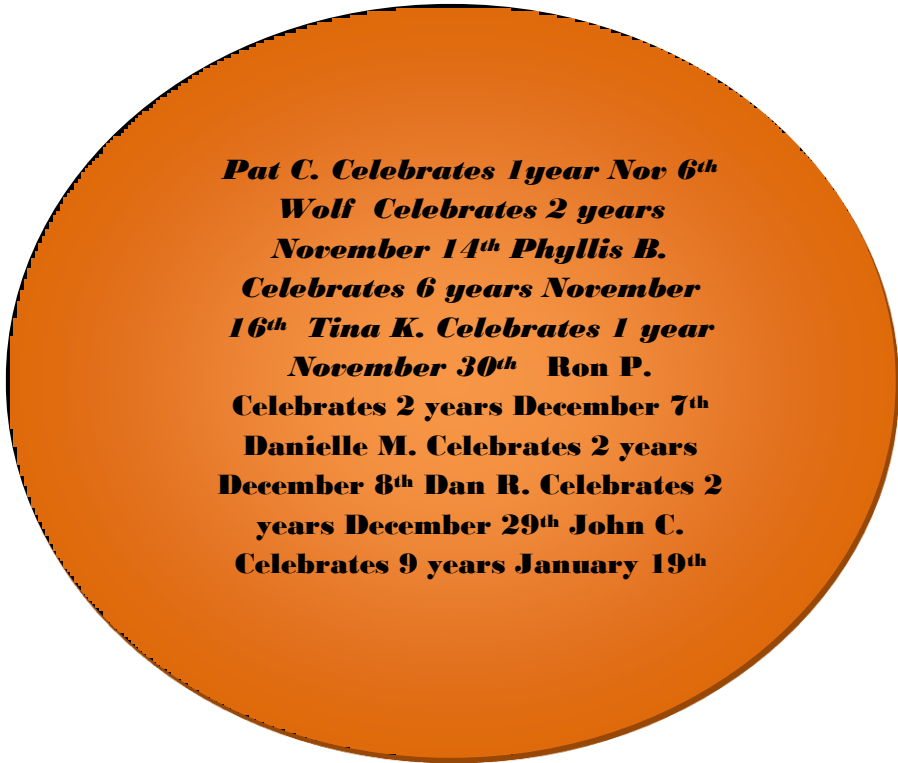
Addict

ROFLRAZZI.COM



Me and you is friends
you smile, I smile...
you hurt, I hurt...
you cry, I cry...
You jump off Bridge
I gonna miss your E-Mails.

Happy Birthday Friends!!!



**Pat C. Celebrates 1 year Nov 6th
Wolf Celebrates 2 years
November 14th Phyllis B.
Celebrates 6 years November
16th Tina K. Celebrates 1 year
November 30th Ron P.
Celebrates 2 years December 7th
Danielle M. Celebrates 2 years
December 8th Dan R. Celebrates 2
years December 29th John C.
Celebrates 9 years January 19th**

WHAT'S NEW IN NARCOTICS ANONYMOUS?

THE SPEAKER JAM AND HALLOWCLEAN DANCE
WAS A BIG SUCCESS THANKYOU FOR COMING OUT!!
SPEAKER CD'S ARE AVAILABLE FOR 2\$ OR 10\$ FOR
ALL 6 SEE MIKE C. OR SEAN A. AN ORDER FORM IS
ALSO AVAILABLE ONLINE (SEE AREA SUBCOMMITTEE SECTION)

CAMPOUT LOGO CONTEST *If you have a creative side let it show!! Don't forget that it's a surprise so seal it in an envelope ☺ Give your Logo design to anyone on the Campout Committee by February 1st 2012 If your logo is chosen you will WIN 1 week of free registration and 1 piece of merchandise of your choice!!*

New Years Dance at the Alder Hall, We will be hosting a Gratitude Dance. Pot Luck dinner starting at 6:30. Tickets are for sale 6\$ in advance and 7\$ at the door. See activities committee for tickets. Be safe this New Years and spend it with us.



Heard it here

"I would rather be hated for who I am than be loved for who I am not"

"Life is fragile, handle with Prayer"

"I know one thing for sure; that is that I am without a doubt an addict, this is something that I have no control over, what I can decide however is if I will die with my disease or because of it"



"Slow down and enjoy life. It's not only the scenery you miss by going to fast - you also miss the sense of where you are going and why."

- Eddie Cantor



Remember that the road to success is ALWAYS under CONSTRUCTION



Thank you for your service!!!

Sudbury Area Service Committee of Narcotics Anonymous

The Elections for these positions will be held at the Next Area Meeting

Area Chair Area

Greg Z.

Area Vice Treasurer

OPEN

ASCR. ALT

OPEN

Vice Chair

Phyllis B.

Area Secretary

Sean A.

RCM

John M.

Area Treasurer

Dave C.

ASCR

Jeff R.

ALT. RCM

Kevin B.

Sub-Committee Chairpersons

H&I Chair

Rob R.

P&I Chair

Diane L.

P&P Chair

OPEN

Campout Chair

Leanne P.

Activities Chair

Mike C.

Literature Chair

OPEN

Newsletter Chair

Danielle M.

CONGRATULATIONS TO ALL OUR NEW SUB-COMMITTEE CHAIRS !!!

If you are interested in doing service for your Area attend the meeting; held at the Salvation Army every last Saturday of the month starting at 9:00 am

This newsletter is also available on the NA website www.sudburyareana.com