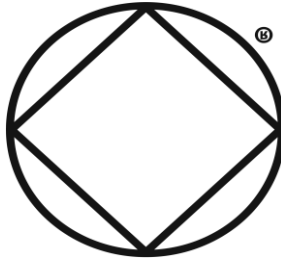


The Nugget

June 2023



The Nugget

Newsletter for Narcotics Anonymous Gold Coast Area

June 2023.

<https://www.na.org.au/multi/goldcoast/>

The Nugget June 2023

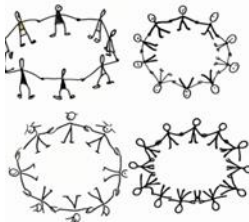
Welcome to the June edition of "The Nugget," the newsletter for Narcotics Anonymous in the Gold Coast area.

We're excited to share news and updates with you about the fellowship and the recovery community in our area.

In this edition, you'll find upcoming events, personal stories of recovery, tips for staying clean, and resources for support.

The theme of the June newsletter is going to be

Service.



GOLD COAST AREA SERVICE COMMITTEE

Through service, we shift our focus from ourselves to others, strengthening our recovery.

By actively participating in the NA community, we reinforce our commitment to staying clean and remind ourselves of the importance of giving back.

Art.1

“Narcotics Anonymous offers only one promise and that is freedom from active addiction, the solution that eluded us for so long.”

Basic text p106.

Home Groups

Home groups are the core of Narcotics Anonymous, providing essential support for recovering addicts. In these groups, members meet regularly to share experiences and build connections, promoting healing and personal growth.

Service at the home group level is crucial for the group's functioning. Members take roles like chairing meetings,

welcoming newcomers, and managing finances or providing tea and coffee services.

Service can be as simple as putting out the chairs or washing the dishes. These roles not only help the group but also support individual recovery by fostering accountability and commitment to staying clean

Home groups play a vital role in Narcotics Anonymous, offering hope and understanding to those seeking recovery.

“We keep what we have only by giving it away”.

Self-Support: Principle and Practice.

If you identify as a grateful addict, put that gratitude into action and find your place in service.

Why Service?

Joining a Narcotics Anonymous home or area group is a beautiful first step in embracing a brighter, drug-free future.

By becoming a part of this loving community, you'll not only find support but also discover the joys of helping others on their journey.

Taking on service roles within the home or area group allows you to give back and further enrich your own recovery.

As you share your strengths and learn from others, you'll experience the incredible rewards that come from serving those around you.

Don't hesitate; take that leap, join a home or area group and open your heart to the transformative power of service.

"Everything that occurs in the course of NA service must be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers."

Basic Text, p. 26



Narcotics
Anonymous
Australia

1300 652 820

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The Message.

*The message said I can't do
this anymore*

*I can't take the mess I've
made*

*I just wanna feel, nothing at
all*

*And I'm scared I might die or I
might live*

*Just stay, remember that you
are not alone*

*Just Stay, Until the magic
happens*

*Know that it's not easy, but
recovery's worthwhile*

*Just stay and you can make it
through today*

*A shadow in the back of the
room*

*Shaking, eyes cast to the
floor*

*I remembered what it's like,
she got up to leave*

*Then a member talked to her
outside the door*

*There's no happy ending after
leaving*

*You might never make it back
again*

*If you're going through hell,
just keep going*

*There'll always be a lesson
there to learn*

*He started thinking, that he
might be recovered*

*Cause using not an issue any
more*

*Then he remembered giving
back, is how he did receive*

*What he might lose if he
walked out the door*

*Just stay, remember that you
are not alone*

*Just Stay, Until the magic
happens*

*Know that it's not easy, but
recovery's worthwhile*

*Just stay and you can make it
through today*

Peter M.

Area Group

Reasons to join your local area service committee.

1. Self-Improvement: By volunteering, NA members improve their own recovery by learning new skills and staying committed to not using drugs.

2. Better Community: Taking on service positions helps create a strong NA community with easier access to resources for everyone.

3. Helping Others: When members volunteer, they show thanks, make a difference in people's lives, and feel good about helping others.

Gold Coast Area meets at the Church at 14 Park Ave Burleigh Heads on the last Sunday of each month.
At 2pm-4pm.

Positions Vacant

Secretary. Clean time 1 year for a Term of 1 year.

Policy Chair. Clean time 3 years for a Term of 1 year.

PR Chair. 3 years clean time for a term of 1 year.

Activities Chair Clean time 2 years Term for a term of 1 year.

More detailed descriptions of these positions can be found by looking in the appendices of the Policy document in the following link <https://www.na.org.au/multi/goldcoast/files/2022/05/GCASC-Guidelines.pdf>



GOLD COAST AREA SERVICE COMMITTEE

Service Story

Hi, my name is Reem and I'm an addict.

I have been in the rooms of Narcotics Anonymous for 12 years and one of the earliest memories I have is of a woman with 2 years clean running around worried that she had printed the IP documents on the wrong-coloured paper.

I remember thinking to myself, gosh no, I am not joining a cult and becoming obsessed with trivial things like that.

I had heard that service kept you clean but had no idea that the effort I put into the little things in the fellowship, multiplied in life.

I didn't take notice of any of the suggestions, and it took me almost 8 years to come back into the rooms after a relapse. I was determined to follow that simple cliché along with

the simple suggestions of the program.

I started off doing group service, in my homegroup, as the milk and biscuit girl in the women's meeting.

Within 6 months I had the key to that room and was Secretary and was worried about trivial details like which order to display the banners and if we should share for 5 or 7 mins.

Doing area service has given me a sense of purpose and a taste of what responsibility looks like and what it feels like to keep a commitment.

I slowly worked my way into an area subcommittee for H&I, organizing speakers every fortnight for almost 18 months.



Reem continued.

Service for the area subcommittee meant I was always announcing the need for members to share their story, which meant members I wouldn't usually speak to approached me and we exchanged phone numbers and stories. My contact list is full of NA members who I can contact when times are tough.

When I go to meetings outside my area, or when I'm at bigger events like unity days and conventions; there is always someone around who I have spoken to and it always feels like I have a friend to chat with. NA, Narcotics Anonymous and to me also means Never Alone.

Recently I took on an area position as the literature chair, ordering literature for the groups as needed.

My recent position has given me access to the area banking, which has helped grow my trust in my Higher Power, there was a time in my life that having access to that much money would result in disaster but having the god of my own understanding helps, having the trust of my fellowship and the guidance of my sponsor I am able to fulfil my requirements without worrying that old behavioural patterns will resurface- just for today.

They say service keeps you clean, and this is true, but it also keeps me connected, honest and out of my own head and for that I am grateful.

I am grateful for the fellowship and am grateful for those before me who did service. I can't, we can.

Reem. Z

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Camp Serenity.

Volunteers needed to help with all aspects of organisation and catering, all welcome.

Please contact

Adonis(Chair person)

0484 300 260

Cassie (Entertainment)

0490 331 958

Belle (Registration)

0403 931 113

This years Camp Serenity will be held on the 14-16 of July at Bornhoffen PCYC

3510 Nerang Murwillumbah Road, Natural Bridge QLD 4211, Australia

Camp serenity is an annual event run by the Gold Coast area service committee. It's about having fun and building unity.

Costs and programming will be released closer to the date.

Friday the
14th of
July to
Sunday
the 16th of
July.

Camp Serenity

What you need to bring.

Bring a sleeping bag or your own sheets.

Blanket and pillow
Towels and hand soap for toilet.

First aid supplies include insect repellent.

Torch and umbrella

Warm clothes, shoes suitable for outdoors walking, hat, sunglasses and sunscreen.

Reminder: If you have special dietary needs please bring with you.

Pre-registration merchandise purchases. Will be available.

Hoodies and T shirts.



GOLD COAST AREA SERVICE COMMITTEE

WORKSPACE

People Who Need People
Are the Luckiest People in
the World / Use Under
Adult Supervision, 2020
(Wood, Childrens Floaties)
was the first artwork I
created after a 5-year
relapse.



I was stuck in a vicious
cycle of maintenance
ending with a suicide
attempt after a heavy meth
bender in psychosis.

That cycle began with
codeine abuse while I was
studying art a year prior to
going on maintenance.



It was exhibited in
Sculpture in the Gaol in
2021 (Oh the irony)

The work explored the
unassailable impact of
negative core beliefs - real
or perceived - on self-
actualization; and the
importance of family,
friends, and fellowship in
carrying me when I am
unable to generate my own
momentum.

Addiction is the disease of
isolation so the greatest
service a recovering addict
can ever give is their time
in friendship. People who
need people are the
luckiest people in the
world.

John.F

PR Page

World NA PR Week is the 5th to the 10th of June and the theme is 'We all are PR'.

So what does that mean?

That the most powerful way our primary purpose happens, (to carry our message to the addict that still suffers – Tradition 5), is addicts staying clean and working the program. We are shining examples of our promise, (That an addict, any addict, can stop using, lose the desire to use and find a new way to live – Basic Text page 65).

PR is about building relationships. Our family and extended family, people we know and used with, see how the NA program has turned our life around. This is attraction rather than promotion – 11th Tradition.

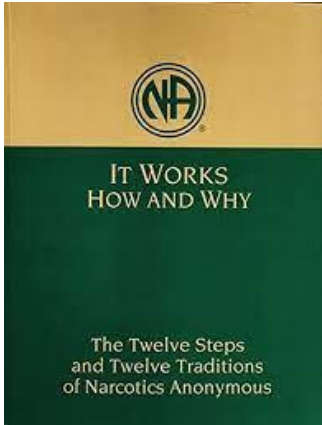
When we as members interact with venue providers and treatment facilities, we are PR representatives.

NA cannot help addicts if they never hear of us. The goal of PR is that every using addict hears our message of hope. A great way your group can support PR Week is to put some NA posters or business cards in places where using addicts will see them, such as police stations, dosing chemists, probation and parole offices, needle exchanges, food banks etc. Or join the PR sub-committee and get involved.

Narcotics Anonymous



Books worth having.



For anyone struggling with addiction, "It Works: How and Why" is an essential resource that offers invaluable guidance and hope.

Filled with real-life stories of individuals who have transformed their lives through the Twelve Steps and Traditions of Narcotics Anonymous, this book provides a powerful

reminder that recovery is possible.

Through its emphasis on unity, service, and personal growth, "It Works: How and Why" offers readers a roadmap for a happier, more fulfilling life free from the grips of addiction.

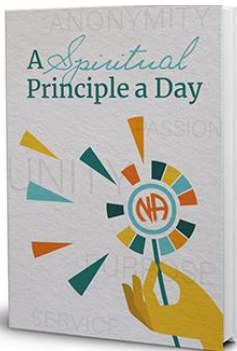
It's easy-to-understand language makes it accessible to anyone, regardless of where they are in their recovery journey.

"It's not recovery that is painful; our resistance to it is what hurts."

Living Clean: The Journey Continues.

Resources.

Free daily emails to help with your program.



Get your free daily reading in email format just subscribe here.

Just For Today

<http://www.jftna.org.nz/mailman/listinfo/jft+10>

Spiritual principal

<https://www.na.org/?ID=spad-sub>

Online meetings

<https://www.na.org.au/multi/online-meetings/>

Recipes for recovery.

COME EARLY AND STAY LATE.

"We were into service work, emptying ash trays, setting up and cleaning up meeting halls. We would get there early and leave late..."

DON'T USE... GO TO A MEETING.

"...we suggest that newcomers keep coming back and come back clean."

KEEP COMING BACK, IT WORKS!

"We have learned from our group experience that those who keep coming to our meetings regularly stay clean."

"Keep coming back, it works."

Basic Text page 252

3 ingredient Peanut Butter cookies.

You will need.

Ingredients

- 1 medium egg, room temperature, beaten
- Half a cup of sugar.
- Half a cup creamy peanut butter.

1. In a large bowl, mix all ingredients.
2. Scoop by level tablespoonfuls and roll into balls.
3. Place on ungreased baking paper and flatten with a fork.
4. Bake at 180° until set, about 18 minutes. Remove to wire racks to cool.

Makes heaps.

Justin S

Coming Events

PR Week

5-10 June.

SCNA Volleyball

. \$8 entry includes lunch. Volleyball comp and social games. Located at the Sandpit Nambour. Raffle tickets

Sandpit Beach Volleyball

22 Crusher Park Dr
Nambour 4650.

June 11
TIME(Sunday) 10:00 am -
4:00

Brisbane Northside BBQ

LOCATION Shorncliffe Pier

Park Parade.

(Sunday) June 18 10:00
am - 2:00 pm.

Free.

Food and drinks provided.

July.

Camp serenity

See this newsletter for
details.

August.

Far North Coast Convention.

18 (Friday) @4:30 pm - 20
(Sunday)@ 3:30 pm.

Lennox Head Cultural
Centre

1 Mackney Lane, Lennox
Head, NSW, 2478.

Phil L. (Chair)

0421 936 320

Georgi M. (Rego)

0413 650 622.

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Weekly Meetings List

Sunday

10:30AM-11:30AM
Currumbin - Just for Today,
Thrower House, 2 Thrower
Drive, Currumbin, QLD, 4223
(JT)

5:00PM-6:00PM **Burleigh
Heads Sun We Do Recover**,
Anglican Hall, Small Hall, 14
Park Avenue, Burleigh Heads,
QLD, 4220 (D,WC,LC)

6:00PM-7:00P **Queer As Folk
LGBTIQ**, UPSTAIRS at
Mermaid Beach Community
Centre, Upstairs. level 1.
Entrance via stairwell at front
of the main hall downstairs,
2439 Gold Coast Highway,
Mermaid Beach, QLD, 4218
(D,LGBTQI,WC)

6:15PM-7:45PM **Sunday
Basics**, Southport Community
Centre, 6 Lawson Street,
Southport, QLD, 4215
(O,B,BT,CS,D,St,WC,SC)

Monday

7:00AM-8:00AM **EARLY
BIRDS**, Broadwater Parklands,
next to Cafe Catalina,, Next to
the Southport swimming pool
southern end, GOLD COAST
HIGHWAY, SOUTHPORT,QLD,
4215 (O,D,JT)

Monday Continued

5:30PM-6:30PM **WOMEN
LIVING CLEAN** - LITERATURE
STUDY, Helensvale
Community Centre - North
Meeting Room,31/37
Discovery Drive, Helensvale,
QLD, 4212 (O,JT,W)

6:00PM-7:00PM **Burleigh
Heads** Mon BEGINNERS,
Senior Citizens Hall, 40-42
Matilda Street, Burleigh
Heads, QLD, 4217
(O,B,BT,WC)

7:00PM-8:00PM **Burleigh
Waters Mens**, Mermaid beach
community centre (upstairs
room), 2439 Gold Coast
highway, Mermaid Beach,
QLD, 4218 (C,M)

Tuesday

7:00AM-8:00AM **EARLY
BIRDS**, Broadwater Parklands,
next to Cafe Catalina,, Next to
the Southport swimming pool
southern end, GOLD COAST
HIGHWAY, SOUTHPORT, QLD,
4215 (O,D,JT)

1:00PM-2:00PM **Burleigh
Heads Tue JUST FOR TODAY**,
Anglican Hall, 14 Park
Avenue, Burleigh Heads, QLD,
4220 (D,JT,WC)

The Nugget June 2023

Tuesday continued

6:30PM-7:30PM **Helensvale Basic Text**, Helensvale Community Centre - North Meeting Room, 31/37 Discovery Drive, Helensvale, QLD, 4212 (O,B,BT,CS,D,WC)

6:30PM-7:30PM **Tweed Heads The NA Message**, Saint Cuthbert's Anglican Church, Corner of Powell Street & Florence Street, Tweed Heads, NSW, 2485 (O,BT,D,WC,LC)

7:00PM-8:00PM **Just for Today**, Saint Paul's Anglican Church, 69 Palm Beach Avenue, Palm Beach, QLD, 4221 (O,JT)

7:00PM-8:10PM **Men's Meeting Southport**, Southport community centre, Meeting is now held in big room G3 downstairs at Southport Community Centre., Lawson Street, Southport, QLD, 4215 (JT,M)

Wednesday.

7:00AM-8:00AM **EARLY BIRDS**, Broadwater Parklands, next to Café Catalina, Next to the Southport swimming pool southern end, GOLD COAST HIGHWAY, SOUTHPORT,QLD, 4215 (O,D,JT)

Wednesday continued.

11:00AM-12:PM **Wednesday Brunch How and Why**, CWA hall, Meeting format is based the How and Why book, Corner of Garden and Young Streets, Southport, 4215 (BT)

6:00PM-7:15PM **Elanora Step 11 MEDITATION MEETING**, Elanora Salvation Army Corps, 1 Kalamunda Close, Elanora, 4221 (O,D)

7:00PM-8:15PM **Southport Wed - Guest Speaker/Topic, 7** Olive Street, Southport, QLD, 4215 (O,D,JT,SD,WC)

Thursday

7:00AM-8:00AM **EARLY BIRDS**, Broadwater Parklands, next to Café Catalina, Next to the Southport swimming pool southern end, GOLD COAST HIGHWAY, SOUTHPORT,QLD, 4215 (O,D,JT)

10:30AM-11:30AM **Road to Recovery**, Saint Paul's Anglican Church,69 Palm Beach Ave, Palm Beach, QLD, 4221(D,WC)

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Thursday continued

6:30PM-7:30PM **Mermaids (Women's Meeting)**, Mermaid Beach Community Centre (Upstairs Activity Room), Car park next door to Mermaid Central Medical Clinic, 2439 Gold Coast Highway, Mermaid Beach, QLD, 4218(C,W,SPAD)

7:30PM-8:30PM **Palm Beach Thu STEPS**, Saint Paul's Anglican Church, 69 Palm Beach Avenue, Palm Beach, QLD,4221 (D,St,WC)

7:30PM-8:30PM **Straight off the Streets**, Community Centre, 6Lawson Street, Southport, QLD, 4215 (O,B,D,WC)

Friday

7:00AM-8:00AM **EARLY BIRDS**, Broadwater Parklands, next to Café Catalina,, Next to the Southport swimming pool southern end, GOLD COAST HIGHWAY, SOUTHPORT,QLD, 4215 (O,D,JT)

6:30PM-7:30PM **Friday Night Freedom ID**, Thrower House, ID meeting, Thrower Drive, Palm Beach, QLD, 4221 (O,BT,D,WC)

Friday Continued

7:00PM-8:15PM **Spiritual Principles**, Church of the Holy Spirit Hall,73 Salerno Street, Isle of Capri, QLD, 4217 (B,D,WC,SC)

Saturday

10:00AM-11:00AM **Saturday Burleigh Waters**, Mermaid beach Community centre (upstairs room), 2439 Gold Coast highway, Mermaid beach, QLD, 4218.

5:00PM-6:15PM **Burleigh NA Saturday**, Anglican Hall, Large Hall, 14 Park Avenue, Burleigh Heads, QLD, 4220 (O,JT)

7:30PM-8:30PM **Southport Sat SATURDAY NIGHT LIVE**, Community Centre, Room G3, Lawson Street, Southport, QLD, 4215 (D,WC)

MEETING FORMAT

B Beginners. BT Basic. Text.
C Closed. CS Children under Supervision. D Discussion. JT Just for Today. LC Living Clean. LGBTQI. M Men. O Open. SC Spiritual Concepts. SD Speaker/Discussion. SPAD A Spiritual Principle a Day. St Step
W Women. WC Wheelchair.

What is our message?

“The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom.”

**Narcotics Anonymous
Basic Text, p. 95**

The Gold Coast Area of Narcotics Anonymous

**PO BOX 1191,
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Vetted by

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