



HOPEHOPEHOPEHOPEHOPEHOPE

WELCOME

This is our first Edition of the new NA Hollywood Newsletter: **The Hollywood NA Times**. We hope you will find it inspiring, informative, encouraging, and just plain enjoyable. The Hollywood NA Times will be published six to twelve times per year and copies will be available at the area meetings. The Newsletter will also be available online. Each Edition will have a theme related to recovery and articles, essays, and any other contributions will reflect that Edition's theme. Everyone is welcome to contribute a personal essay, perspective, article, poem, testimony, as well as art work that reflects the principles and tenets of Narcotics Anonymous. Most issues of **The Hollywood NA Times** will also include *Member Birthdays/Anniversaries*, various *Happenings /Events* in the Hollywood Area, and a *Committee/ Meeting Spotlight Section* that will publicize NA Meetings throughout Hollywood. We are open to any and all ideas. Please contact myself or Julia I. with any questions or concerns you may have. Any contributions to the Newsletter may be sent to the email below. During this time of Covid restrictions, any member may receive their own personal copy via email by requesting one at the email below as well. Thank you for the opportunity to be of service.

Jonathan, Chair Julia I., Co Chair
tsjonny1NA@gmail.com

No matter how you look at it, HOPE "is the optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life." Thank you Marty F., Todd G., and "Anonymous" for sharing your experience, strength, and HOPE with us.

Dope? Nope. Hope!

By TODD G. 6/17/90

Hope is so important to life, especially for those of us in recovery. Even in the darkest depths of my using, I always felt a small glimmer of hope. I didn't know what to do with it or how to make it grow, unfortunately. It certainly didn't keep me from getting loaded at first. But it was always there... just enough to keep me going to one more meeting after yet another relapse. For me, this was a tiny but real gift from my Higher Power, embodied in our very important slogan "keep coming back." This was thirty years ago now. Since then, hope has grown for me and is still just as important as ever-- because life continues to be challenging even without drugs.

The rooms of recovery are where I have always found hope: listening to true, personal stories from the depths of despair, and the power of God's grace changing addicts' lives, one step at a time. Hearing others' experiences of fear and challenge, then how these were gradually overcome with the help of others in the program, has been a constant source of hope for me from the very first meeting I fearfully crept into. I am so grateful for this gift-- generously offered to me by fellow addicts each time they share honestly at meetings. Thank you all for helping me to recover, a day at a time.



WE HAVE TO HAVE HOPE

By MARTY F. 8/20/98

Coming into this fellowship, one of my big concerns was will I ever get back to the place I was years before I got into my addiction. That was my dream. That was my hope. But that dream didn't feel real, at least not in the beginning. Even though I didn't lose anything, in my addiction, I did lose my self worth and dignity. I didn't ever think I would go back to that place where I felt self respect and dignity.

As time went by, working the steps with my sponsor, accepting help from other addicts, taking on commitments, and feeling a part of this fellowship, that desire of hope slowly starting coming back. I was beginning to believe in myself again. My dreams and expectations were starting to be met, and beyond some. In August 2020 I will be celebrating 22 years of recovery. How? Why? I never got off that train since day 1. (con't top of page 2)

WE HAVE TO HOPE (Con't)

By **MARTY F.** 8/20/98

We are all going through difficult times in 2020, but I honestly have hope that this too shall pass. Back in the 80's and 90's during the AIDS crisis, I was on the front line being HIV positive since the early 80's. We all lost too many people during that era. So this is not my first health scare. I lived through that, and we will get through this. We just have to have hope, hang on, and stay on that train!

SUITCASE FULL OF HOPE

When I first came to California, I had a suitcase full of hope. However, that hope was slowly eradicated as I started using drugs. Using destroyed any semblance of spirituality and as long as I used, hopelessness dogged me relentlessly. I remember coming down from days of using, staying up – never sleeping, not eating, debasing myself and thinking that this would be my pitiful existence for the rest of my life. I could not imagine anything else as the disease had me wrapped up in a huge cocoon of lies and self-hate. I knew God was there for me, but I was not there for Him. It wasn't until I completely surrendered to God and to the principles of NA that hope started to be re-introduced into my vernacular and daily life. I started to hope that there might truly be a life for me without the use of drugs – I started to hope that maybe, just maybe, I could achieve some of my dreams, if not all of them. My journey did not end there, but from that first time I surrendered to a Power greater than myself and the Principles of Narcotics Anonymous, hope has always been at the forefront of my spiritual path. *(Anonymous)*

INTERNATIONAL MARATHON MEETINGS

ZOOM MEETING
4949655895

24 HOURS A DAY!
7 DAYS A WEEK!

WORLD UNITY DAY
5 September 2020
10 am PDT

Join NA members for a heartfelt expression of NA's worldwide unity as we take a moment to reflect on our global Fellowship and our primary purpose: to carry the NA message to the addict who still suffers.

On 5 September (6 September for our friends across the date line), we will all join together to share the Serenity Prayer.

Participate however you are able—attend a Unity Day event or meeting, gather with friends in person or virtually, or take a moment to yourself at any time on Unity Day to celebrate our worldwide NA Fellowship.

www.na.org/contribute

A sampling of worldwide times for Unity Day

Unity is the key to our survival and the beginning of our miracle. Practicing unity can be as simple as a smile—but it can also be one of the most difficult things we do. For the alienated, frightened, and resentful people many of us were when we got here, "our common welfare" can be hard to imagine. Our personal recovery depends on a principle we may never have experienced. Practicing unity is an act of faith.

Guiding Principles, Tradition One

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Fax: +1/818.700.0700
Website: www.na.org

Questions: Why aren't people in NA good dancers?
Answer: They often lose interest after 12 Steps!!!

Newsletter Contact
tsjonny1NA@gmail.com

Virtual NA Vacation??
Canadian Convention of Narcotics Anonymous
September 18, 19 & 20, 2020
A Virtual Recovery Celebration

Convention Information:

ci.contact@canadianconvention.com

Programming Information:

program.contact@canadianconvention.com

Registration Information:

registration.contact@canadianconvention.com



BLACK ROSE

By Jacqui A.

A black rose has no thorns
When shielded by a gleaming moon
The night brings power to the soul
Outer darkness...inner mystery

The sun is like a piercing sword
There is no guiding light
It's brightness is deceiving
Compared to everlasting night

Black and white in empty void
Heart engulfed by blinding light
Black rose enclosed in gold cocoon
It's time that butterfly leave the womb

Black larvae meets the spider sun
She's wrapped inside his web-like gaze
She craves the safety of the night
Sun spirals back in spider maze

When dreaming of the spider sun
Heart darkens from the blinding light
Black rose becomes the gleaming moon
His beam transcends eternal night

Recovery

By KL

Don't feel disillusioned by where you are now
your progress is good enough
it's meaningful
it's on time
though everything may go unacknowledged
every silent step is movement
in the right direction

when it feels as though
everyone is going forward
and you're being pulled back by
your own demons or your past
remember that every moment in this journey
will play its part in the greater narrative —
what a beautiful story to share one day
written just by living your life.

SO WHAT DO THE KEY TAGS SYMBOLIZE?



WHITE - The international color of surrender. This key tag is for anyone at their first NA meeting, back after a relapse, or just want to surrender to their disease today.

ORANGE - Orange you glad you found NA?

GREEN - Clean & Serene. FROG = Fully Rely On God! The color of money. We aren't spending it on dope anymore. Green for GO! Go to a lot of meetings. The grass is greener on the NA side.

RED - Stoplight, stop & look at your program. We should have RED our Basic Text by now. The color our eyes used to be when we got high.

BLUE - 1/2 a cake! It's blue so we don't have to be. The color of our Basic Text. Hopefully, we've seen one, opened one, better yet, read one by now.

YELLOW, my name is _____, I am an addict. It represents the sun. We can see it when we get up in the morning, instead of coming in after a night of using.

GLOW IN THE DARK - So we don't have to. They also say we have an inner glow at this time.

GRAY - Battleship gray. The war is over and we never have to use again. The only one with silver writing. It represents that behind every gray cloud is a silver lining.

BLACK - Keep coming back! Black is the absence of all colors, just like the absence of drugs in our lives. We've been in the dark long enough. Gold on black because we kept coming back or black on gold because we did what we were told. The color of coal. When coal is compressed it turns into a diamond, and We are all diamonds!

HOPE FOR PAROLEES

Regional PR Committee is asking for members who have experience with Zoom to assist with their Parolee Service Presentation. These presentations are designed to introduce parolees to Narcotics Anonymous. They are looking for people who can:

- Co-Host Meetings, help with waiting room
- Monitor for Zoom Trolls
- Assist Parole Officers with attendance

Parolee Meetings take place on Tuesday's @ 10:00am and Thursday's @ 8:00pm. Anyone interested in helping out can contact Lee: publicinfo@todayna.org or (805)319-2820

**"I am not defined by my relapses,
but by my decision to remain in
Recovery despite them."**

RecoveryExpress.com

"WE DO RECOVER"

AREA COMMITTEE SPOTLIGHT: LGBTQ

MEETING SPOTLIGHT

Identification With Others

Many have asked, "Why do we need an LGBTQ Committee?" According to our First Tradition we are equal and all are welcome. This is true and this ideal is a beautiful principle of Narcotics Anonymous. As a gay man, I am grateful for the tolerance and acceptance I have experienced here in NA. I have seen a transformation of myself through working the 12 Steps and I am continually having many spiritual awakenings in my recovery. For this I am truly grateful.

What made me stay?

As I look back, I realize that I was determined, no matter what, to get clean. I know now that this determination is an asset that I have had all my life. For what ever reason, I have always been able to do what I thought was right for me in spite of the odds. I became a cheerleader in high school, I changed my major in college to music, I left college to become a dancer, I had no problem telling my parents that I was gay. All of these I did against my parents' wishes, which was huge as an only child raised to honor my parents.

What about the addict who does not have this conviction?

I have had to learn over time that "Anyone may join us..." is up to me. As an addict who is defined by my identities (rightly or wrongly), I can identify with those who have lived with identities. These identities we are born with. These identities we cannot escape easily or at all. Again, I have had to learn the principle of the First Tradition. As a newcomer, I knew nothing. Newcomers bring with them all of their learned messages (rightly or wrongly).

The only requirement for membership is a desire to stop using. Is safety in meetings important? I don't know what it is like to be a woman. I don't know what it is like to grow up White. I do know what it is like to be constantly judged by the identity I cannot escape. Sometimes it is not nice, and I have learned to be on guard because I do not know if I will be accepted. Right or wrong, this is my life and I accept it. So I identify with the need for Women's meetings. I identify with the need for young addicts to see and recover with other young addicts. I identify with the feeling of safety.

Women's meetings, the Youth Committee, the LGBTQ Committee...Why? Safety. I wish this wasn't an issue. It would be ideal. The disease of addiction does not discriminate, but people sometimes do.

LGBTQ addicts have many convictions. Some are so frightened and untrusting. Many come to Hollywood because they feel this is the only place they can feel accepted. I am honored to be a member of NA in the Hollywood Area because you have made me feel safe. The reality is that we are the exception not the rule. The LGBTQ Committee carries our message to all addicts. We understand and identify with addicts who need safety.

MARC O.

REGARDLESS OF

Sunday 6pm - 7:15pm

BHS Hollywood Recovery Center

6838 Sunset Boulevard, Los Angeles, 90028

<https://zoom.us/j/241428128>

If you are looking for a strong dose of recovery, **Regardless of** may just be the place for you. A Speaker shares for approximately 15-20 minutes followed by general sharing. There is no break. ALL are welcome.

"Eclectic, rustic, and inclusive"
Rosalyn R.

"Regardless of is the 12 Steps all wrapped up in one meeting"
Patrick R.

"So much love and great recovery". Rhonda D.

ONE HOUR DOSE

Thursday 6pm - 7pm

BHS Hollywood Recovery Center

6838 Sunset Boulevard, Los Angeles, 90028

<https://us02web.zoom.us/j/2541895656>

Don't have a lot of time, but still need a meeting? **One Hour Dose** is the meeting for you. This is a small meeting where a speaker shares for 10 minutes followed by general sharing. You are Welcomed.

"A dose of compassion and love." Chris F.

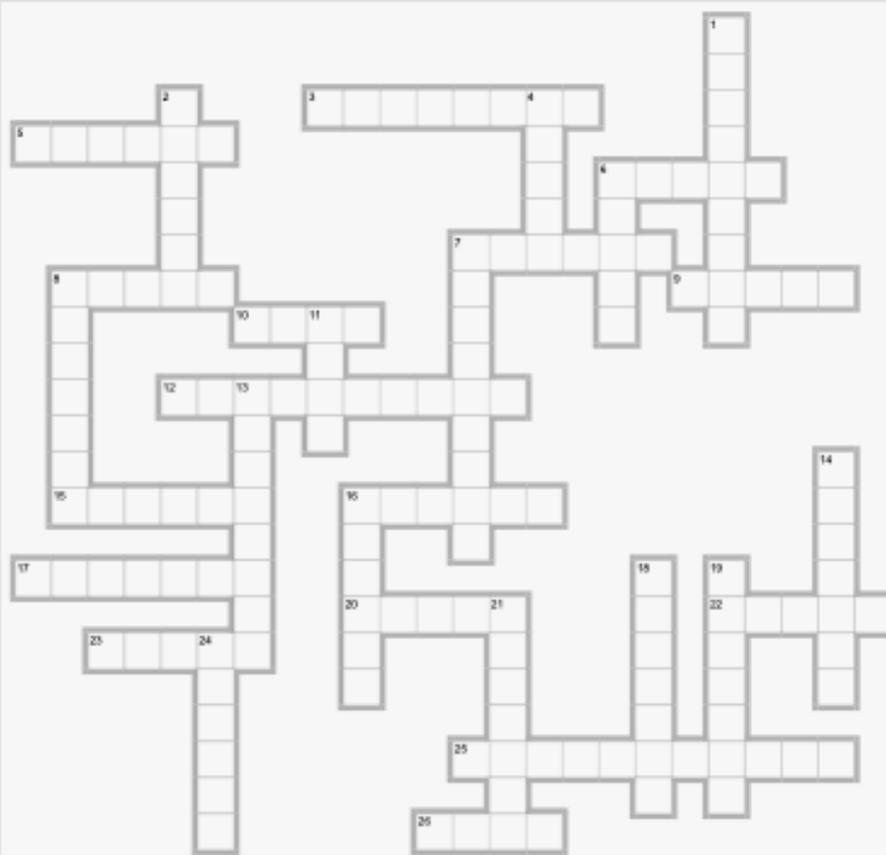
"Where I can hear some great recovery and see welcoming faces." Tony A.

"Since 2004. It's intimate and most weeks everyone gets to participate in their recovery and get real!" Steve C.

CROSSWORD PUZZLE ANYONE?

Steps 1,2, and 3 offer **HOPE** "that the disease of addiction can be arrested and recovery is then possible."

"How It Works" Steps 1, 2, 3



Learning to use our literature helps us stay clean, the solutions are always in there.

All of the words in the puzzle can be found in the "Fifth Edition Basic Text" Chapter Four pages 17 - 26

Across

3. "We continued to take personal inventory and when we were wrong _____ admitted it." (pg 17)
5. "Our addiction gives us a _____ ground for understanding one another." (pg 19)
6. "This decision is based on _____." (pg 25)
7. "The process of coming to believe restores us to _____." (pg 24)
8. "We began to see evidence of some _____ that could not be fully explained." (pg 24)
9. "Surrendering to the will of our Higher Power gets easier with _____ practice." (pg 26)
10. "We accept our addiction and _____ the way it is." (pg 22)
12. "These are the _____ that made our recovery possible." (pg 17)
15. "Insanity is using drugs day after day knowing that only physical and _____ destruction comes when we use." (pg 23)
16. "There is one thing more than anything else that will _____ us in our recovery..." (pg 18)
17. "We found that the higher our drugs took us, the lower they _____ us." (pg 25)
20. "Powerlessness means using _____ against our will." (pg 20)
22. "Social acceptability does not _____ recovery." (pg 21)
23. "No one _____ convince us that we were addicts." (pg 19)
25. "Having given our will and lives to our addiction, in utter _____, we looked for another way." (pg 25)
26. "Some of us didn't take this _____ seriously at first..." (pg 23)

Down

1. "We feel that our way is _____, for one addict can best understand and help another addict." (pg 18)
2. "At times during our recovery, the decision to ask for God's help is our greatest _____ of strength and courage." (pg 26)
4. "We can _____ to function in the world in which we live." (pg 22)
6. "Our disease is progressive, incurable and _____." (pg 20)
7. "Only after _____ are we able to overcome the alienation of addiction." (pg 22)
8. "The foundation of our _____ is the admission that we, of ourselves, do not have power over addiction." (pg 21)
11. "We need to admit this _____ in order to recover." (pg 20)
13. "We _____ ourselves, and lived in prisons that we built with loneliness." (pg 19)
14. "We are people with the disease of addiction who must _____ from all drugs in order to recover." (pg 18)
16. "They are our defense against addiction which is a _____ disease." (pg 19)
18. "We came to believe that a Power greater than ourselves could _____ us to sanity." (pg 17)
19. "Insanity is repeating the same mistakes and expecting different _____." (pg 23)
21. "If we are thorough and _____, we will notice a change for the better." (pg 26)
24. "We saw that willpower alone would not work for any _____ of time." (pg 21)