



Clean Voices Newsletter

June 2025



The COASC Clean Voices Newsletter welcomes articles from all readers.

- Articles may be your own story, experience, strength, and hope, or a response to any article that has appeared in the Clean Voices Newsletter, or simply a viewpoint about an issue of concern in the NA Fellowship.
- Articles should be no more than 800 words, and we reserve the right to edit.
- First names and last initial can be used as the signature line unless the writer requests anonymity. Send us your experience in recovery, your views on NA matters, cartoons, drawings, top tens, ideas, etc, to: coasc.newsletter@gmail.com

Find In-person and Online Meetings

Helping an addict find their way to a meeting might be one of the most impactful acts of service we can offer. While it may be challenging at times, it's also deeply rewarding. Every effort we make – whether raising awareness through local PR committees, bringing hope into institutions by carrying the message inside, or simply keeping a meeting list up to date – contributes to the greater mission. This work changes lives and often saves them. Together, we can make a difference.

Quote of the Month: “We can do together what we could never do alone.”



Q: Why did the addict bring a ladder to the meeting?

A: Because they were ready to take the next step!

Upcoming Cakes: Total Clean Time - 72 years! 🎂

- Kara: 3yrs, June 11th, 8 pm - We're Alright By Candlelight
- Mikayla: 2yrs, June 22nd, 5:15 - Living Clean
- Chris W: 1yr, June 20th, 6pm - Good Clean Living
- Caity: 2yrs, June 22nd, 12 pm - Steps to Freedom
- Jake 1yr, June 22nd, 8pm - Sunday Special
- Lisa: 3yrs, June 22nd, 5 pm - Girls Gone Mild **Open to men**
- Lesli: 30yrs, June 24th, 6 pm - No Matter What
- Marcus: 4yrs, July 2nd, 8pm - We're Alright by Candlelight
- Ashleigh B: 9yrs, July 19th, 10 am - Wake Up! It's a Meeting
- Brittini P: 8yrs, July 29th, 6pm - Just For Today

- Jamie: 4yrs, July 20th, 5 pm - Girls Gone Mild **Open to men**
- Christina: 5yrs, July 27th, 12pm - Steps To Freedom

Upcoming Events:

- **COACNA 34 Annual Convention “Serenity By The Lake”:** June13-15th 2025, Green Bay Bible Camp - Speak to Marcel about details.52
- **Newsletter Business Meeting:** June 28th, 11:30 am - 100-1615 Dickson Road (Bean Scene)******We are in need of a secretary and a distribution manager******

Recovery Related Poetry

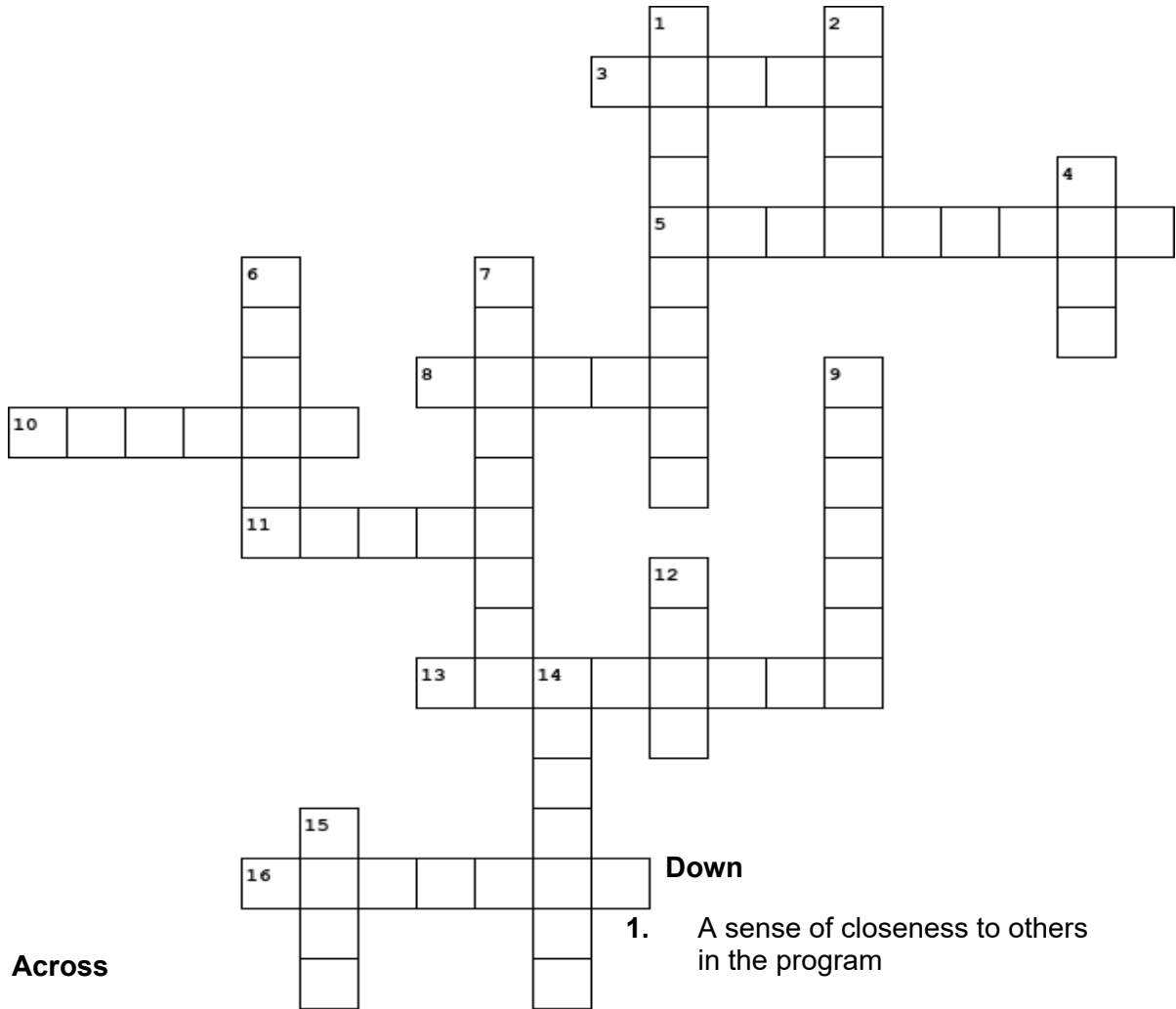
“The thing about the past is that I
may have to visit it from time to
time and reflect and ~feel~
unpleasant painful feelings.
I cannot manoeuvre around these
feelings ... I must feel them, let
them wash over me and then I can
walk through them, let them go and
move forward. IF I mask these
feelings with any mood altering
substance, I have to start the
process 'all over again'. The pain
remains stagnant and usually only
gets pushed further down as I heap
on the newest round of

self-destructive behavior that goes
hand-in-hand when I use.
Fortunately the past also holds
numerous beautiful memories.
I cannot have the good without the
bad, all of my experiences have
made me who I am Today. I am less
inclined to label events in my life as
good or bad as I become more
open-minded & willing to change
and 'practice' acceptance of ... well
- apparently EVERYTHING! 😊

“3Peace/out”

Bob D.”

☀️ Positive Concepts Edition ☀️



Across

3. The act of giving what was freely given to us
5. A promise of the program: freedom from this
8. Spiritual principle that replaces fear
10. A daily action that connects us to a Higher Power
11. Step Three asks us to build this with our Higher Power
13. The result of living the steps; opposite of chaos
16. Spiritual principle behind Step Nine

Down

1. A sense of closeness to others in the program
2. Spiritual awakening often brings inner ____
4. One day at a time, we stay clean and gain this
6. The courage to be ourselves; spiritual principle
7. A deep feeling of thankfulness we cultivate
9. A gift of clean time; clear thinking and self-awareness
12. We build this with our sponsor and NA family
14. The message we carry
15. Core NA principle that brings us together



BACK Fundamentals of the Program

Quick Recovery Tools. Timeless NA Wisdom.

How to Use a Sponsor

A sponsor is someone we trust to **guide us through the Twelve Steps** and help us stay accountable in our recovery. Here's how to use a sponsor:

- **Call regularly** — not just when you're in crisis. Stay connected.
- **Share honestly** — even when it's uncomfortable.
- **Work the steps** — ask your sponsor to walk through them with you.
- **Be willing to listen and try suggestions** — recovery is about change.

"A sponsor is not there to fix us — they're there to walk with us."



What "90 in 90" Means

"90 in 90" means attending **90 NA meetings in 90 days** — one meeting a day.

Why do it?

- It helps build routine and connection.
 - It immerses us in the fellowship.
 - It gives us a solid foundation in early recovery.
You don't "fail" if you miss one — just keep showing up the next day.
-



Relapse

- A **relapse** can be a **return to active addiction** — using and staying out.
In NA, **clean is clean** — but we don't shame people who come back. What matters is **that you return and keep going**. The only failure is giving up.

"The only requirement for membership is the desire to stop using."

Dear Newcomer

Dear Newcomer,

I remember walking into my first meeting feeling like I did not belong anywhere. I was full of fear and shame. My hands were shaking. I sat at the back, close to the door, just in case I needed to leave. I could barely look anyone in the eye.

But someone smiled at me. Someone handed me a key fob. And someone said, "We are glad you are here." I did not know it yet, but that was the beginning of everything changing.

In the beginning, I just showed up. That was all I could do. I did not understand the steps, or the Higher Power stuff, or even how to stay clean. But I kept coming. I started listening. I started feeling things again. Slowly, I stopped hating myself so much.

NA gave me something I had not felt in a long time — hope. And people. Real ones. Who did not want anything from me except for me to stay alive.

You do not have to have it all figured out. You do not have to be perfect. Just keep showing up. Let us love you until you can love yourself.

I am really glad you made it here. Stay. You never have to do this alone again.

**With all my heart,
A Grateful Addict**

Want to Share Your Voice?

If you have something to say to the newcomer you once were, we would love to hear it.

Send your letter to coasc.newsletter@gmail.com

Your truth might be exactly what someone else needs to hear today.