



BRSCNA BULLETIN

The opinions expressed in the Buckeye Region Newsletter do not necessarily reflect the opinions of any member of the subcommittee or that of NA as a whole.

Resentments/Feeling Resentful

This month's issue features anonymous writings from the Write to Recover group. They have graciously submitted writings on different recovery topics and this month the BRSCNA Bulletin will include the submissions on resentments and feeling resentful.

Resentful

In my addiction, I didn't realize how resentful I was to a lot of different things. It wasn't until I got clean and when I did my Fourth Step that I realized how resentful I was and it was a long list. Most were people who I envied or my family. It was surprising to me that my Higher Power, which I call God, was a huge resentment. I had such a hate for Him for making me an addict and also a gay male. I soon realized that my resentments to Him were actually toward myself, which led into me being the main person I was resentful toward. I had a huge displeasure and hate toward myself for all the things I have become

and all the things that I did. It was one of the hardest things to stop being mad at myself.

Today, I don't have anything or anyone that I'm resentful toward because nothing is big enough to make me have a resentment. I will joke to people, like how are you going to cause me to be resentful toward you, but in the end, I have no resentments and don't feel resentful today. And if I do, I have a sponsor and a Higher Power to help me through it so I can be free of it as soon as I get it.

Anonymous

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Looking for a way to get involved!

All addicts are welcome to attend the bi-monthly Buckeye Region meeting at Town Hall II, 155 North Water Street, Kent, OH, 10:00 am

(Meets February, April, June, August, October, December)

All addicts are welcome to get involved with Buckeye Region Subcommittees which meet during the months opposite Region, also at Town Hall II, 155 North Water Street, Kent, OH, 10:00 am

(Meets January, March, May, July, September, November)



Resentful

I try to pretend that I don't have resentments towards people or myself but truth be told, I do. When I first got clean, my husband and I were on the verge of divorce. With both of us getting clean, we tried to give our marriage one more shot. Turns out, it didn't work out so well. I think in the years of using together, we both still held so much against each other for the things we did; we just weren't able to get past those things. For myself, I still hold things against him that I truly wish I didn't. In some relationships, that is just the way it goes though I guess. If you can realize that and see that it's not working and it's not a good situation, then you can remove yourself from it. Then, to me, I think it's one more step closer to forgiveness and peace for yourself.

Anonymous

Feeling Resentful

It is said that resentments are attached to our past. As we learn to live in today, these keep dragging us backwards. Most have this defect and my past, it was a valuable tool but moving into today, I struggle with this occasionally. Today, the struggles come from my putting expectations on someone or something and them falling short of what was expected. Friends are where I struggle the biggest and sometimes I get resentful of myself for repeating old behaviors.

I wish I could be totally through with this but I think there is a comfort zone for me with this being resentful or I still need to learn and this is the obstacle where the door opens for me to learn to become more teachable.

Just for today, the displeasure and hurt will not consume my every thought which allows me to open the door for forgiveness.

Anonymous

Resenting is feeling again or feelings backwards. And I am full of backwards feelings. Feelings from another time, another place! Or the same place but a different time. On Fridays, I go to the same floor of the same building where I used to go to school from 4th to 6th grades. I can't quite remember but I think in the same room that used to be the small dance studio where I used to take my tests; apparently because I was too bad a kid to take them with the others. I also remember going in there and singing a song. But, maybe it wasn't that room. And now I'm not a child anymore. And I'm going there for a drug problem. And some of the parents of those children I went to school with are working in the building and all I can do is feel backwards, think of the things I experience a long time ago, and compare it to today. So I need to accept these old things; they happened and I already felt them once, and there is too much to feel right now to worry about feeling what used to happen. So through my Higher Power, I'm slowly losing old feelings and worrying about now. But it's difficult sometimes. But it's also fun and exciting! As the old feelings go away, I notice that it's much easier now, or at least easier to deal with today than worry about today and YESTERDAY.

Anonymous

What is Love?

By Thom H.

What is Love?

Is it gratitude beyond words?

What is Love?

Is it a weekend in the woods with someone?

What is Love?

Is it fighting for what is right no matter what?

What is Love?

Is it being kind to the one I like least in the entire world?

What is Love?

Is it the NA way of life?

What is Love?

Is it a question or the answer to all questions?

What is Love?

What is Love that is the question that I ask?

Clean Time Anniversaries

Submit your clean date for inclusion in the BRSCNA Bulletin by emailing brscnanewsletter@gmail.com



Please include your first name, last initial, date including year, and your Area.

Buckeye Region Anniversaries and Activities

- ◆ 6/21/14 NEO Activities Presents NEOASCNA VS. TASCNA Volleyball Tournament
12:00 pm, North Jackson, OH
- ◆ 6/28/14 OCNA 33 Karaoke Night Shoregate Methodist Church
6:00 pm, Willowick, OH
- ◆ 6/29/14 WAGS Courage to Change Corn Hole Tournament
12:00 pm, Brecksville, OH
- ◆ 7/11-13/14 STACSNA Campout Powerless in Amish Country
Mt. Eaton, OH
- ◆ 7/12/14 NEOASCNA Activities presents an Area Picnic
12:00 pm, Mill Creek Park, OH
- ◆ 7/18-20/14 GLASCNA 26th Annual North Coast Recovery Roast
Montville, OH
- ◆ 7/25-27/14 WRASCNA 27th Annual Campout
East Sparta, OH
- ◆ 8/2/14 WRASCNA Rubber City Recovery Group Speaker Jam
WRASCNA W2W 2014 Fundraiser @ Speaker Jam
Akron, OH

For more detailed information on these and other activities in our Region, please go to www.nabuckeye.org/activities where you can access flyers and the Buckeye Region calendar. Space limitations make it difficult to include every event so if there is something you would like highlighted, please email the details to brscnanewsletter@gmail.com

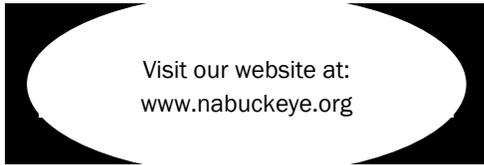
Buckeye Region of Narcotics Anonymous



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The BRSCNA Bulletin needs your help! We are in need of submissions; a personal story, reflection on NA literature, creative recovery writings, an expression of gratitude, or artwork.

We ask that submissions express a clear NA message and use NA language. We may edit for length, clarity, or compliance with our Traditions. All submissions must have a signed release form which can be found below.

Send your submissions and release form to the BRSCNA Literature committee at:
brscnanewsletter@gmail.com

THANK YOU FOR YOUR SUPPORT!



This release form can be cut out or photocopied and attached to your submission. You can also access a copy on the BRSCNA Region website by visiting the Newsletter page.



Release Form

Email: brscnanewsletter@gmail.com

I hereby grant permission to the Buckeye Region Literature Subcommittee to publish the attached original material. I understand that this material may be edited for use in the Buckeye Region Newsletter.

Signature: _____
Phone Number: _____
Date: _____

Check if applicable:

I wish for this piece to be published anonymously.

The opinions expressed in the Buckeye Region Newsletter do not necessarily reflect the opinions of any member of the subcommittee or that of NA as a whole. All submissions become the property of the Buckeye Region Newsletter whether or not you sign the release form. Submissions may be edited for length, language, and adherence to the Twelve Traditions of Narcotics Anonymous.