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July/Aug/Sept 2016

# RECOVERY

## *In Action*

Serving Southeastern Arizona

### ~ Surrender is not a Negotiation ~

Please support your  
NA Newsletter with  
submissions, feedback  
or suggestions.

Email them to  
[newsletter@natucson.org](mailto:newsletter@natucson.org)

When I reached a point in my addiction where I ultimately surrendered to my disease, I knew the end was near. But the pain was not going to lessen through this act of Surrender; it was going to consume me. I was prepared to resign myself to that immense pain and suffering. I increased the dosage to bring about an end to the pain in the only way I could imagine – through oblivion or death.

So when I was given the chance to meet the members of Narcotics Anonymous, and heard about surrendering myself to a new way of life, I couldn't grasp the concept as spiritual. To concede to my inner most self that I had an affliction of body, mind, and spirit seemed like conning the con-man. It sounded like I was going to try to bluff my way out of the nightmare. I already knew that I was hopeless in this battle over addiction, so how could I win by saying, "I give up," or turning myself over to something that appeared to have stopped working for me long ago – a God of my understanding?

The only way I could keep coming back to this form of Hope and continue a daily reprieve was to enter a subtle form of negotiation. First, I would believe that I could not use or pursue getting and using for a day, or even an hour at a time. I also accepted spending time with people who were willing to spend time with me while I kicked. The shame was so great that I needed to bargain against my sanity for the acceptance you all showed me, while treating me with the kindness anyone would treat a suffering sick person. Everything about coming to the rooms and sharing my shame was a negotiation against my Pride. Full surrender might even be years off. That is the truth off my early recovery.

It took many years before Step One stopped feeling like a negotiation. I continued to give up the fight against the outer signs of my disease while holding on to some of the inner forms of my disease. Social Acceptability felt like Recovery to me, but it wasn't. Through not using no matter what, my disease actually flanked me in the form of success and stature. I reached a new point in my development where I began to negotiate my time and involvement with NA. I felt that I had only cut off one head in order to grow another. And, by growing another, I had also developed all new belief systems which would take me down new paths of destruction and isolation.

How to stop this cycle with many years clean became the enigma of my present reality. The answer has always been to stop thinking that I can negotiate with my disease, but to fully surrender to the Program, to the Fellowship, and to give my will and life over to a Higher Power which is Loving, Kind, and more Powerful than my disease. So I trust in my Higher Power, my Sponsor's experience and guidance, and the spiritual principles of our steps. Turning my will and life over today means to align my will and my life with greater purpose, selfless actions, and empathy for others. Surrender is the key to Freedom, and our message is Hope and the Promise of Freedom. It takes practice, but the great news is that others have done the work before we have, so they are willing to show us the way.

- David B.

## ~ Surrender and SMI ~

Okay, I might be able to get a handle on this surrender thing. I am sitting at 6 years, 9 months, and some days clean. It has been a struggle. I have done all 12 steps, was active in H&I for a couple years, have served as a GSR, and helped to run a clubhouse in Jacksonville, FL. I have managed to stay clean through some things I didn't think I could. I have struggled my entire life to feel as if I belong to anything. NA saved my life. Life on life's terms has been a daily deal for me.

I am finding out that surrender comes at me daily, and in various forms. I am finding out that I also have to surrender to my SMI, or Serious Mental Illness problems, also, to stay centered and focused on my recovery. I have tried to use NA to fix something it isn't possible for me to fix. I always remember where I came from in both respects, and I take the necessary steps to see that I am getting the right help for the right problem. I have hardcore beliefs in both directions. I just do my best to include God in any of my decisions, and live my life to the best of my ability on spiritual grounds. If I surrender my will and my life daily, it all seems to work for the better.

- Robert D.

## ~ A Total Surrender ~

Grateful addict named Sheryl. Recovery began with a total surrender. I had spent years lost in addiction and was ready to do something different. I was introduced to NA in a detox. For the first time in my life, I thought recovery was possible. I heard Surrender to win which made no sense to me because I always thought you should never surrender. Little did I know that almost 10 years later that surrender would continue to be one of the most important spiritual principles in my recovery. I surrender my disease to my HP everyday. Things that I am powerless over I also surrender to. I cease fighting and live this program to the best of my ability with help of other addicts, my sponsor, my HP and this simple life saving program. If you are new I encourage you to surrender to this new way of life

- Sheryl W.

## Happy Birthday!

Proof that the program works!

Suzanne W. ~ 07/01/1996  
Tim O. ~ 07/01/2013  
Laurie N. ~ 07/04/2003  
Donya B. ~ 07/04/2011  
Theo V. ~ 07/04/2015  
Brian R. ~ 07/07/2012  
Charles G. ~ 07/07/2015  
Julie V. ~ 07/10/1994  
Chris W. ~ 07/12/2011  
Gary M. ~ 07/13/2008  
Nathan B. ~ 07/14/2014  
Rick L. ~ 07/15/2009  
Tom S. ~ 07/15/2015  
Wilton H. ~ 07/17/2012  
Austin O. ~ 07/18/2011  
Ken P. ~ 07/19/1985  
Fawn B. ~ 07/21/1978  
Sheryl W. ~ 07/21/2006  
Konrad P. ~ 07/23/2014  
Tommy S. ~ 07/25/2015  
Ben G. ~ 07/25/2015  
Fred C. ~ 07/29/1988  
Connie L. ~ 08/01/1984  
Shannon T. ~ 08/05/1990  
Randy A. ~ 08/05/1990  
Sean R. ~ 08/05/2015  
Justin P. ~ 08/07/2015  
Jody W. ~ 08/08/2012  
Olivia K. ~ 08/11/2013  
Johnny R. ~ 08/12/2013  
Leslie H. ~ 08/21/2012  
Peggy S. ~ 08/22/2012  
Sarah M. ~ 08/23/1999  
Tommy C. ~ 08/23/2006  
Ward S. ~ 08/31/2000  
Efrain P. ~ 09/08/2014  
Kathleen L. ~ 09/10/1987

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

## Upcoming Events in and around AZ

**Western Valley Monthly Speaker Mtg & Dance**, Aug 13, 7pm, 3104 W. Glendale Ave, Phoenix, AZ

**WRCNA III**, Women Do Recover, Aug 19-21, Buena Vista, CO

**Eastern Valley 15th Annual Sharp Creek Campout**, Sept 2-5, Registration Opens at 3pm on Fri, \$25 Person Includes 4 Days, 3 Nights, Saturday Dinner

**PMS 18th Annual Retreat**, Sept 30-Oct 2, Whispering Pines Camp, 8775 South Mount Tritle Rd, Prescott, AZ

**Highway to Serenity Dance & Ride**, Oct 1, Flyer to follow

**Unity Day Campout** - Yavapai/Verde Valley Hosted, Oct 7, Playground Campgrounds, Mingus Mountain, Yavapai County, AZ

**CRCNA XXX**, Never Alone, Colorado Springs, CO, Oct 28-30, 2016

**SDICRCNA XXXII** Save the date and speaker flyer, Registration Form & Call for Speakers

**MACCNA VIII** - "Recovery Never Stops" Yuma, AZ, March 10, 11, & 12, 2017, Shilo Inn Hotel 928-782-9511, Send Speaker CD's to P.O. Box 6287, Yuma, AZ 85366 or 340 S Main Street, Yuma, AZ 85364 Attn: Dan, More Info Call 928-502-2201

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

The topic for our September/October newsletter will be **Our Primary Purpose**. How are we working together as a fellowship to carry the message of Narcotics Anonymous to the addict who still suffers? We want to hear your experience with carrying out our fifth tradition.

Please send submissions to newsletter@natucson.org or hand them in to Kati M. or Jesse A.

### ***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, contact pr@natucson.org for details

*Phoneline is looking for Spanish-Speaking volunteers to be of service! (phoneline@natucson.org)*

# 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.

## Meeting Changes, Support, Service Opportunities

**PHONELINE** is looking for someone to take a position as **Vice Chair**. call Stephanie W at 520-370-7001.

**H&I** needs support. To participate, attend H&I monthly meeting at Streams in the Desert on the 2nd Sunday of the month at 12pm.

**Sahuarita Serenity** has **CLOSED** its Friday night meeting.

**Sunday Morning Stick-Around** has **CLOSED**.

**Miracles in the Hood** has **CLOSED** its Friday and Saturday night meetings.

**Alive and Free** will now be meeting Wednesday nights at 7pm at 400 E. University at Trinity Presbyterian Church.

**Mi Casa Su Casa** is now meeting at 6:30pm Tuesday and Thursday at 101 E. Irvington in building 14.

**3 Points NA** Now meets at 7pm.

**Never Too Late** on Monday nights has **CLOSED**.

**New Meeting: Hope not Dope** 5:30pm, 3816 E. Astro St., Hereford (Men-oriented meeting)

**New Meeting: Groundhog** M, W, F at noon.

**If your home group needs support, or if a new meeting is starting, please send the info to [newsletter@natucson.org](mailto: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](mailto:newsletter@natucson.org))

Don't know what to submit?

Ask your Sponsor for ideas!

## ~ AREA EVENTS ~



**Outreach Goes to Safford,**

Outreach is going to "Safford Survivors" on Monday, Aug 22nd. Meeting starts at 6pm and is located at United Methodist Church, 1020 S. 10th st. Meeting to leave at

the Starbucks at Campbell and Broadway at 3:30pm

**2nd Annual NA Deep South Camp Out Chili Cook Off,** 10 am, September 10th at Len Roberts Park, Ramada 8, Sierra Vista



**Mount Lemmon Bash,** 16-18 September, White Tail Campground.

Early Registration is \$40, includes Saturday meals, activities, plus two nights camping. Kick off Friday night with a pot luck dinner!

Meetings, food, hiking, workshops, merchandise, and more!

**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.