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September 2017

# RECOVERY *In Action*

Serving Southeastern Arizona

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

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

As of today, August 24th, 2017, at 1:06 a.m., I am 4 days clean. Rising up from a relapse is one of the most difficult challenges I have ever faced in my life. The blanket of guilt and shame weighs so heavy on me as if it were trying to smother me! I've let my family down. I've embarrassed myself in front of a guy I really, really like! I've disappointed my friends and family, and most of all, myself. I hate being an addict! I hate admitting that I have a problem with doing something that most people can socially do and not ever have any of the

same consequences as mine. My drug of choice is in every grocery store, drug mart, gas station, family function, street fair, you name it, it's there! Every other television commercial glorifies it with some beautiful couple lying on a beach under the sun with no worries or cares in the world, just celebrating their beautiful life together!

Now that I've expressed all of the above, I have to bring myself back to what is my reality. Stop questioning "why" you have this disease, you just do! You have tried to use successfully, and still be a happy person, and everytime, not just sometimes, EVERYTIME you use, you end up here.

With that same blanket. Some, if not most, are not as fortunate. I have to find acceptance of "what is" and gratitude in another chance to live the life I dream of.

I finished writing on Step 1, only just about 30 minutes ago, and I have to admit, just by answering the questions in Step 1, I already feel relief. I can only imagine what it will feel like after I go over it with my sponsor this week. "The solution is in the steps." I hate hearing that at every meeting, but it's true! I know this, and any addict who has ever worked the steps knows this too.

I'll conclude with this...I am hurting, but I am healing. No pain, no gain. I, we, are all survivors to have made it to this point, wherever you are right now reading this. I'm not a quitter, and my higher power MUST have some incredible destiny for me to live out in this life. I don't believe I would have made it this far. Steps, meetings, sponsorship, fellowship, honesty, open-mindedness, and willingness. I have to practice all of these things in order to have the life I deserve. Just for today, I'm not confused.

Thank you for reading, and I hope if anyone else is challenged with the desire to use, or you feel your thinking shifting to a place you know in your gut is far too dangerous to toy with, that this newsletter has helped you realize that using will not make whatever is going on in your life any better, it will always make it worse, or fatal.

Please, don't pick up! You deserve to "live the dream" just the same as I do!  
No matter what.

-Charity F.

Ready, Set, Go!

At the starting line determined to place  
But this is my life, it's not a race  
Although I was losing before  
Now I focus on being so much more  
Breathing in, I feel so calm  
The feeling of chaos is finally gone  
Nothing is better yet, but I feel fine  
'Cuz I know the solution will take some time  
Committed to giving my power away  
Over and over every single day  
Believing God will make it right  
Like a wave of relief I give up the fight  
All my skeletons can come on out  
'Cuz honesty is what I am about  
Finally getting it all of my chest  
Will give God a chance to take care of the rest  
I know before I was way off base  
But desperate now I save my ass, not my face  
I'm so ready to put the old me down  
Learning to live a new way that I found  
I hit my knees in desperation  
Completely open to the realization  
I really have never known what to do  
And I'm ready for my something new  
Looking back at all the damage  
My ego, I accept, is only baggage  
And healing me starts with an amend  
Righting my wrongs, to All of them  
No matter how long or what it will take  
I'm totally ready 'cuz my life is at stake  
Eager to recognize the flaws in me  
And claiming my wrongs will set me free  
This new found freedom will move inside  
And bloom into my new self pride  
Creating a place where "God" feels right  
I learn to keep his will in sight  
Knowing he has a plan for us all  
We must support each other when we fall  
No matter what life puts us through  
To my brothers and sisters I WILL BE TRUE!

Rebecca P.

Hello, my name is Joe C. and I am your new newsletter chair. I am looking forward to being of service this next year. Thank you to everyone who has sent in submissions. And thanks to Jesse A. for helping me out with this month's newsletter. This is my first newsletter and any feedback would be greatly appreciated. Also the "deadline" for submissions is the Monday before Area at about 7 p.m. We are always accepting submissions and can put them in the following month's newsletter.

Thanks for letting me be of service!

-Joe C.

## Happy Birthday!

Proof that the program works!

No clean time birthdays were submitted to the newsletter but we congratulate everyone who is celebrating their recovery just for today.

- The Newsletter Team

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

**Groundhog Group Monthly Speaker Meetings**,  
1st Sunday at 12:30pm, 3rd Thursday at 7:30pm,  
3rd Saturday at 4pm, 4th (or last) Tuesday at  
7:30pm

**3rd Annual Chili Cook-off**, Saturday, Sept. 16,  
10am-4pm, Sierra Vista, a fundraiser for the Deep  
South Campout

**Western Service Learning Days Event** - Sept  
16th 4pm-10pm, Spaghetti Cook-Off 4pm-6pm,  
Speaker Jam 6pm, 800 E. University Blvd

**Mt. Lemmon Bash 2017!** - Sept 29-Oct 1, 2017,  
White Tail Campground

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

**We do recover: how good can life be,  
clean?**

Following last month's topic of relapse and  
recovery, let's focus on some of the gifts of  
recovery.

-The newsletter team.

### *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 infor-  
mation.

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

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

*Phoneline is looking for Spanish-Speaking volun-  
teers to be of service! ([phoneline@natucson.org](mailto: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, 4:00pm, 1010 W. Miracle Mile, \$1.29 (+tax) per game, \$1.29 (+tax) for shoes, fun & fellowship



**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.



**Underground Speaker Meeting:** 3rd Monday each month.

## Meeting Changes, Support, Service Opportunities

**Groundhog Group Monthly Speaker Meetings,** 1st Sunday at 12:30pm, 3rd Thursday at 7:30pm, 3rd Saturday at 4pm, 4th (or last) Tuesday at 7:30pm

**SEAZNA PR and H&I Wants You!** - Get involved, contact PR Chair, H&I Chair or Phone Line Chair,

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!

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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.