



## GRATITUDE GRATITUDE GRATITUDE

### WELCOME

This is our fourth Edition of the **The Hollywood NA Times**. This month's Theme is **Gratitude**. Next month's Theme will be **Sponsorship**.

**WE DEFINITELY NEED YOUR CONTRIBUTIONS IN THE FORM OF SHORT STORIES, ESSAYS, POETRY, ART, AND EVEN JOKES, ALL RELATED TO RECOVERY.**

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**



*"Our **gratitude** becomes the underlying force in all we do, weaving its way through our lives and the lives of those around us."*

**GRATITUDE** is an attitude of being thankful no matter our circumstances. Thank you **Cindy R, Chris R, George W, Marc O, Glenn S, Nick G, and Julia L** for showing your gratitude by being of service to our Newsletter.

### **THE BEGINNING OF GRATITUDE**

**By Glenn S.**

Back at the beginning of October, 2012, I stumbled upon the Hollywood NA Gratitude meeting. It was funky, it was crowded, and I was uncomfortable yet they gave me a chair. I was a newcomer and they made me feel welcome...I was ungrateful and they showed me a new way.

We say the NA gratitude prayer at the beginning of the shares. And the meeting begins. What happens is the miracle of recovery. Each person goes there, or tries to find a solution for themselves. If they can't, they can just wait and hear it, it will come.

It says in our literature from LIVING CLEAN - "One of the benefits of reaching out is finding that our most painful experiences can help someone else. When we say, 'I've been through that, and I stayed clean' we realize with gratitude that we have gotten to the other side of something we had feared we could not get through."

There are solutions at this meeting. Through the gratitude shared by my fellows, I too learned to find hope and solution without the use of drugs. I learned how to live life on life's terms without picking up. I learned that when I find gratitude for the daily struggles, gratitude for the challenges and use the tools I learned in NA, I could stay clean and find a new way to live. Thank you NA. I will never be the same. I will always be growing.

### **GRATITUDE**

**Just For Today Aug 7**

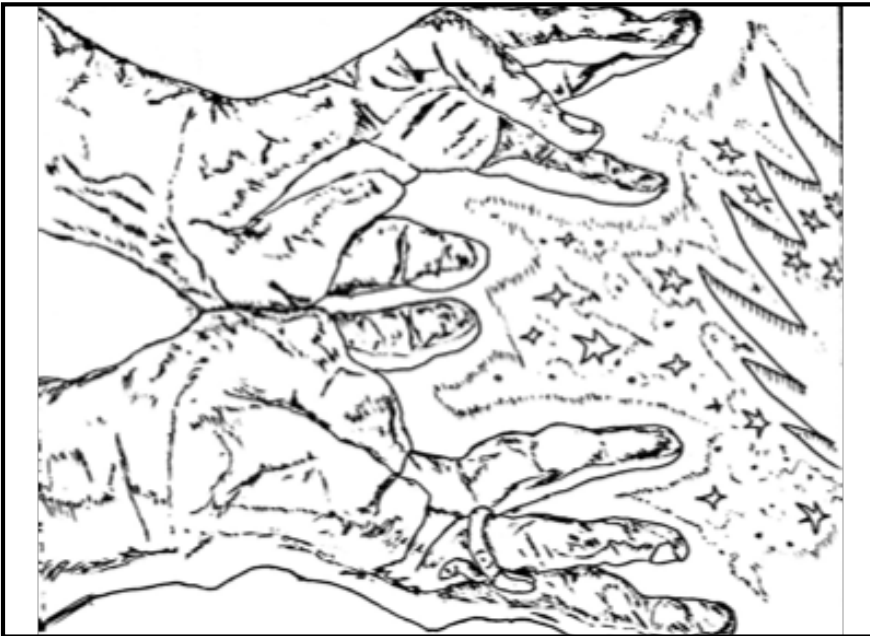
"It's easy to be grateful when everything runs smoothly. If we get a raise at work, we're grateful. If we get married, we're grateful. If someone surprises us with a nice present or an unasked favor, we're grateful. But if we get fired, divorced, or disappointed, gratitude flies out the window. We find ourselves becoming obsessed with the things that are wrong, even though everything else may be wonderful.

This is where we can use a gratitude list. We sit down with a pen and paper and list the people for whom we are grateful. We all have people who've supported us through life's upheavals. We list the spiritual assets we have attained, for we know we could never make it through our present circumstances without them. Last, but not least, we list our recovery itself. Whatever we have that we are grateful for goes on the list.

We're sure to find that we have literally hundreds of things in our lives that inspire our gratitude. Even those of us who are suffering from an illness or who have lost all material wealth will find blessings of a spiritual nature for which we can be thankful. An awakening of the spirit is the most valuable gift an addict can receive.

Just for Today: I will write a list of things, both material and spiritual, for which I am grateful."

**GRATITUDE**



## Research Summary: The Role of Adult Attachment and GRATITUDE in Recovery

Excerpt from: Positive Psychology, Recovery, and Relationships Laboratory  
(The study encompassed both NA and AA members, but uses AA when referring to results)

People in 12-step addiction recovery programs who have difficulty with social relationships and intimacy may be less likely to flourish given the highly social nature of 12-step programs. Gratitude is widely known among 12-step program members as a tool that facilitates well-being; in the field of positive psychology, gratitude is known for its prosocial qualities, including the development and maintenance of social relationships. However, there has been little research on gratitude in recovery, and no research that looks at people's characteristic approach to closeness and intimacy (i.e. attachment style) and gratitude in recovery.

In a sample of 184 members of 12-step addiction recovery programs (Alcoholics Anonymous and Narcotics Anonymous) we examined whether people who were more grateful reported higher positive indicators of recovery (i.e. 12-step program practices, AA promises), and better general life outcomes (i.e. more post-traumatic growth and social support; less stress and health symptoms).

We also investigated whether gratitude was more important for people in recovery who have higher attachment anxiety or attachment avoidance. In line with our predictions, we found that higher levels of gratitude were positively associated with 12-step practices, AA promises, post-traumatic growth, and social support; and negatively associated with stress and health symptoms.

## HANDS OF GRATITUDE

By Anonymous

I reach out my hands of gratitude to a  
newcomer  
To remember walking into my first  
meeting  
Alone  
Frightened  
A hand on my shoulder  
A hug  
Telling me I am in the right place  
Hands on my back  
Comforting me with gentle touches of  
understanding  
More hugs  
Helping hands  
Holding me close  
Giving hands  
Hands of Gratitude.

Further, we discovered that when people with higher attachment avoidance (but not anxiety) were also grateful, they reported better outcomes. Findings suggest that gratitude is an important factor in this population that warrants further exploration.

Future research might benefit from longitudinal or experimental methods that examine whether gratitude is an antecedent to or a result of 12-step practices, AA promises, post-traumatic growth, and social support.

## SIMPLE GRATITUDE

By: Chris R.

When I first came to the Program, I heard people talk about being a "grateful recovering addict." All I could think of was, "Why would anyone be grateful for being a drug addict?" I dismissed them, "These people are weird. I can't relate."

After years of living the Program, I finally came to see that had I not crashed and burned in my active addiction, I would've never come to the 12-Steps and worked on myself to become a better person. I would never have seen the good in me, the good in others and the joy in doing good things.

I'm now truly a grateful recovering addict.



## ~ Happiness Comes from Gratitude ~

By Kayla S.

*("Recovery in Action" Southeastern Arizona)*

Some say gratitude comes from happiness, but for this addict happiness comes from gratitude. I once read if you list 3 things you're grateful for everyday for 21 days, your attitude will change. I did this and it worked.

I struggled with really bad postpartum depression and was looking at getting on medication. In one last effort I took this challenge. It worked. I avoided getting on any medications and learned to deal with my PPD the healthy way. The truth is I have so much to be grateful for. Of course it's easy to be grateful for the roof over my head, my car, my clothes and my job; but those things aren't the big ticket items for me.

I am grateful for my peace of mind, my serenity, the love I feel everyday, and for the program of Narcotics Anonymous. I wake up every day and the first words I think are, "Thank You God." Expressing my gratitude on a regular basis is as big piece of my recovery as my meeting attendance. Gratitude is one of my favorite spiritual principles and one I chose to practice on a daily basis.

### NA WORLD SERVICES NEEDS YOUR GRATITUDE VIA CONTRIBUTIONS

As you probably know, NA World Services has been financially affected by the global pandemic. Even before the crisis hit, we were discussing how to shift our financial model from one that relies upon literature sales to a more sustainable model that depends upon member contributions. It's a huge shift and we know it won't happen overnight, but over time.

One way members can help is to consider making a recurring monthly contribution to World Services: [www.na.org/contribute](http://www.na.org/contribute). Some of us contribute the amount of our clean time each month, some more, some less. In February, 50 members had recurring contributions. As of this writing, there are more than 500. Our first goal in the journey to become self-supporting through member contributions is to increase the number of recurring monthly contributions to 1,000 by the end of October.

We recognize that not everyone is able to contribute financially. Some of us contribute more through service or sponsorship. Thank you for doing your part whatever that is. We appreciate everything that members do to carry the message and grow NA. That no addict seeking recovery need ever die from the horrors of addiction.

*"I am grateful that I can give"*



#### NA WORLD SERVICES:

##### Don't forget:

NAWS now has an Instagram account:  
[www.instagram.com/narcoticsanonymous](https://www.instagram.com/narcoticsanonymous)

Deeply discounted books and bundles are available in the Exciting Deals section of the webstore Catalog dropdown menu:  
[www.na.org/webstore](http://www.na.org/webstore)

## NARCOTICS ANONYMOUS GENDER MOTION AMENDED 10/2020

**Motion:** To direct the World Board to add "gender" to "What is the NA Program?" to read: *"Anyone may join us regardless of age, race, gender, sexual identity, creed, religion or lack of religion."*

**Intent:** This sentence is a powerful statement our literature makes about who is welcome to join Narcotics Anonymous. This reading is a basic reading at meetings and this small change would set the tone for inclusivity without having to negotiate many cultural differences in language and concepts of personal identity worldwide. Inclusion of the word "gender" in this sentence communicates the value system that men and women equally may join Narcotics Anonymous; this also welcomes addicts who do not conform or who define gender for themselves. Until all genders are treated equally worldwide, Narcotics Anonymous must include gender in this sentence so that any addict seeking recovery, despite differences in our identities that might divide us outside of NA, feels welcome to join Narcotics Anonymous regardless of social, political, socioeconomic, religious, or legal restrictions in the world.

*This motion is for the seventh edition of our Basic Text. Until then, this change is to be added on reading cards after current stock is exhausted.*

**Rationale:** We believe there is a clear distinction between the two terms: Gender refers to one's concept of self as male, female, a blend of both, neither, or other; sexual identity refers to how one thinks of oneself in terms of to whom one is romantically or sexually attracted.

## NA PHONELINES SUBCOMMITTEE

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.

In order to fulfill the guidelines of our subcommittee and provide better service, I also need the following committee members with the following qualifications:

- 1) Phonelines Trainer: 1 year and six months prior involvement with phonelines
- 2) Phonelines Coordinator: 1 year and six months prior involvement with phonelines
- 3) Phonelines Volunteers: 6 months and "a working knowledge of the twelve steps, twelve traditions, and twelve concepts of Narcotics Anonymous" (whatever that means).

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

(no password)

Yours in service, Lawrence T.

Phonelines Chair [pl@hollywoodna.org](mailto:pl@hollywoodna.org)

*"To me, the voice of NA is like a huge choir of thousands of voices singing the same song. It reflects and celebrates our diversity while focusing us all on our primary purpose: to find, and help others find recovery through Narcotics Anonymous." Anonymous*

**CHECKLIST FOR REOPENING MEETINGS****From: PR Subcommittee. Chair: Jason S.**

It is suggested that groups have a detailed plan for reopening in-person meetings. As NA groups, we need to keep our Traditions in mind (paraphrased here):

Below are items groups should take into consideration when planning to reopen as well as suggestions addressing them:

- I. Have we visited the websites to CDC and state local guidelines to be sure we are in compliance with them?
- II. Have we spoken to the facility; do we have permission to meet where we rent? Does the facility have any specific requirements that must be adhered to when using the facilities going forward?
- III. Do we have plans for sanitizing before and after the meeting?
  - A. Clean all tables and chairs before members arrive and after members leave.
  - B. Have spray cleaner and paper towels available for those who want to clean their own areas.
  - C. Make sure that restrooms (if open) have soap for washing hands.
- IV. Have we thought about ways to encourage personal safety?
  - A. Wear masks/face coverings to meetings.
  - B. Consider not serving coffee and suggest members bring their own drinks.
  - C. Have sanitizer available if possible.
  - D. Make sure that restrooms (if open) have soap for washing hands.
- V. Do we have a socially distant seating plan?
- VI. Are we prepared to take every precaution we can during the meeting?
  - A. Readings: Download readings/books/IPs to avoid passing literature around the meeting.
  - B. Contributions: Put the basket in a stationary place; or consider using a money app for donations.
  - C. Have gloves and sanitizer available for anyone signing papers.
  - D. Spray keytags with disinfectant prior to the meeting and wear gloves when handing them out.
  - E. Create electronic versions of phone lists, or exchange phone numbers via text.
  - F. Refer attendees to websites or apps for meeting schedules instead of using paper lists.
  - G. Circle up without touching and maintain physical distance.
- VII. Have we thought about ways to accommodate those not yet able to meet in person due to health or other concerns?
  - A. Hybrid: Virtual/Physical Meeting
- VIII. Have we come up with a plan on how to handle situations where we may have an overflow in attendance? - Is there a completely separate space we have permission to use? (A large group, divided within a single room or space, is still a large group)

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## CHECKLIST FOR REOPENING MEETINGS (con't)

- IX. Have we carefully considered how reopening our meeting will affect our public image?
- A. Communicate with members and the public (as needed) about the precautions the group is taking to protect the safety of the of meeting attendees and the public as a whole.
  - B. Add an Announcement in the meeting format to clearly state and reiterate the precautions being taken to protect members.

The following is an EXAMPLE of information that can be posted on the meeting door.

WELCOME TO THE \_\_\_\_\_ GROUP OF  
NARCOTICS ANONYMOUS

To protect the safety of our members:

- 1) Please do not move the chairs
- 2) We normally hug – Please be mindful that due to the Covid-19 situation, not everyone will be comfortable with hugs. Please ask permission before giving someone a hug!
- 3) If you feel sick, or have had a fever in the past 14 days, please refrain from attending the meeting in person. Virtual meetings are still available at (insert virtual meeting information here)

## 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."

## MEETING SPOTLIGHT

### SUNDAY MORNING GRATITUDE

**Sunday 10:30 - Noon**

Bellevue Recreation Center  
826 Lucile Avenue, 90026

Speaker / Participation

<https://zoom.us/j/164073688>

Come and hear terrific Speakers  
and share your **GRATITUDE**.

### QNA-SOCAL-IT WORKS BOOK STUDY

**Wednesdays: 3 - 4pm**

<https://zoom.us/j/341174000>

Book Study and Open  
Participation

### HOLLYWOOD AFTER HOURS

**Fridays: 10:00 - 11:15pm**

Hollywood Lutheran Church  
1733 North New Hampshire,  
Los Angeles, 90027

<https://zoom.us/j/84667128876>

Password: thaifood

Up late? Can't sleep? Here is a  
meeting for you.

### QNA-SoCal - Just For Today

**Saturdays: 10:00 - 11am**

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

Come read the "JustFor Today"  
with us and share your  
experience, strength, hope, and  
**GRATITUDE** with us.

### NOT GUILTY

**Mondays: 9:30 - 10:30pm**

<https://zoom.us/j/91116998917>

Feeling guilty? Not at this  
meeting! Speaker and  
Participation.

"The voice of our **GRATITUDE** may be joyous, as heard at the opening meeting of a convention, or it may be reflective, as heard in the suggestions of our sponsor, or it may be energetic and determined, as heard in our service meetings where we work together to create a common understanding.



## GRATITUDE

HOLLYWOOD NARCOTICS ANONYMOUS

B V O C A T I O N C K K F H F U P H O P E O N E I Q Q I P Q  
K S Y D R E D J M A Y E N O M X I C B L U X W A B T K J H K  
E W L D L H O O B O O J V N O V H T X Q W D C Z M W E V Z V  
J X V R E T H G U A L X G C R P S W O T V I P F W E M I S P  
F V Y K F O Y E M Q I C B G P Y R Q G Z I Z Z L X L M D C D  
B R E W K S W S Z T T J A B J E O K B X M Y B Z K V W T C G  
O V L T U D O G I H O M E O F X S N B E S Q E B F E L O W R  
O Z G N L N M M O R N E U G O X N K V A S V S O Q S I R R R  
G I Y U O X K R T B T I O G J A O H O S G Y I S D T A H X B  
H D M B S C I C R Z S U V L P S P P H M P Q P T E E F S D G  
Y V Q S T N E M T T I M M O C K S H A A Q C A Z I P F T N P  
D Y F S E I B B O H I X Z S G K T G L M C K Z V H S O I L N  
B A W P D T A I N N N K V Z D Z A X C E F Q P L G F T R F E  
Q A I M S E R V I C E O J Y A N R H E A L T H C J A T C C E  
M P U A Z I A O I E B D F U X B E V V P H I M R U T N E T S  
P O Z O Z Z K E C I C P M Q E H M I K F Y I Q Y N T T G J F  
Q R D S U O M Y N O N A S C I T O C R A N U L N T M N E X Q  
E N H E N C I V E F V W E Y E R Y T L F S L M B P A Z Q J J  
D F J L E Y I E V O L C Q P Y R R S N E C Q R H P K P P T M  
P S F P M R L S K V L I Z F Q L E B I O J U E X M D E P N O  
Y W G M K B F A T F O O D T Z R P P C R I X W J O Y O J R I  
Y M E N F Z S Q N T Y L I M A F D E D N E T X E M G M H U F  
I Q F S I D M B U I A M V X C B G H Z U J Y A U E J S M H O  
O N Z C K T U I V A N Y P Y D O G G N I V O L C M K O W M G  
S I P Q M G E Z S N O I T I D A R T E V L E W T U J H J C P  
M Q D B D C R E N B F A M I L Y A Y J Z F G A Q C D U A Q Z  
T R B M R Y W E M U E V G V A V B G V Z R P P F I V E Q Z I  
B T I F T Z B M T S E D U T I T A R G H A P X R K C X Q V J  
G D O E N A X T M A G Y Q N D T O T L V X X P T I M N A N Y  
C W W O H Q W H A L I T L V M Z F T D A F B F S B W R G Y X

### WORD LIST:

NARCOTICS ANONYMOUS  
SPONSORSHIP  
LAUGHTER  
LOVE  
HOPE  
TWELVE STEPS  
TWELVE TRADITIONS

FRIENDS  
FAMILY  
MEETINGS  
HEALTH  
PEACE  
FOOD  
JOY

EXTENDED FAMILY  
COMMITMENTS  
SERVICE  
FREEDOM  
GRATITUDE  
EDUCATION  
VOCATION

HOBBIES  
MONEY  
HOME  
LOVING GOD