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Feb/Mar 2015

# RECOVERY

## *In Action*

Serving Southeastern Arizona

### ~ My First Meeting ~

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[newsletter@natucson.org](mailto:newsletter@natucson.org)

I guess you could say I came to NA the long way around. So I'll give you just a little background that will place me in my first NA meeting.

I am an addict first and foremost. It is in my DNA and reflects in everything I have done and everything I do. I cannot be satisfied with just one. If one is good two is better and three is even better etc. It doesn't matter to me if it is drugs, candy, TV, sex or just about anything else. One thing I know for certain, if it is a drug, any drug it makes my life and everyone's life that touches mine much worse. I actively used from about the time I was 18 until I was 36. At that time I had a path of destruction behind me as wide as a category 5 tornado.

On April 11 1981 I entered a rehab in Hartford CT. and graduated 28 day days later. During my stay I was introduced to AA (NA was virtually nonexistent in CT at that time). I did everything they asked and was riding a pink cloud for months. When I came down I found that the problems that I caused and had hidden from in my active addiction were still there. Over the next several years I lost my wife, my home, my car, and almost lost my job. All due to the wreckage I had caused. My wife and I separated and I fell into the arms of another woman I had waiting in the wings. At 5 years clean I relapsed and stayed active for another two years.

When I came back into the rooms it was with my second wife. It was one of the best periods of my life. We went to events and meetings together, I had a sponsor and worked the steps, we did H&I together. That went on for a glorious three years and once again this relationship broke. We divided up our belongings and she got our meetings. I slowly isolated from the program, I got in a fight with my sponsor and stopped calling him. I did not use but I also stopped growing. It was several years later that I changed jobs and went to work for a man in recovery. He hired quite a few recovering addicts and they became my support group.

So the years go by and I now have 25 years clean with a smattering of recovery and I'm retiring. I am leaving my wife and moving to Tucson AZ. I am also leaving the support system that I had built behind me. I was absolutely confident that I knew what to do and could do it on my own. I knew what to do and I knew how to do it. (If you ever hear an addict say "I Know" run the other way)

I would be safe because I would be close to my family here in Tucson and none of them use.

Our disease is very powerful and cunning and it used my loneliness to expose me to my addiction and I fell. So after a quarter of a century of not using I was out there again. My life became a treadmill of using all night, sleeping all day and then doing it all over again. One beautiful Arizona morning I work up and said "This is not how I pictured my retirement, I had so many plans, and they all have gone up in smoke" I kicked my using partner out of my house and got rid of all traces of drugs in my home. I spent several months contemplating going to a meeting. I knew where they were, I knew what time they were, but I just couldn't get myself to walk into the rooms and honestly say I screwed up. I was afraid and I was ashamed. *(cont.)*

(cont. from front) So now it has been almost three months since I stopped using and one day I get a phone call directly from my higher power, using the voice of my daughter in law in New York. She announced to me that my oldest grand daughter is a heroin addict and they had sent her to two rehabs and she had run away from one and been kicked out of the other. She was currently living in a car with her boyfriend. They were desperate and scared.

We say that our program's success is built on one addict helping another and that came to life for me at that moment, I knew exactly what to do. I suggested that they buy my grand daughter a plane ticket to Tucson and that I would take it from there. She arrived 4 days later and the very next night we showed up at my very first meeting of Narcotics Anonymous. I was scared to death to walk into that meeting but after all I was doing it for my grand daughter and I would do anything for her. Opening my mouth at that meeting was not in the plan. So when they went around the room introducing ourselves I said "I am Tim and I am an addict" mainly so I would not stand out. Then they read those excerpts from our literature and the words hit me like a ton of bricks. I heard that there was hope of becoming a contributing member of society, I heard that "alcohol is not a drug" but mainly I felt the love and acceptance in that room. I finally started feeling a part of something. I identified with these people, I was not different. I felt and heard that I did not have to be ashamed for my past mistakes. I heard that by accepting my addiction I could start on the road to recovery. I shared at that meeting, I don't remember what exactly, but I do remember introducing my self and for the first time in my life really believing that "I am Tim and I am an addict"

P.S. My grand daughter did not continue to go to meetings when she went home but I pray every day that she will remember the tools and the love she experienced from you here in Tucson. As for me, one of my best friends in the rooms shared just the other night, " Tim came into these rooms to give his grand daughter recovery and stayed for one too many meetings" I am home, and here to stay, one day at a time.

- Tim O.

## **NEXT MONTH'S TOPIC!**

Our topic for our March - April Newsletter is the 12th step: "Having had a spiritual awakening as a result of these steps, we tried to carry this message to other addicts, and to practice these principles in all our affairs." and the 5th tradition: "Each group has but one primary purpose—to carry the message to the addict who still suffers." How have these two important aspects of recovery impacted your life? We look forward to hearing your experience, strength, and hope on this topic!

## **Happy Birthday!**

**Proof that the program works!**

Henry D. ~ 02/02/1982  
Connie W. 02/02/1990  
Mary Jean G. ~ 02/02/1993  
John L. ~ 02/06/2012  
Jrysi F. ~ 02/06/2014  
Stephanie W. ~ 02/07/2010  
Erika K. ~ 02/11/2014  
Kati M. ~ 02/12/2013  
Don B. ~ 02/14/1992  
Caitlin H. ~ 02/15/2013  
Mohammed O. ~ 02/18/2012  
Lisa S. ~ 02/19/2010  
Darcy P. ~ 02/21/2008  
Ezra M. ~ 02/22/2012  
Manny E. ~ 02/22/2012  
Chris W. ~ 02/24/2008  
Scott P. ~ 02/26/2008  
Shane W. ~ 02/27/2014  
Theo V. ~ 02/27/2014  
Vernetta W. ~ 03/03/1991  
Shawndel P. ~ 09/10/2013 (18 mos.)  
Jackie S. ~ 03/19/2007  
Arnold M. ~ 03/23/2010

If you have a clean date birthday of one or more years, please email it to [Newsletter@natucson.org](mailto:Newsletter@natucson.org)

# **SERVICE** *In Action*

## ***SEAZNAC I - Be of Service!***

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### **Meeting Schedules**

SEAZNAC Meeting

Next Meeting: Sunday, Dec. 28, 1 p.m. at Tucson Hilton East, 7600 E. Broadway. Contact Ken P. at [SEAZNACchair@natucson.org](mailto:SEAZNACchair@natucson.org)

### **Arts & Graphics**

Committee meets 3rd Thursday of every month, 6 p.m. at Starbucks on Speedway & Country Club, 3025 E. Speedway Blvd. Contact Dan J. [SEAZNACgraphics@natucson.org](mailto:SEAZNACgraphics@natucson.org)

### **Entertainment & Fundraising**

Contact Bill M.  
at [SEAZNACentertainment@natucson.org](mailto:SEAZNACentertainment@natucson.org)

### **Hotel & Hospitality**

Contact Ward S.  
at [SEAZNACHospitality@natucson.org](mailto:SEAZNACHospitality@natucson.org)

### **Merchandise**

Contact Connie L.  
at [SEAZNACmerchandise@natucson.org](mailto:SEAZNACmerchandise@natucson.org)

### **Programming**

Contact Tommy C.  
at [SEAZNACprogamming@natucson.org](mailto:SEAZNACprogamming@natucson.org)

### **Registration**

Contact Laurie N.  
at [SEAZNACregistration@natucson.org](mailto:SEAZNACregistration@natucson.org)

### **Welcoming**

Contact Edmund at [welcoming@natucson.org](mailto:welcoming@natucson.org)

## ***Subcommittee Service***

### **SEAZNA Area Service Committee**

2 p.m. on 2nd Sunday of each Month  
Streams in the Desert Lutheran Church  
5360 E. Pima St. (west of Craycroft)

### **Activities Subcommittee**

Contact [activities@natucson.org](mailto:activities@natucson.org)

### **Hospitals & Institutions Subcommittee**

12:30 p.m., Second Sunday of the month  
Streams in the Desert Lutheran Church  
5360 E. Pima St. (west of Craycroft)

### **Mt. Lemmon Bash Subcommittee**

Contact [bash@natucson.org](mailto:bash@natucson.org)

### **Newsletter Subcommittee**

Contact [newsletter@natucson.org](mailto:newsletter@natucson.org)

### **Outreach Subcommittee**

Contact [outreach@natucson.org](mailto:outreach@natucson.org) for more information.

### **Phoneline Subcommittee**

10 a.m., second Sunday of the month,  
Coffee XChange, 2443 N. Campbell  
(Grant & Campbell)

### **Public Relations Subcommittee**

Meeting held on line, contact [pr@natucson.org](mailto:pr@natucson.org) for details

***Phoneline is looking for Spanish-Speaking volunteers to be of service!***

***([phoneline@natucson.org](mailto:phoneline@natucson.org))***

***Public Relations is looking for paper route volunteers to help distribute meeting lists! ([pr@natucson.org](mailto:pr@natucson.org)) or contact Brendan G. @ 520-312-3931***

# AREA EVENTS & ACTIVITIES

Please check the website [www.natucson.org](http://www.natucson.org) for updates and more information



**Activities Goes Bowling:** 1st Sunday of the month, 4:30pm @ Golden Pins Lanes, 1010 W. Miracle Mile. \$1/game & \$1/shoes.



**Medallion Night and Potluck:** Last Monday of the month @ First United Methodist Church (915 E. 4th street). Show up at 7 if you are getting a medallion (1 year or more) meeting starts @ 7:30pm.



**Monday Night Young People's Speaker Meeting:** 3rd Monday each month.

**February:** Mary Jean G.  
**March:** Don B.

Want to share your Experience, Strength, and Hope?

Submit your recovery related stories, poems, jokes, etc. to:

**RECOVERY IN ACTION**

([newsletter@natucson.org](mailto:newsletter@natucson.org))

Don't know what to submit?

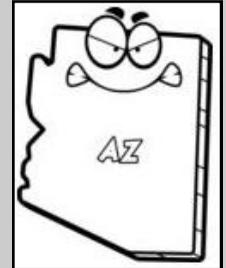
Ask your Sponsor for ideas!

## ~ AREA EVENTS ~



**ARCNA Speaker Jam, Spaghetti Dinner, and Dance:** Saturday Feb. 21st from 12pm - 11pm. Streams in the Desert Church on 5360 E. Pima St.

**28 March, 9am, AZ Regional Assembly** Hillside Church of God, 937 E. Ruth St., Prescott 86301. Everyone is welcome and encouraged to attend



**5th Annual Deep South Campout:** May 24th - 26th at Parker Canyon Lake.

([Steven.servant.az@gmail.com](mailto:Steven.servant.az@gmail.com))

For more info.

## Upcoming Events in and around AZ

**CRBSNA in Cabo San Lucas:** February 13th - 15th. Baja Region of Mexico Convention. Pavellon Cultura de la Republica.

**MACCNA VI in Yuma:** March 13th - 15th, 2015. "Simplicity is the Key", the 6th Mexico Arizona California NA Convention is in Yuma at the Shilo Inn Suites & Hotel.

**ARCNA XXIX in Phoenix:** May 22nd - 24th, 2015. "Out of the Darkness" Double Tree Resort by Hilton Hotel Paradise Valley, 5401 N. Scottsdale Rd. Scottsdale, Arizona 85250



## SEAZNAC I

July 3rd - 5th, 2015.

For more information, visit:  
<http://natucson.org/convention>

**Submission Disclaimer:** All material submitted becomes property of the Newsletter Sub-Committee and will be edited for content, length, and clarity of the NA

*Thank you*

Thank you to everyone who made our Barbecue Fund-raiser a success!