



RELATIONSHIPS RELATIONSHIPS RELATIONSHIPS

WELCOME

This is our seventh Edition of **The Hollywood NA Times**. This month's Theme is *Relationships*. Next month's Theme will be *"UNITY"*

We definitely need your contributions in the form of short stories, personal experiences, essays, poetry, art, and even jokes... all related to recovery of course. We would also love to hear any suggestions and/or concerns you may have .

Please contact us at:

tsjonny1NA@gmail.com

Jonathan S., Chair

Julia I., Co-Chair

Nick G., Copy Editor

**NA RECOVERY
AFTER HOURS**



869 443 06744

NO PASSWORD

Zoom Code

"Relationships can be a terribly painful area. We tend to fantasize and project what will happen. We get angry and resentful if our fantasies are not fulfilled. We forget that we are powerless over other people." Basic Text, 6th Edition, page 82

RELATIONSHIPS: BEFORE AND AFTER

By Maria D.

It's easy to compare relationships before NA and since coming to NA.

Before: There was always a motive behind spending time with anyone and it was simple: Either you had drugs or you were going to help me get drugs. That's it. There was no honesty, no intimacy, no shared fun things to do. If I wanted to go somewhere, it was easier to go alone, this way I didn't have to put up with anyone else's wants or needs. And, for the most part, the only thing I really wanted to do was use and I could do that by myself and not have to share.

I was unique, smarter than everyone, and no one understood me. There were so many secrets that I couldn't/wouldn't share. Relationships (other than for reasons previously shared) were too much work. I was better off alone. I was fine alone. I was meant to be alone. Relationships of any sort were too hard and you couldn't depend on anyone or trust what they said anyway.

Easier to be alone.

After: OMG! There isn't enough hours in the day to have conversations with the people I care about, share time with, laugh with, cry with, sympathize with, celebrate with!

(Con't next column)

"Relationships keep us aware of the fact that we really do need each other. Meaningful and fulfilling relationships are possible. " Thank you **Tony Mac, George A, Marc O, Maria D, Brian B, Nick G, and Julia I** for your contributions and continued support of our NA Newsletter.

The first time I laughed out loud with someone, I can remember being startled when I heard the sound of my voice! The freedom in that laugh!

The first time I looked someone in the eyes as I spoke to them was startling to me. I realized it was happening and I was amazed! The trust and openness in that look!

There are many, many blessings that have come throughout the years of recovery and they keep on coming. But, the relationships have been the greatest blessings of all. To share honestly. To really enjoy being with people. The trust that develops. The interdependency that makes life so much easier.

The true joy that comes from sharing good times and bad.....there are no words that adequately describe the joy that the relationships I have made in NA have brought and continue to bring to my life. That joy and freedom to be a part of instead of apart from, extends beyond the rooms of NA now.

Monthly ASC Business Meeting

4th Sunday of each month

3:30 – 5:30 p.m.

Link to join meeting:

<https://zoom.us/j/97954308971>

Meeting ID: 979 5430 8971

Password: hollywood

Poetry & Artwork By: Brian B.

*The angelic grace of our higher power.
We ask of them to absolve us of defects.
So we may blossom, as such holy flowers.
Our perception of this gifted perfection.*

*Comfortable conception of recovery,
will sever that which released our shackles.
We've used once and then destroy... as always.*

*Those that once had gifted grace.
Our fallen angel takes our place.
We've become that which pierced her vein.*

*Broken and ravaged, yet one wing extended.
Tears of blood wrought by her addict.
Misguided monkeys always relapsin'
Even perfection, vulnerable to retention.*

*Once we rose above our obsession.
As did she, who is now sufferin'
Reconnect, and she will hearken.
Give us resolve to, to keep the steppin'*



Whenever I am trapped in this phantom zone, I start spinning out of control. I get overloaded, stressed out, and my life is totally out of balance. I neglect my health. I neglect my family. I am running around feeling lost and motivated by fear, because of my disconnection from my Higher Power.

Then I get really angry at people, places, and things. Whenever I have a spiritual void in my life, I'm disconnected from God. I'm disconnected from the Fellowship. It feels like I want peace in my life, but at the same time I want to watch the world burn. I start demanding respect so I can look good on the outside, but just below the surface I'm bitter and I want my misplaced anger to destroy you.

I use money and prestige to become very destructive. I want to fill the void with something. I have this false concept that my self-worth depends on my net-worth. But it doesn't matter how successful I get it's never good enough, because just at the moment I start getting my life together, I hear that haunting voice that says, "I'm nothing and will always be nothing." This is the great tragedy of my life.

Working the Steps wakes me up. I wake up smelling the garbage I'm in. I may live in a nice apartment, have a great job, but if I'm neglecting my recovery, I'm living in a trash bin that I think smells like "Pierre Cardin."

(Con't on Page 3)

MY RELATIONSHIP...w/ MYSELF & GOD

By: Toby Mac

One day while riding with Pam, we got into an argument. The argument got really heated and we started yelling at each other and I pulled the car over. She looked at me and said "Something's going on deep inside you and you need to figure it out, because you're scaring me." I knew something wasn't right. I just couldn't tell what it was because I was so stressed and had so much anger. A couple of days later I was cleaning out my closet and came across some old writings about clearing away the barriers between a Higher Power and myself and immediately, old fears and insecurities flooded back after I read them. I knew it was a warning about that empty space in between.

My spiritual growth has come to a screeching halt, because I stop trusting God. God is powerful, but I'm in trouble so will He abandon me? Will He leave me? Can I really trust Him with my life? When I'm afraid to trust God, it's because I'm afraid He's going to let me down.

MY RELATIONSHIP (con't)

I wake up and smell the garbage and stop running. I need to stop running. It's time to stop running. I've been trying to keep it all together. I'm juggling everything and I'm afraid if I stop it'll all come crashing down. It's time to stop running

Once I stop running, I can work the Twelve Steps of NA with my sponsor who always gives me humility. I always find self-acceptance and make peace with my scars. I remembered that I'm an addict and my problem is addiction. I get a clear picture of my spiritual condition. It always amazes me how prayer and meditation reinforce my commitment to living a new way of life and to further my relationship with a Higher Power. I remember why I have a great need for God.

I stop running. I stopped trying to please everyone. I'm in love with just the way I am. I have this ability to love myself and others, to laugh, and to find great joy and beauty. I have found a way to fill that empty space in between. That's why Pam and I are still together. We got a good thing going. By the way, we don't argue anymore like cats and dogs, because she wins all the arguments. Thanks, NA, for guiding me there. I have a love that will last, always and forever.

WHY CAN'T I FIND A GOOD RELATIONSHIP?

By: George A.

When one door closes, another one always opens. Yeah, yeah, it all sounds good. Most of us ask ourselves, "Why can't I find a good relationship?" Perhaps it is because I haven't truly ended the last one.

I usually hold onto people in my heart and my mind long after they have gone. I may hold on to anger, hurt, and pain. I may be holding onto romantic memories and special times, using them as measuring sticks for anyone who comes along. I hold on to my heart, protecting it from pain. My mind is filled with memories and doubts. I believe sometimes in my head that my dreams are shattered and will never come true. With all of the stuff I hold on to, how can I allow others to get into my heart? I must learn how to close the door on old relationships. I must sort through the rubbish, clear out the garbage, and freshen up my heart and mind to receive a new guest into my life.

I also remind myself that if I keep going in and out of the same relationship, chances are I'll end up hurt or hurting someone else. Relationships are a learning experience and once I learn my lesson, it's time to move on. To continue to run in and out of different people's lives will end up hurting me and the people involved. When a relationship is over, I must learn to let go, no matter how much I love the other person, or how afraid I am that love won't come my way, I have to learn not to fix myself, running from person to person, trying to hide from love. Everybody needs to be loved and to love someone. I'm trying to love to the best of my ability. Love really is about people coming together to support each other.

All the little tricks and games we play to get our needs met are just that, tricks and games. It would be so much simpler if we honored ourselves and trusted our partners enough to ask for what we need. Instead, what I usually do is wait for them to figure it out and if they don't, I hold them responsible. What a cruel trick! When I let my partner know up front what I need, I have a greater chance of having that need met. We both must know that our needs are important. Whether it's hugs and kisses, foot rubs, reassurance, breakfast in bed, conversation, Hershey syrup and whipped cream, our needs do matter.

The main thing is, due to this program of Narcotics Anonymous and the people in it who have shared and cared enough to help a dope head like me, my life has taken on lots of new relationships. The Twelve Steps have helped me develop a better relationship with myself and a Higher Power. Without them I could never have learned to love me.



SCRNA YOUTH COMMITTEE PRESENTS

SUPER BOWL VIEW PARTY



FEB 07 | HALFTIME SPEAKER
STARTS AT 3PM PST. 'TIL END
ZOOM ID: 415-798-8632
PASSWORD: 232323
Matt M. 626-224-2095



SECRETARY NEEDED



No Bullshit
Thursday- 6pm
6pm / Thursday night
Join Zoom Meeting



[https://us04web.zoom.us/j/163834368?
pwd=ZHNMRzBzYnVqM3IDS3RPQXlwUVR4QT09](https://us04web.zoom.us/j/163834368?pwd=ZHNMRzBzYnVqM3IDS3RPQXlwUVR4QT09)

Meeting ID: 163 834 368

Password: NoBullshit

MEETING SPOTLIGHT

MONDAY NIGHT CANDLELIGHT

Monday @ 8 - 9pm

Silver Lake Medical Center
1711 West Temple Street,
Los Angeles, CA, 90026

Speaker / Participation

<https://zoom.us/j/879911205>

This meeting includes a full 12
minutes of silence/meditation.

QNA-SOCAL-JFT

Tuesday @ 10am - 11am

<https://zoom.us/j/100258932>

Just For Today/Open Discussion

LISTEN UP!

Wednesday @ 7:30 - 8:45pm

5870 West Olympic Boulevard,
Los Angeles, 91331. Rm 310

[https://us04web.zoom.us/j/
8142124703](https://us04web.zoom.us/j/8142124703)

Love to have you join us!

OUR CONSCIOUS CONTACT

Sunday @ 8 - 9:15pm

[https://zoom.us/j/
95445189277](https://zoom.us/j/95445189277)

Password: meditate
NA 11th Step Meditation
Meeting

WANT TO BE OF SERVICE? PAROLEE NA ZOOM MEETINGS NEED YOU!

Please contact Lee

publicinfo@todayna.org (805)319-2820

*Co-Host *Monitor for Zoom Trolls *Take
Attendance

SPONSORSHIP BEYOND THE WALL

If you're interested in participating in 'Sponsorship
Behind The Walls ,' Tom K. is the chair and they meet
on the first Thursday of the month at 7:00pm.

Zoom ID; 825660214

password is 782320

Approximately 20 Inmates are requesting Sponsors.
This is a terrific way to be of service and give to others
"what has so freely been given to us."

Quarantined Meetings



Southern California

GHASC LGBTQ LIASON

We are accepting submissions for our
LGBTQ newsletter.
(NALGBTQNEWS@googlegroups.com)

Still working on a SoCal LGBTQ
meeting directory, so if any meetings in
the area want to be included please let
me know

In service, Lauren



GREATER HOLLYWOOD
SUNDAY MORNING GRATITUDE

"MY GRATITUDE SPEAKS, WHEN I CARE AND WHEN I SHARE WITH OTHERS THE N.A. WAY."

10:30-12pm pst
 Speaker Participation

Meeting ID
164 073 688
 no password

NA

The Relationships I have cultivated in NA or not based on what I can get from them or they from me, but rather what we can give to one another via love, respect, and honesty.

Anonymous



SCRNAYC

March 27, 2021

ADDICTS TODAY ARE MORE FORTUNATE

7PM - 9PM pst
 Zoom Id: 415-798-8632
 Password: 232323
 Matt M. 626-224-2095

NA **NA**

NARCOTICS ANONYMOUS WAY OF LIFE: RELATIONSHIPS

"Although isolated by the disease of addiction, we long for friends, companions and lovers. We want to trust and to be trusted. With practice, we learn that taking healthy risks, letting down our walls, and being vulnerable are assets rather than liabilities. Each success strengthens us and each failure instructs. Any time that there is trust between two people a positive relationship can result. Honest communication and respect for one another enhances these relationships. We develop these virtues by working on ourselves with the Steps. We come to know and love ourselves. Our expanding definitions of love cause our relationships to improve. As we grow healthier, we find relief from the aspects of our personality that cause us trouble when we get close to others. One area of learning to live that addicts refer to most frequently and with the greatest pain and confusion is 'relationships'. It is hard to accept the responsibility of getting the stuff out of the way that prevents us from having happy relationships. Before we can enjoy this aspect of humanness, we have to let the changes settle into our hearts and take root there. Otherwise, we can only build our nests by instinct. "



Greater Los Angeles Area Convention Committee
 PRESENTS
"A SHUT IN PRODUCTION"
 Principles, Practice and Perspective
February 15, 2021
 KICK OFF @ 12 NOON PST
 Comedy Show @ 4:15 PM PST
Tickets: \$15
 for Ticket info Go To
www.greaterlosangelesna.org

Contact: Melia : 323 286 5565
 Stephanie: 310.487.9457
 Meeting ID: 893 6511 4747 **NA** Passcode: GLAACNA

PHONELINES SUBCOMMITTEE REPORT

All Phonelines slots are currently filled, but one volunteer is carrying several overnight slots. He'd be happy to give up "one or two" of them. One volunteer is currently covering two slots: Monday and Wednesdays 8 a.m. to noon.

Phonelines volunteers should have a minimum of six months clean. We meet via Zoom on the 4th Sunday of each month at 9:00 a.m. via Zoom:

<https://us02web.zoom.us/j/6816380901>

Meeting number 681 638 0901

Yours in service, Lawrence T,
 Phonelines Chair: pl@hollywoodna.org.

Name: _____

Date: _____

Relationships in NA

S F M S R E N T R A P V H C G E C
 C O T I H S P O N S E E I U S 4 S
 H Y A L E D 1 P C 1 1 T R U T H S
 P I H S R O S N O P S T R A R O E
 G G S P I H S N O I T A L E R D N
 N W S E L F L E S S N E S S C S L
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 N S G F U E T N R G E E E S A N W
 U N V 4 H C C M F F V I N M S R Y

God Gratitude Friendships Relationships Honesty Honor Humility
 Mindfulness Partners Sacrifice self love Selflessness Sharing
 Sponsee Sponsorship Step 11 Step 4 Commitment Truth
 Understanding Willingness

RELATIONSHIP WITH OUR WORLD

"The spirituality we experience in NA is simple and practical: It allows us to live in harmony with our world and to experience empathy and compassion for others. The steps are a path to spiritual growth; we awaken to our own spirituality. As we develop a relationship with a Higher Power in whatever way we understand that, we come to understand that our spirituality is not a part of our lives; it is a way of life that brings us to an understanding of our purpose and the freedom we had been seeking all along." Excerpt from Living Clean