

Write!

Tampa Funcoast
Area Of Narcotics Anonymous

Clean Times

**Email your comments, articles and
other submissions to
FuncoastNews@hotmail.com**

The Funcoast Area Of Narcotics Anonymous Clean Times welcomes your commentaries, poems, suggestions and articles. If you're stumped on what to write about, here is a list of some suggested article topics:

- How can the Clean Times Newsletter serve you better?
- What does Step 11 in the Basic Text say to you
- Social media and the addict (e.g., Facebook, MySpace)
- Living and/or working with the still using addict
- What was the turning point for you as an addict; when did you finally get the program of recovery
- Name and write about an "ah-ha" moment with you and your relationship with your family as result of your recovery
- How has recovery made you a better employee in how you relate to your coworkers, superiors or subordinates in the workplace?
- How did or do you feel about the phrase, "once an addict; always an addict"?
- Besides a fellow addict's clean time, what was it about his or her recovery that you admired and/or inspired you to stay in NA.
- What does a "clear message" mean to you and/or your homegroup and how do you or the homegroup try to ensure a clear message
- Your favorite Tradition and why
- Reservations
- Resentments
- Fears
- Hope
- Romance & Finance
- Sanity
- "Getting angry and resentful" when your "fantasies are not fulfilled" (The Basic Text p. 78)
- How does the words "were" and "had become" in the First Step relate to you or what is your opinion regarding these words?
- How does the phrase "restore us to sanity" in the Second Step relate to you or what is your opinion regarding that phrase?
- What is different about your homegroup in how it does meetings?
- The pros and cons of Homegroup membership
- What attracts you most about a particular meeting and why?
- How did being in jails or institutions introduce you to the NA Fellowship?
- Why did you started a new meeting in your area
- What does your Higher Power mean to you before and after coming to NA.
- An example of how willingness played a role in your successful recovery or how unwillingness played a role in you not maintaining your recovery (not maintaining your recovery in this case doesn't necessarily imply you actually picked up and used).
- Your favorite *Just For Today* meditations and why.
- How much clean time should a person have before chairing the meeting and why?
- *Principles before personalities*
- What has your experience been working each step?
- How do you feel about sponsorship or being a sponsor?
- What has your experience with sponsorship been like?
- When is a Newcomer no longer a Newcomer?
- What events or attitudes preceded your last relapse?
- Your opinion on "Attraction rather than promotion"
- Are you generally powerless over "people, places, and things" and why?
- When in recovery does your *addiction* continue to play a major role in you life, i.e., does your addiction still continuously "talk to you", how?