

Ozark Area NA Bulletin



NOVEMBER 2024



The Ozark Area Newsletter

www.ozarkasc.com

na.org

24 Hour Helpline 1-888-359-3339

**5th Tradition, Breaking the Cycle, But Do It, Clean & Serene,
Just For Today, Living Clean, No Matter What, Spiritual Principles, Straightline,
Stray Katz, Survivors, Traditional Recovery, Under Grace, We Do Recover**

UPCOMING EVENTS

THANKSGIVING DAY

WE DO RECOVER OPEN 10AM-10PM
WITH FOOD AND FELLOWSHIP
MEETINGS AT NOON AND 8:00PM
829 MAIN STREET JOPLIN, MO

BLACK FRIDAY BLOWOUT

FRIDAY NOVEMBER 29TH NOON-8PM
105 E. BOURKE ST. MACON, MO

LIVING CLEAN

UGLY SWEATER CHRISTMAS PARTY
DECEMBER 21ST 2PM - 6PM
3003 JOPLIN ST PITTSBURG, KS

OZARK AREA NEW YEAR'S EVE

TUESDAY DECEMBER 31ST

CELEBRATION IS CURRENTLY BEING PLANNED
SAVE THE DATE....
MORE WILL BE REVEALED

CABIN FEVER

PREVENTION CONVENTION

FEBRUARY 7, 8 & 9, 2025
LODGE OF THE FOUR SEASONS
LAKE OF THE OZARKS

NOVEMBER

CLEAN TIME BIRTHDAYS

ALESHIA M 1 YEAR

APRIL A 1 YEAR

DANIEL J 1 YEAR

BECCA S 1 YEAR

MICHAEL L 1 YEAR

NIKKI C 18 MONTHS

CHERI D 2 YEARS

CRYSTAL G 2 YEARS

AMERI L 3 YEARS

RUFUS P 6 YEARS

MATT L 7 YEARS

TIM P 8 YEARS

GEORGIA B 8 YEARS

JASON W 11 YEARS

RON A 12 YEARS

CONGRATULATIONS!

MY GRATITUDE SPEAKS...

WHAT ARE YOU THANKFUL FOR?

I'm am thankful for all the opportunities that
I could not even imagine being possible
when I first sought to just find freedom
from active addiction

Olen S

It would be arrogant to just say everything
but some days it's true. I can honestly say
I am that I am thankful for my daily bless-
ings, breathing clean air, food to eat,
warm place to sleep. I am thankful for my
sponsor who always knows just what to
say... whew that's just a few. Thankful for
my friends in recovery and for Rufus who
brings such topics to us!!!

Luann

I'm thankful to have a life

Jocelyn B

I am thankful to be clean.
I am thankful for my family and
my girlfriend that didn't give up
on me and actually prayed me into
the rooms. I'm thankful for my new
little granddaughter and my healthy
strapping grandson. I'm thankful for my
sponsor, my sponces, my homegroup
and the NA Fellowship!
Today, I'm just one big, happy
thankful son of a bitch!

Rufus P

I am thankful that I get to wake up each
day to enjoy my coffee. I'm clean, healthy
and loved. I get to be of service to others
and live a worthy life thanks to NA
and my Higher Power.

Amy H

I'm thankful to have a roof over my head,
a warm bed and food to eat.

Jamie

I've been thinking all week about this,
and I have SO MUCH for which to be
thankful! First is my Higher Power God
& Jesus. Everything I have in my life
goes back to God leading me to the
Lafayette House, the addiction side.
There is where I was introduced to
NA & meetings. I'm grateful for my
predecessors in recovery who showed
me it is truly possible to get & stay
clean for the rest of my life!
And I'm thankful for all the
"no matter what" days.

Poppy W

I am thankful for the fact I woke up today!
And God has me in his arms.

Dustin M

"the theraputic value of one addict helping
another is without parallel."

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MY GRATITUDE SPEAKS...

I'm thankful that I have a Higher Power who loves unconditionally and has given me more grace than I deserve! I am thankful for people in my life that live the NA way and show me how to do life better! I'm thankful that I took my health seriously and put me first and the benefits have been astronomical!

Amee A

I'm thankful for my Higher Power
Steven W

I am thankful for the love and caring compassion of the NA body. When I finally decided I wanted to find a new way to love, I was SICK, but the groups said they were gonna love me through the healing process.

I'm thankful for my sponsor, and my predecessors before me that put in the work and stayed clean, until I got into NA, and those that chose to stay clean for the betterment of themselves, and NA as a whole.

Cory R

I'm thankful for the freedom to not have to hustle a fix today

Mike W

I'm thankful for everything.
Mostly the understanding I received from fellow members of NA

Shauna C

I'm thankful for the freedom and freedom from active adiction

Ryan C

I am thankful for a clear mind and God's Love

Steve D

I'm thankful for a roof over my head

Susan S

I'm thankful for the love of my higher power and how he has shown me I am enough

Chastity P

I'm thankful for not drinking

Debbie S

I'm thankful for my predecessors who paved the way to a new way of life

Jackie V

I'm thankful for my recovery, a God of my understanding, my family, my job and friends that are there for me whenever I need them.

Laura T

I'm thankful for my new way of life and EVERYTHING the steps have guided me to, through, and beyond

Amanda K

NEVER ALONE, NEVER AGAIN

THE NOVEMBER DISCUSSION TOPIC IS...

“GRATITUDE”

My gratitude is seated in the mere fact that, thanks to this program, I am still alive & clean today. Anything & everything else flows from that. Ever since I met my husband, Earl, he has prayed at every meal. At first, I joined out of courtesy, but I eventually asked Earl why he does this. He said his first sponsor prayed at every meal & Earl asked him the same question. Earl's sponsor told him that for as long as given thanks for every meal, he has not gone hungry. That made sense to Earl & it made sense to me, too. As the saying goes, if it's practical, it's spiritual. By giving thanks at meals, by the same token do I give thanks for all my HP provides for me today.

Sandy B

To be able to brush my hair and put my shoes on by myself.

Leighann W

Gratitude is how I balance my uncomfortability. Finding the gratitude & focusing on the positive & the solution redirects my energy to something effective for my recovery instead of something that could lead to relapse.

Kasia H

The best thing I ever did for myself was to write a gratitude list (3 things) every single day. I wasn't allowed any repeats. I did that for, like, 2 years. It really forced me to find the small things throughout my day & I would try to remember to write them down that night. So it helped me to be more mindful & present, as well as grateful.

Ali C

The way I use gratitude today is to pull myself out of a funk. It starts with writing out a gratitude list.

Dustin F

I have gratitude for a fellowship of addicts that I can both lean on & draw my strength through. I also have gratitude for the struggle. It has put me in a position to be of service.

Raci K

Gratitude, to me, means being grateful for the good things, the bad things, & every door that is opened by my HP, or closed by my HP.

Mike B

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

JUST FOR TODAY READING



RECOVERY WORD SCRAMBLE

1. ARLPESE _____
2. PIGCNO LISSKIL _____
3. STLIS LALC _____
4. DEEFOMR _____
5. ACENL MITE _____
6. STABANTEI _____
7. RALUPSIIPT ICERPSNEPI _____
8. IEHHRG WOPRE _____
9. NOPSSRO _____

(ANSWERS BELOW)

GET INVOLVED!

In recovery, SERVICE is the name of the game!

Get involved! Join a home group. Welcome the newcomer.

Get a sponsor. Work Steps.

Take a service position with your home group, area, or region!

GIVE BACK WHAT WAS SO FREELY GIVEN.

1 RELAPSE 2 COPING SKILLS 3 CALL LISTS 4 FREEDOM 5 CLEAN TIME 6 ABSTINATE 7 SPIRITUAL PRINCIPLES 8 HIGHER POWER 9 SPONSOR

OZARK AREA WEBSITE: WWW.OZARKASC.COM

If there is something you would like to see in the Ozark Area Monthly Newsletter, send it to: ozarkarea@gmail.com