



Regional Purpose

The purpose of a REGIONAL SERVICE COMMITTEE is to be supportive of its areas and groups and their primary purpose by linking together the areas and groups within a region; by helping areas and groups deal with their basic situations and needs: and by encouraging the growth of the Fellowship.

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Feature Article:

Taken from
Self-Support: Principle and Practice
(Page's 1-3)

The Principles of Selfless Giving and Self-Support
Gratitude in Action

A recovering addict reaches out to help a newcomer, and, through the therapeutic value of one addict helping another, kindles the spark of hope and willingness in that new member's



heart as only a fellow - addict can. A newcomer helps clean up after a meeting, and begins to feel the sense of belonging and acceptance that come from helping other human beings in an

act of selfless service. A member shares experience, strength, and hope in a meeting, seeing the nods of recognition and empathy— and hearing the grateful peals of laughter—evoked by their having opened their heart to others who know the sorrow, and the joy, of being addicts in recovery. A member who's been around a little while offers a newer member a ride, and unwittingly begins a friendship that will outlast the car in which they ride together to the meeting. Trusted servants at their home group take great care to ensure that there is literature on the table, that the rent is paid, and that there are modest refreshments, creating a welcoming atmosphere of recovery for that shaky newcomer in the parking lot debating on whether to come into the meeting. As we learn to live the principles of Narcotics Anonymous, we learn to give of ourselves in ways we could never have imagined in our active addiction. This selfless giving becomes a living principle when we reach out to lend a hand and help others. We begin to understand that the principle of self-support is at the very heart of our program, and the paradox of our growing willingness to be of service is summed up in a line from our steps and traditions book, *It Works: How and Why*: "The more we help others, the more we help ourselves." Discovering this truth lends real meaning to our belief that "we keep what we have only by giving it away." As we learn to live this program, we find that gratitude is an action, and we put our gratitude into action by offering help and support to our fellow members through service. Similarly, when a member places a donation into the basket at a meeting, he or she is breathing life into that group and the NA service structure. That same individual contribution also brings life to the principle of self-support. Just think of the many ways we support one another, without outside assistance—rides to meetings, regular meeting attendance, basket donations, sponsorship, service: If we did not have each other, we would surely be doomed to that old life of dereliction, despair, and untimely death. We learn to trust each other as though our very lives depended on the goodwill of the people sitting next to us at a meeting—because they do. We come to be of service in many different ways in this fellowship, and, through service, we learn that the "logic" of recovery sometimes seems just the opposite of the "logic" of the street: We once thought the world owed us a living, and we justified taking what we thought we deserved when the world didn't see fit to meet our demands. But in recovery, we learn that taking only leaves us feeling empty, while giving fills us up. We know from much experience that the amount that we are able to give, whether it be measured in time, effort, or money, is far less important than our willingness to give. We find that our willingness is often repaid tenfold in our own recovery. In the course of learning to practice these principles in all our affairs, most

of us come to believe that a personal commitment to the principles of selfless giving and self-support stands as the foundation of our way of life.



Opinion:
Some of the things that I think about.

1. What can I do to show my support to NA, (a fellowship that saved my life)?
2. I realize that NA changed my life forever by showing me a new way to live. What do I do to show my appreciation and support that way of life?
3. Can I do more?

Submitted to the Newsletter by a SFRNA Member:

SFRNA

**SOUTH FLORIDA REGION
of NARCOTICS ANONYMOUS**

Meditation

Self-centered character defects distort the gait
Standing on tiptoe, we become unsteady
Stretching ourselves too far, we lose balance
Showing off, we obscure our light
Competing with others, we lose our way
The measure of our strides is in the steps
So long as I walk that way.....



Principle Number One; Hope (draft)

-No Limits Group of Narcotics Anonymous Ad-hoc Literature Group

Countless addicts have found hope in NA since the first meeting in 1953. Hope is a spiritual principle that can be given away to any addict. Our message is hope and our promise is freedom. Any addict can find the life-saving principle of hope when they walk into a meeting of Narcotics Anonymous.

Hope is the feeling in our spirit that tells us that maybe we too can get clean, lose the desire to use, and find a new way of life. Hope comes to us in a variety of ways. Although we cannot recover on hope alone, it opens the door to our new way of life.

After coming to Narcotics Anonymous, seeing is believing! We watch members as their despair turns to hope. We also see other addicts smile, perhaps for the first time, when they pick up a thirty-day key tag. Day by day, meeting by meeting, and step by step, we notice other members finding a new way of life. We hear addicts share about losing family members, receiving a bad break at work, or watching a best friend go back out and use yet they do not pick up! They have found a solution to life's everyday problems. Their empathy gives us hope. These newfound feelings of hope are often foreign to us but fuel our desire to recover. Some people leave their first meeting of Narcotics Anonymous realizing that they can get clean and find a new way to live. Hope is a powerful emotion – a sense that maybe we too could be happy and enjoy life for the first time in a long time. We begin to dream.

With hope, we have a new vision of the future. We want what those who came before us have found in recovery. Hope gives us the ability to believe in our dreams without having lived them. How do we make our dreams become reality? We surrender to the solution. With our new-found hope we become willing to take certain steps. We're now ready to get a sponsor, trust in others, take direction and learn to live the program of Narcotics Anonymous.



Step of the Month Step Seven

Step Seven “We humbly asked Him to remove our shortcomings.”

The Seventh Step is an action step, and it is time to ask God for help and relief. We have to understand that our way of thinking is not the only way; other people can give us direction. When someone points out a shortcoming, our first reaction may be defensive. We must realize that we are not perfect. There will always be room for growth. If we truly want to be free, we will take a good look at input from fellow addicts. If the shortcomings we discover are real, and we have a chance to be rid of them, we will surely experience a sense of well-being.

Excerpted from (6th ed.) Basic Text page 36: *

Tradition of the Month Tradition Seven

“Every NA group ought to be fully self-supporting, declining outside contributions.”

We need money to run our group; there is rent to pay, supplies and literature to buy. We take a collection in our meetings to cover these expenses and whatever is left goes to support our services and to further our primary purpose. Unfortunately, there is little left once a group pays its way. Sometimes members who can afford it give a little extra to help. Sometimes a committee is formed to put on an activity to raise funds. These efforts help and without them, we could not have come this far. NA services remain in need of money, and even though it is sometimes frustrating, we really would not have it any other way; we know the price would be too high. We all have to pull together, and in pulling together we learn that we really are part of something greater than ourselves.

Excerpted from (6th ed.) Basic Text page 71: *



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**SOUTH FLORIDA REGION
of NARCOTICS ANONYMOUS**

Events: Regional Events:

FLYER RSC October 19-20-2019 (Venice FL), jpg

OPEN TO ALL NA MEMBERS
Saturday October 19th - Sunday October 20th, 2019

Saturday, October 19th, 2019			
Subcommittee Meetings			
TIME	ROOM 1	ROOM 2	ROOM 3
9:00 - 11:00 AM	PR	H&I	
11:00am to 12:00 pm	Outreach		Lit Review
12:00pm to 1:00 pm	Lunch	Lunch	Lunch
1:00 pm to 3:00 pm	FIPT Review Presentation	FIPT Review Presentation	FIPT Review Presentation
3:00 pm to Finished	Admin		

Sunday, October 20th, 2019

REGIONAL COMMITTEE MEETING
9:00 am - Close
Ramada by Wyndham Venice Hotel Venezia
425 US 41 Bypass North
Venice, FL 34285

REACH OUT TO GROUPS IN YOUR AREA THAT ARE GEOGRAPHICALLY OR OTHER WISE ISOLATED AND NEED THE AREA'S SUPPORT. MAKE A COMMITMENT TO ATTEND THEIR MEETING ONCE A MONTH, GO AS A GROUP AND HAVE SOME FUN.

**South Florida Region
Outreach Committee**

Area Events

32nd Annual Miami – Dade H&I Gratitude Dinner

**32nd Annual Miami – Dade H&I
Gratitude Dinner**
"The Frontline of Recovery"
A Masquerade Ball
Saturday October 26th 2019
7:00 PM - 11:00PM
Meeting: 8:30PM
Dinner - Dance - Raffle
Raffle Information
Miami Police Benevolent Association
2300 NW 11th Street
Miami, FL 33125

Speaker Tape Submission
3 years clean - 3 years H&I experience
Contact Shirley 786.426.0678

Donate Memorabilia for Raffle
Mugs - Pens - T-shirts - Banners
Anything and Everything AA related
Contact Angel

Contact / RSVP Tables / Tickets: 823
North Dade: kehin303.316.1297
Beach & Bay - Angel: 786.237.9042
South Dade - Milton: 305.815.8392
AA User affiliated with Miami Police Benevolent Assn.

GCCNA Comedy Show Fundraiser

**November
10th**

NA

**GCCNA 30 COMEDY
SHOW FUNDRAISER**

Come Laugh with us and help raise funds for your area convention!
Speaker meeting 7pm
Comedy show at 8pm

Location:
The Black Box
8221 Glades Road
Boca Raton FL 33434
Tickets \$15

For more info call:
JohnC 954-520-9206 Jake 786-307-9327
NA IS NOT AFFILIATED WITH THE BLACK BOX
WWW.GCCNAFLA.ORG WWW.NAFLA.ORG

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**SOUTH FLORIDA REGION
of NARCOTICS ANONYMOUS**

Kickball Recovery



Croissant Park SW 17th ST & R/R Tracks (west of Andrews Ave)

Sponsored by A BRAND NEW MIDNIGHT group Narcotics Anonymous



Sign up: <https://tinyurl.com/y4f7a59>

Contact: kickballrecovery@yahoo.com



SEASON 18 * NA IS NOT AFFILIATED WITH CROISSANT PARK.

OCT 20 * NOV 17 * DEC 15 * JAN 19

FEB 16 * MAR 15 * APR 19 * MAY 17

FUN AS SHIT!

Florida Keys NA

RECOVERY IN PARADISE 26 IS ON HOLD



Recovery In Paradise

Spiritual Retreat 26 WILL RETURN to Sugarloaf Key, Florida in APRIL 2020

Due to the devastating effects of Hurricane Irma, the Conch Republic Area Recovery in Paradise Spiritual Retreat 26 is still postponed

Thank you for your continued support as The Conch Republic Area continues recovery efforts since Hurricane Irma. Please note that our venue, the Sugarloaf KOA, is still under construction and will continue well into 2020.

MORE WILL BE REVEALED, and we'll keep you posted.

FOR UPDATES, PLEASE JOIN OUR MAILING LIST (below) or check back here for updates.

SUBSCRIBE For Recovery in Paradise Updates.
Add your email and press ENTER

Email address

Committee Reports

1. **ADMIN:**
2. **Helpline:** Verbal Report
3. **HOSPITALS & INSTITUTIONS:**
4. **LITERATURE REVIEW:**
5. **NEWSLETTER:**
6. **OUTREACH: August 17, 2019**
7. Outreach met at 9:00am. Additional Needs has joined the outreach committee. Rose Marie submitted a report that I'll include with my report. We have a motion for the SFRSC ADDITIONAL NEEDS BLIND AND VISION IMPAIRED GUIDELINE to be added to the Resource Folder on the Regional Webpage.

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**SOUTH FLORIDA REGION
of NARCOTICS ANONYMOUS**

It was brought up that we've talked about the possible need of meetings in LaBelle and Arcadia. We spoke of the GSRs and members from the Peace River Area, Gulf Coast Area and Shark Coast helping with this. We would like to co-ordinate with PR and H & I as soon as we discover the needs in those rural communities.

Outreach is supporting the Bahamas Area Celebration Convention November 6, 7, 8,

Regional News's

8. PR: OLD BUSINESS

- a) New Web Servant (John from Peach river) and Helpline Alternate (James from Mid Coast) were elected
- b) Sunset Coast requested help with their PR efforts
- c) Helpline and guidance will be provided to Area De Habla Hispana for their Poster day in August
- d) Gold Coast is looking to have funds matched from their area for a bus campaign. Buses will run through multiple areas.
- e) Assistance will be provided to North Dade to add backup shifts to their Helpline, should they need it
- f) Looking into doing presentations for H&I and PR at the next West Coast Unity Day Picnic
- g) Asking areas to bring meeting list for Florida behavioral health conference





Area News

Area De Habla Hispana - has 8 Groups with meetings in West Palm Beach, Delray, North Broward and an additional meeting in the South Dade area that is not part of our area which are all conducted in the Spanish language.

Bahamas - Daily Meetings in Nassau Bahamas @ 7:00pm with new members as a result of H & I. Saturday meeting at noon. T

Beach & Bay –

Central Florida - Verbal Report

CONCH REPUBLIC - Spiritual Retreat 26 WILL RETURN to Sugarloaf Key, Florida in APRIL 2020. (See Flyer) <https://floridakeysna.org/spiritual-retreat/>

East Central Florida – Verbal Report

Freedom – no info

Gold Coast - We have a new Area History & Research Ad Hoc chaired by Chris C. This was formed after trying to locate documentation for the Anniversary Dinner, finding that the most up to date (and only) document was from 2007. There's a tremendous gap in our South Florida Area history in 1978 through 2007 when the document was created.

Gold Coast's new Alt. RCM, Deana.

The Inmate Step Writing Guide (ISWG) subcommittee met this last month. The committee has been reaching out to DOC facilities all over Florida and has gotten this service approved in 5 facilities.

Gulf Coast - We have 31 groups with 50 weekly meetings. H & I has 17 presentations a week in 11 facilities. Activities is currently struggling with 2 active members and no chairperson. PR recently attended a police chief conference and are making contacts with law enforcement.



We are going to be doing a PR presentation with Lee H., as they have requested information on an H&I presentation in the Cardio unit.

Mid Coast - We carry the message in 27 groups presenting 79 meetings weekly and 19 weekly H&I presentations at 11 facilities. Our new RCM had an accident with his vehicle hopefully he will be able to attend the next RSC.

North Dade -

Peace River -

Shark Coast - - Verbal Report

South Atlantic -

South Broward

South Dade – Verbal Report

– Greetings from south broward this is my first rsc back as RCM great to be of service. We have a new RCM alternate Pam R. Our area is doing reasonably well, Swamp recovery subcommittee is formed and functioning looking forward to the first event as a south broward sponsored event. Swamp had its first successful fundraiser last month.

Sunset Coast – Good morning Southwest Fl Region All is well in Sunset Coast.

- We currently have 20 homegroups with a total of 35 meetings per week.**
- We have a donation for \$49.73 for region and \$16.50 for NAWS**
- Our annual H and I gratitude dinner is going to be held Sept 21st 630-930 pm at River Park Community Center 301 11th St North, Naples FL 34102.**
- I have contacted multiple hotels in attempt to host December region, however only one has been back in touch with me of which has a cost that far exceeds our budget. I am planning on physically going to hotels in order to try to find one that is financially feasible. I will bring information to next region.**



Unity Springs – We meet the second Monday of the month. We are now meeting at 1401 W NEW YORK AVE DELAND FL. 32720

We have 16 Groups, 30 Meetings 16 H&I meetings at 3 locations. We have picked up 4 new meetings. We had 10 groups in attendance

We still have many positions open including alt RCM and others. We recently voted in a new vice chair.

PR. Attended the fire fighter’s giveaway to increase NA awareness for students, parents, and fire fighters in the beginning of August. We have plans to do the same thing at a special needs resource fair in October. We are working to develop a logo for our area that will be in the new website and a tablecloth that we will use at future resource fairs

I am proud to say our area has had an unanimously decision with fund flow. It is now our policy that anything over prudent reserve will be forwarded We have a 1500 check today and next RCM we should have a much larger one next RSC. Getting our checking account to reflect that.

Would like to see if there is anyone who understands the zoom process could possibly help explain. Is there a Zoom link for each subcommittee? I feel it is crucial for our areas.

Committee Reports:

HOSPITALS & INSTITUTIONS: Jen F. is the new Chair for H&I.

PR: Walt T – No show for nomination, no qualification sent to secretary for minutes, no show for election. Chair pro-tem Steve as PR chair until someone is elected.

LITERATURE REVIEW: Winston is the New Chair for Lit Review.

NEWSLETTER: August 17, 2019! I managed to keep the Newsletter under 15 pages I had one person to submit some material. However, I would still like to get more input from the areas. I had one-person request to be removed and a few request to be added to the Newsletter. I am also looking at other Newsletters for some suitable articles.

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**SOUTH FLORIDA REGION
of NARCOTICS ANONYMOUS**

If anyone has any Ideas for changing content or looks please send them to newsletter@sfrna.net

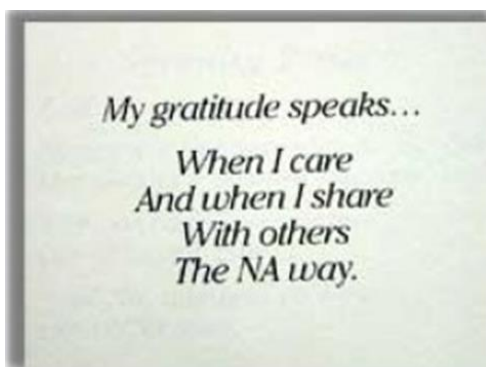
OUTREACH: Hello all! This is the first meeting of Additional Needs with Outreach since the Regional approval to move the position from PR to Outreach. A quick recap of what the

Additional Needs POC does: Assists groups, Areas and Region, upon request, with accessibility issues relating to those with physical, vision and hearing disabilities as well as with service dog issues. In addition, issues relating to bringing the message to old timers with disabilities and newly addicted seniors are addressed. This is accomplished by balancing U.S and state laws with the Traditions and spirituality of the program. Additionally, the POC helps resolve any ADA (American Disabilities Act) complaints, preventing any further actions that could adversely affect the service bodies, or NA.

14. Open Forum:

Connor- Thanked region for support during his service for the region.

Ian- Thanked region for support during his service for the region. Admitted to his confusion.



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