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September/October 2015

RECOVERY *In Action*

Serving Southeastern Arizona

~ Happiness Comes from Gratitude ~

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NA Newsletter with
submissions, feedback
or suggestions.

Email them to
newsletter@natucson.org

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 once 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 piece 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 regular basis is as big piece of my recovery just like meeting attendance. Gratitude is one of my favorite spiritual principles and one I chose to practice on a daily basis.

- Kayla S.

~ Antidote ~

Life on life's terms can be a struggle for anyone, but as addicts, we are so used to looking for the quick fix that it can seem next to impossible. Friends relapse, friends die. We lose our jobs, or our significant others. Sometimes, nothing seems to go our way. We find ourselves struggling to stay afloat. For this addict, learning to reach out was a near-impossible task, one that sent me spiraling into severe panic attacks. It was hard to believe early on that I could survive my feelings. As time went on, I started getting close enough to a few people that I felt comfortable reaching out in hard times. I still struggle to make new connections, but it gets easier as time goes on. In fact, almost every aspect of my life has improved greatly since I got clean, and it is easy to forget that. I compare myself to others, or to where I think I should be by now. When I start down this path of thinking, I forget where I came from. My life today may not be perfect, but it is well beyond what I could have hoped for in my addiction. Gratitude is my antidote to these thoughts. When I find things in my life to be grateful for, it is hard to stay in self-pity. I have amazing friends, my son is in my life, I am employed, and I have a roof over my head. Gratitude gives me the perspective I need to stay on the path of recovery. When I stop comparing my life to the lives of others and appreciate it for what it is, I see how far I have come and how much hope I have for the future, even if things aren't going my way. Most of all, I am grateful to NA. We do recover!

- Kati M.

~ Attitude of Gratitude ~

It is said in some 12 step literature that the addict who is grateful will not relapse. I believe that to be a cornerstone of my recovery. My gratitude flows from my ability to take an honest inventory of my life, the ups and the downs, the circumstances leading to them, and the parts I played in them. But gratitude is an attitude. I can choose to be grateful for the hardships in my life when I seek out the lessons I learn from them and identify areas in my life, behaviors, and habits where I can improve. Conversely I can choose to dwell on the hardships or focus on how things didn't go my way. I choose how I will respond to situations today instead of reacting to them. I am grateful for the wisdom to see that difference and I know that none of it would be possible if not for the relationship with a higher power, that I work hard to cultivate on a daily basis. I am grateful for my intellect and my ability to reason and for the open mindedness I have been able to learn through the program of recovery I work with a sponsor. Gratitude is not something that is a natural state for the addict. It is a learned behavior that takes time and practice. My sponsor only recently suggested that I implement a gratitude list and it has been an invaluable resource for my recovery. When I really put my mind to it, I can always think of one new thing to be grateful for every day. Even in the darkest times, I can always find something to be grateful for. I am clean today and that is a good start. But even if I wasn't I'd be grateful just to know that help existed and I could be. Today I will choose to practice gratitude even if things get tough. Even when I don't get enough sleep, I'm grateful to wake up in a bed, even when I can't afford steak, I'll be grateful for the oatmeal in my belly, and even when the whole world is falling apart around me I can be grateful to know that at least I am clean today.

- Jesse A.

Upcoming Events in and around AZ

Productive Members of Society September 25th - 27th. Women's oriented retreat at Whispering Pines Camp, 8775 S. Mount Tritle Rd, Prescott, AZ 86303.

29th Annual Western Service Learning Days - Las Vegas, NV. October 2nd - 4th. Tuscany Suites and Casino, 255 East Flamingo Rd, Las Vegas

Bluesfest XXI. October 18th at Kiwanis Park, 6111 S. All American Way in Tempe. Speaker at 10am, music starts at noon.

Region 51 Convention of Narcotics Anonymous V. October 30th - November 1st @ The Orleans Hotel & Casino in Las Vegas, NV. 4500 W. Tropicana Ave. Call (800) 675-3267.

The Southern California 9th Regional Cruise. April 2nd - 9th, 2016. 7 day cruise to the Eastern Caribbean Sea. Leaving from Miami, FL. Apr. 2, returning Apr. 9, 2016 featuring stops in the Virgin Islands and Bahamas.

Happy Birthday!

Proof that the program works!

Eric Z. ~ 09/01/2009
Travis V. ~ 09/06/2013
Efrain P. ~ 09/08/2014
David O. ~ 09/09/1998
Victoria C. ~ 09/15/2001
Barry T. ~ 09/20/1982
Joe K. ~ 09/20/2003
Robert D. ~ 09/22/2009
Rita M. ~ 09/23/2014
Dan B. ~ 09/24/2007
Michelle A. ~ 09/24/2013
Darrell G. ~ 09/29/2014
Sean K. ~ 10/12/2012
Denise S. ~ 10/22/2010
James T. ~ 10/23/2013
Michelle G. ~ 10/24/2010
Teri B. ~ 10/30/2012

If you have a clean date birthday of one or more years, please email it to Newsletter@natucson.org

NEXT MONTH'S TOPIC!

The topic for our October/November newsletter is "Life on life's terms". What are some of the biggest challenges you have faced in your recovery, and what did you do to get through them clean? How has learning to live life on life's terms helped you find peace and serenity in your recovery? What do you do on a daily basis to be prepared for what life has to offer? We want to know! Please send submissions to newsletter@natucson.org or hand them in to a committee member in person.

~ Addiction ~

Faded luck and foolish fears,
Heartbreak tears and wasted years.

Livin' too quick to make life last

Thinkin' your best days are in the past.

You tell yourself you'll quit when you should,
But you know it's doing more harm than good.

You tell loved ones you'll quit if you should,
You know damn well you would if you could.

You say you will after this one last trip,

You swear to your God if the leaf will flip.

Just one more time and you know you'll be done,

A little bit more for a bit more fun.

Now you're spun beyond words and outta your mind,

You say you'll quit when God gives you a sign.

The signs are all around you, you just won't see,
You've known all along you just want to be free.

As you sit all alone in a room with no light,

Convinced you're just too damn tired to fight.

You find yourself standing on the edge of a cliff,
When a voice in your head whispers "What if..."

What if what they say turns out to be true?

That there is a place between being high and being blue.

You think to yourself "That place'll never welcome me!"

Your addiction tells you "You'll never be free!"

Welcome sisters and brothers and I'll show you a way,

There's no contracts to sign. No fees to pay.

Just 12 simple steps, I'm tellin' you straight,

And I promise you life'll be great!

- Patrik F.

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

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

Contactbash@natucson.org

Newsletter Subcommittee

Contact newsletter@natucson.org

Outreach Subcommittee

Contact outreach@natucson.org for more
information.

Phoneline Subcommittee

Contact phoneline@natucson.org

Public Relations Subcommittee

Meeting held on line, con-
tact pr@natucson.org for details

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

(phoneline@natucson.org)

***Public Relations is looking for paper route
volunteers to help distribute meeting lists!***

***(pr@natucson.org) or contact Brendan G.
@ 520-312-3931***

AREA EVENTS & ACTIVITIES

Please check the website 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. **Medallion Night is now upstairs, follow the signs.**



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

October: Rebecca D.

Tucson Area Meetings: Changes & Support

Friday night **Attitude Adjustments** meeting has changed its time to **5:45pm**

This meeting also needs **members willing to sponsor**, especially men.

Desert Recovery in Benson will now be meeting on Mondays in addition to Wednesdays at **7pm** at St. Raphael's Church at 730 S. Hwy 80.

Tuesday and Thursday night **7pm The Ultimate Weapons Group** in Bisbee needs support.

NEW MEETING: Groundhog Group Extended will meet at **11pm** on Friday nights at 2610 N. Stone Ave. Starting **August 14th, 2015.**

NEW MEETING: A Moment of Clarity Begins Sunday, **November 1st at 6:30pm** at St. Marks Church, 1431 W Magee Rd. SW corner, in room 17

If your home group needs support, or if a new meeting is starting, please send the info to newsletter@natucson.org

Want to share your Experience, Strength, and Hope?

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

RECOVERY IN ACTION

(newsletter@natucson.org)

Don't know what to submit?

Ask your Sponsor for ideas!

~ AREA EVENTS ~



Deep South Camp Out Chili Cook-off. September 19th @ 10am - 4pm.

Len Roberts Park, Ramada 5, 101 North Theater, Sierra Vista, behind Carmichael school. DJ playing music throughout the day. Water feature for the kids from 11am - 1pm. Speaker at 1pm. For details call Scott A: (520) 508-9113.

31st Mt. Lemmon Bash

October 2nd - 4th, Whitetail Campground. Early Bird registration starts soon and will get you a discount off the full registration price. This camping event is proud to be a major supporter of the Southeastern Arizona Area of Narcotics Anonymous for it's 31st year.



AZ Regional Assembly. Saturday, October 24th @ 9am. Saint Andrew Apostle Church, Sierra Vista 85635. Contact Ken at RD@arizona-NA.org or Steven at RDA@arizona-NA.org



Thanksgiving in Benson.

Wednesday, November 25th, Episcopal Lutheran Church 730 Hwy 80, 7:00-8:30 pm. To sign up to bring a dish contact Kimberly S. at (520) 720-7717.

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