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Month APRIL Year 2017

RECOVERY

In Action

Serving Southeastern Arizona

HOW HEALING BEGINS ... MAYBE?

By

Crizzzz ©

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

Email them to
newsletter@natucson.org

I'm Alma, a Native American addict. Prior to entering the 12-step world, when experiencing success, I became overwhelmed. I would panic and return to the spoon world I knew.

Forgetting painful parts of my past is not possible. Attempting to forgive creates a challenge. Confronting my past may deliver peace within my soul. Forgiveness is not good or bad. It helps with healing as it is a destination towards hope of a better life, or a constant process resulting in a hopeful healing action to help my broken down soul. Facing my history is taking responsibility and produces the therapeutic value of healing that only one addict can give to another. In this case it was my self. I have to continually work on my past as it resurfaces from time to time.

I came to believe negative events in my early years caused my disease. When I accepted I was not responsible for my disease, but I was responsible for my own recovery (BT 21) I became teachable. Those horrific events were not my fault. I recognized and accepted the disease and found freedom from my past when I quit blaming myself for something I had no control over.

My past makes me jumpy. Eyes closed, I see it all again, ruminating and reflecting each night. Sharing in front of other people who have similar experiences in hope of obtaining possible relief in the long term is like being on a repeated trip of my history.

Guilt and blame produced my pain and created the shame I carried. I became desperate. Until I found our fellowship, these were difficult times with no one to lean on. I found clarification of my disease by referencing a dictionary when reading the 12-step reading material. These two approaches allowed me to quit beating myself up with blame and projecting undeserved guilt at this woman in the mirror, my own worst enemy. I quit letting shame get in the way of getting help.

In recovery, I still stumble and fall. I incorporated the concept of acceptance in my life and I learned to renounce my anger or resentment against myself. My past, a continuing trail of burning bridges and smoldering casars were still too red hot to touch. I had to make amends to the family and friends I had offended and left. The family's mental wall of resentment, to this day, created a pile of neck-high ashes they still stand in. Their resentment still smolders with apathy and anger proving to me my families' bitterness still lives strong. They love me, but desire nothing to do with me. I am also learning to understand hope by giving time ... time.

These ashes of my origin were fueled by flames of guilt from not being able to do something at the moment of painful impact. This created my disease. The shame that grew, then flared and propelled me to tear through the lives of the innocent many.

Prior to accepting my disease, my actions were subject to the uncontrolled authority of a corrupt belief system (CBS) fueling my frustration. CBS created the blame and guilt that I inadvertently used to harm others. By learning to deal with my past, I benefit from confronting this earlier period that robbed me of my innocence, and left me with guilt and shame. After that, little plastic balls and hide-and-go- seek were never the same. I could not play well with others. These tormentors are older now with ill health. Confronting those of my past may transfer the guilt and shame from me to them. By confronting these demons who hurt me, I just may benefit from this form of healing? Before entering our fellowship, I could not separate, or understand the difference between frustration, shame and guilt. To achieve this great goal of understanding, my healing began with a small achievement which was obtaining a sponsor, a basic text, and beginning to work the steps. Resolving the past produced a release from a resentful anger which produced a daily tiresome wearisome resentment. It wore me out.

It's my anger. I can do what I want with it. I can stop being angry, or I can go on and let the anger be more corrosive to my soul. Anger, frustration, shame and guilt created my unattractive behavior. With most of my anger behind me, I can get on with my life. After confronting someone, there is no need to be concerned with them, because I dealt with my past, I am no longer a victim..

In order to heal, I must forgive those of my past who re-visit and terrorize me each night. I will not hurt those who have hurt me because I do not heal to punish someone. Rather, I am going to forgive for my own sake. It's nice to not be concerned with the past, and not live in it each day.

I don't know if I have learned all that I should from the 12-step world, but what I have learned has helped me. Since working on my past my mental health has improved. I am free to not carry the anger and resentment towards those who hurt me because I have learned my past is my past.

Happy Birthday!

Proof that the program works!

No birthdays were submitted to our email line but the Newsletter team extends it's congratulations to every one celebrating their recovery just for today.

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

Upcoming Events in and around AZ

- **Mount Lemmon Bash Planning Mtg:** Sunday April 30th, Noonish Following the Duck Pond Mtg
- **Mt. Lemmon Bash 2017,** Sept 29-Oct 1, 2017, contact bash@natucson.org
- **Deep South Campout** April 28-30, 2017, Parker Canyon Lake
- **SEAZNAC Springtime in Sierra Vista,** Saturday April 15, 1pm-4pm, 800 Taylor Drive
- **SEAZNA Outreach Roadtrip:** Wednesday April 12th at 7pm, Desert Recovery, Benson, Meet at the Starbucks on Speedway & Wilcont at 5:30, Transportation Available

NEXT MONTH'S TOPIC!

Regular Meeting Attendance

90 in 90 and then what? What is the difference between hiding out in meetings and attending regularly? How do you balance the demands of living clean on life's terms with regular meeting attendance?

Please share your experience strength and hope on these topics by writing to newsletter@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

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

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 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

Sahuarita Serenity is now meeting on Fridays, also. **2875 East Sahuarita Rd 6:30PM**

Before Relapse on Tuesday nights is looking for a new GSR **6PM 651 S. Kolb Rd, Palo Verde Church of Christ.**

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!

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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.