



NEWSLETTER



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In Loving Memory

BECKY H.

06/30/1979-08/08/21

Let us take a moment to pay tribute to our beautiful sister, who after a courageous & harrowing battle, has taken the next step in her journey. It is a loss that has rippled throughout our recovery community. With a spiritual presence that could light up a room & unshakable bond with her higher power, Becky was a pillar for many. The unconditional love & support that she has shown so many of us, has left a lasting impression. She was truly a living example of how this programs works & how living a life built on spiritual principles only solidifies your understanding of & connection to a higher power, in result freeing ourselves from the bondage caused by addiction. She will be sorely missed & forever in our hearts.



"With brave wings she flies"

Waving The White Flag

One Addicts Experience, Strength, and Hope

I'm an addict, my name is Amy S.

Quitting. That's what I think of when I hear the phrase, "Waving The White Flag".

Quitting.
What a concept right?

In my warped thinking quitting was just never an option. You see where I come from we don't quit, we don't surrender. We go harder, stronger, longer. Growing up I didn't know that in the long run that mentality was just feeding my disease, and that it would become detrimental to my seeking help.

I was always against rehab, against detox against any kind of help period, because guess what that meant? I was quitting. I was led to believe that meant I was a loser and not strong enough to survive by any means necessary and that made me a punk. Just a bunch of pride and ego as I know it now.

One night, January 25th 2018- I was sick, I was tired, I was worn out and I was using against my will. I remember thinking, "at this point I am better off in jail" in hindsight I didn't know that what I was doing was seeking help to whatever was out there listening which I now identify as a high power. The next day almost exactly 12 hours later I was getting arrested for the umpteenth time and I just remember feeling nothing more than RELIEF.

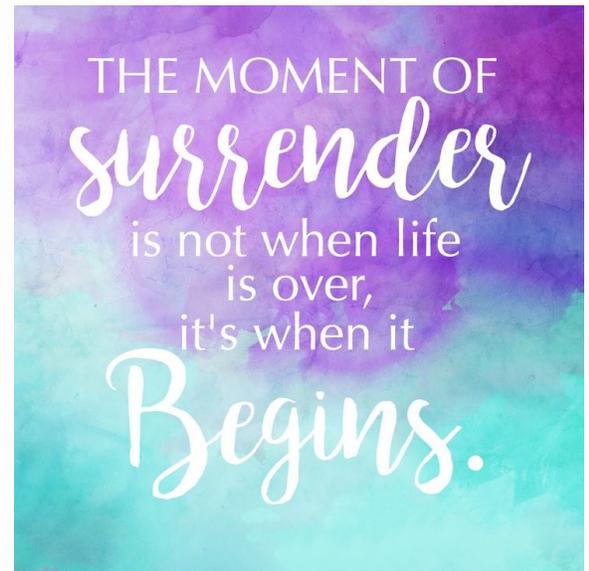
After doing some step work, and cultivating a relationship with a God of my understanding I realized that every time I got arrested I was practicing the principles of acceptance and surrender, I was forced to wave the white flag. It took many many of those trips and some clarity to realize that even now with a few days in a row clean and working a program when I surrender first the pain is less and the load gets lighter.

Asking for help is courageous, it takes strength, faith and trust for me and that's intimidating at times, so no I don't always remember to do it first but by experience I can share that in those moments where I remember that I can lean into a power greater and toss the flag it's a way to feed my serenity, my peace, my joy and the relationship with my God.

If you're new or just coming back. You are worth it and You are not alone.

With that, I'm an addict named Amy S.
I'll keep coming back - it's the most basic way I wave my white flag today.

Thanks for letting me share.



NEXT MONTH'S
FEATURED TOPIC

God vs. Ego

If you're interested in submitting a personal recovery story, please email it to SunsetCoastNewsletter@gmail.com

FUN IN RECOVERY

Pickleball



HOW IT STARTED

One addict helping another...that's what this program is all about! One day a struggling addict reached out to a friend feeling defeated & wanting to use. That friend suggested doing something active to occupy their time & they headed to the courts! From there more addicts got involved & over time it grew into a regular activity for members in our area to participate in & have fun.

FELLOWSHIP

There is something special about getting a group of people together to do something fun.

The unity & comradery that comes from teaming up for healthy competition. At the end of the day there are no winners or losers just fellowship. The patience of more experienced players helping those playing for the first time & the encouragement to keep trying is what truly matters.



EXERCISE

Being physically active in recovery is an important & beneficial factor for many addicts especially in early recovery. Pickleball is similar to tennis, however the court is smaller & it's less strenuous. Whether you're young or old, fit or not; it makes for a perfect activity for those who just want to get moving. If you're interested in playing contact Ann B. 239-450-8629

NEWS FROM NAWS

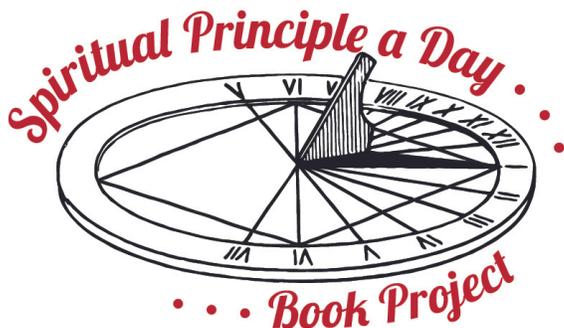
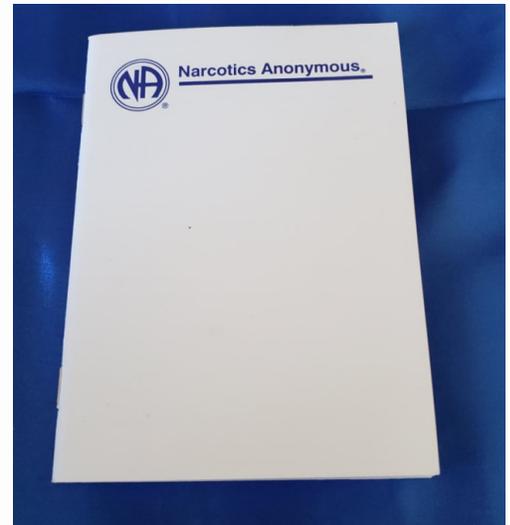


Send A Virtual Hug

In response to requests from members, you can now contribute in memory of someone, for someone's NA anniversary, or even just to send a virtual hug. If you click the Send Some Love option on www.na.org/contribute, after you make your contribution and indicate the occasion and recipient, you will be taken to a page where you can select a card to send to let someone know you have contributed in honor of them or their loved one.

60th Anniversary Little White Book

This year marks the 60th anniversary of the Little White Book (LWB). Did you know that over the past 20 years, communities have been publishing local stories in the LWB, in accordance with the policy described in A Guide to World Services in NA? In addition to the eight stories in the English-language version, 85 more stories are published or forthcoming in 13 other language versions of the LWB. To celebrate the Little White Book's diamond jubilee, we intend to collect all 93 of these stories in one special edition Little White Book.



New Literature: Spiritual Principles

Thanks to our collective efforts, a book that explores a spiritual principle each day of the year is taking shape. As you may recall, the 2018 World Service Conference initiated this work by approving a project plan for work over two Conference cycles. Since then, we've been busily engaged in creating a book that's truly by addicts, for addicts. We anticipate publishing an approval draft for the book in the 2022 Conference Agenda Report.



ANNIVERSARIES

EOH

Ryan P celebrates
1 year Aug 29th 7pm

LWOB

Gil R celebrates
4 years Aug 12th 8:30pm

NOONERS

Daniel O celebrates
10 years Aug 31st 12pm

SNL

Nicole E & Sammy V
celebrate together
Aug 21st 8:30pm

NFF

Ryan P celebrates 1 year Aug 18th 8:30pm
Tim R celebrates 7 years Sept 8th 8:30pm



CONGRATULATIONS!

KEEP COMING BACK!!



UPCOMING EVENTS



JOIN US AT

Beach Unity Day

\$10
WRIST BANDS
No Addict Will Be Turned Away

SUNDAY SEPT. 12, 2021
10 AM-3 PM

FOOD•FUN•FELLOWSHIP•AUCTION

DELNOR WIGGINS STATE PARK
11135 Gulf Shore Drive Naples, FL 34108
Pavilion #6

PARK CHARGES \$6 PER VEHICLE & CLOSSES ONCE IT'S AT
MAXIMUM CAPACITY CARPOOLING IS ENCOURAGED

IF YOU HAVE ANY QUESTIONS CONTACT:
JASMINE H. 239-238-5311
ACTIVITIES.SUNSETCOAST@GMAIL.COM

NA IS NOT AFFILIATED WITH THIS FACILITY

**Activities is accepting donations for items to include in the auction at Beach Unity Day.
If you have any NA related merchandise that you're willing to do ate please reach out to:
Mari H. 239-834-2273**

Wanna Get Involved?

Policy & Public Relations are struggling with support & would benefit from willing members of the area getting involved in service. If you or someone you know is interested in these areas of service all are welcome to attend!

Area Service

**2nd Sunday of the month 9:30 am
The Last Connection
2740 Bayshore Dr Suite 16
Naples, FL 34112**

Hospitals & Institutions

**1st Sunday of the month 10 am
The Last Connection
2740 Bayshore Dr Suite 16
Naples, FL 34112
HISunsetArea@gmail.com**

Public Relations

**Saturday Before Area 10 am
Zoom Platform
Meeting ID: 831-5040-5355
Password: UNITY
PRSunsetCoast@gmail.com**

Activities

**Last Sunday of the month 9 am
The Last Connection
2740 Bayshore Dr Suite 16
Naples, FL 34112
ActivitiesSunsetCoast@gmail.com**

Policy

**Contact
Susan C.
239-465-6569
SunsetCoastPolicy@gmail.com**

