

# Recovery Rocks Newsletter

The Recovery Rocks Newsletter is published by the Sudbury Area Newsletter Sub Committee. We welcome any and all submissions. The views expressed in the Recovery Rocks Newsletter are those of the authors and not of Narcotics Anonymous.



## Service Keeps you Clean!!!

Sudbury area Service Committee Meeting is held on the last Saturday of each month. No Clean Time Requirement, Just a Heart Beat and a Willingness to Serve and be a Part of Narcotics Anonymous

## From the Editor

Hi family, I am so grateful to be your new newsletter chair, I look forward to bringing you the latest NA news and sharing the message of recovery with all of you :)

I am always on the lookout for new ideas and submissions. Please send me your ideas via e-mail at [hockey\\_mommy@live.ca](mailto:hockey_mommy@live.ca)

Hope you can all enjoy the beautiful fall colours and remember to take time for you because you matter!  
In loving service, Danielle



**Let's Make the decision to turn our constant self-criticism over to our sense of humour and learn to "lovingly and wholeheartedly" laugh at ourselves**

## HUMOUR IS GOOD FOR THE SOUL

### Poem of the month

#### *Memories of you*

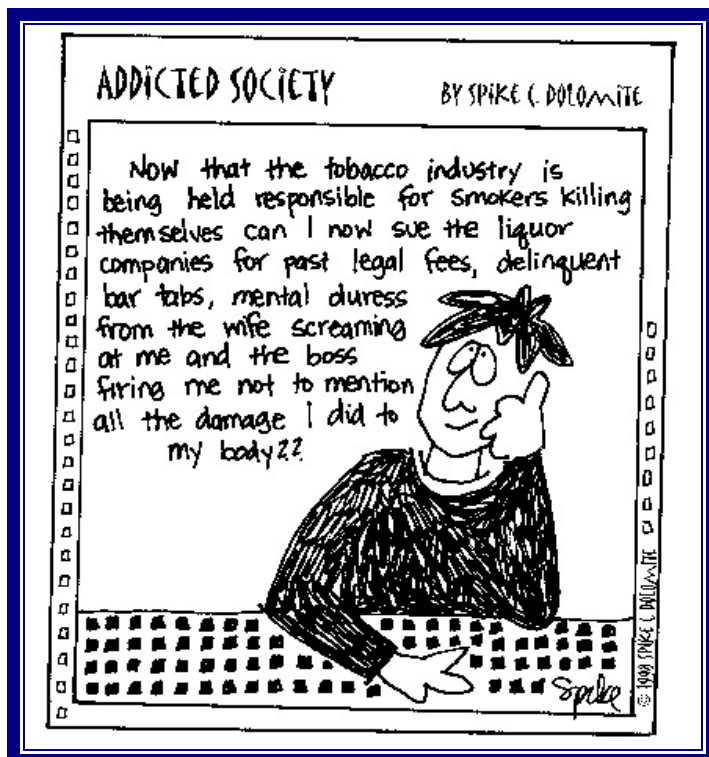
If I could fly away with you,  
you know I really would  
Attached yellow butterfly wings,  
now I really could  
Embrace your memory  
Carry your message  
Honour my destiny  
Willingness, Serenity  
You're forever in my heart  
Eternally greatfull for giving me a fresh  
start

Author Danielle M

**"JEOPARDY WAS INVENTED  
BY A DRUG ADDICT. WHO  
ELSE STARTS OUT WITH ALL  
THE ANSWERS AND NO  
QUESTIONS?"**

**"RECOVERY IS LIKE SEX, IF IT  
DOESN'T FEEL GOOD, YOU'RE  
NOT DOING IT RIGHT!"**

**"SPONSER TO SPONSEE...  
YOUR JOB IS TO TELL THE  
TRUTH...MINE IS TO LAUGH  
AT YOU WHEN YOU DON'T"**



### Food for thought

If you find yourself in a rut,  
STOP digging!



If you spend all your time  
wishing you were someone  
else, aren't you wasting the  
person you really are?



*Patricia V. Will be celebrating 5 years at the Saturday Night Alive Group  
October 1<sup>st</sup>  
(Salvation Army @730)*

*Wolf A will be celebrating 2 years November 14<sup>th</sup> at the Monday night Circle  
of Friends Group  
(Pinegate @730)*

*Phyllis B. will be celebrating 6 years November 16<sup>th</sup> at the Wednesday night  
Step Ahead group  
(Salvation Army church@7:30)*

*The new and updated meeting lists are now available :)*

If you have an artistic edge we want to see it!

We are having our annual

## Campout logo Contest!

Please submit your logo to our Campout  
Sub Committee Chair Leanne P  
the **deadline** for submissions is

NA is having a Speaker Jam/Pot  
luck/Dance October 22 2011 The fun  
starts at 10:00 am at the Alder Hall

If you are interested in offering your  
services  
please contact BJ at 705-869-4058



*Service Keeps you Clean!!!*

*Sudbury Area Service Committee of Narcotics Anonymous*

*Area Chair                      Area Vice Chair                      Area Treasurer*

*Greg Z.                              Phyllis B.                              Dave C.*

*Area Vice Treasurer                      Area Secretary                      ASCR*

*OPEN                                      Sean A.                                      Jeff R.*

*ASCR. ALT                                      RCM                                      ALT. RCM*

*OPEN                                      John M.                                      Kevin B.*

*Sub-Committee Chairpersons*

*HI Chair                      Campout Chair                      Literature Chair*

*Curtis P.                      Leanne P.                                      Helene M.*

*PI Chair                      Activities Chair                      Newsletter Chair*

*Diane L.                      OPEN                                      Danielle M.*

*P&P Chair*

*Sean A.*

*If you are interested in doing service for your Area attend the meeting held at the salvation army every last Saturday of the month at 1:00*



