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October 2017

RECOVERY *In Action*

Serving Southeastern Arizona

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My clean date is October 9, 2009. I stood in a courtroom in Maricopa County, signing my plea for a year and a half, high. I'd gotten high for the last time the day before, after trying to get clean for the past 5 months, after my lawyer told me I was indeed going to prison...I thought, "Fuck it, who cares?" As I was led away in cuffs through the underground tunnels that go from the court to the jail, I started an entirely surreal experience: coming down in "The Matrix" in Maricopa County. People ask me where I went to rehab. I tell them Arizona Department of Corrections, Perryville. Those moments of my life were the worst ever. Not because of anything AZDOC could do to me, but what life could do. I watched everything I'd ever had, everyone I'd ever loved, disappear a piece at a time, unable to do a thing about it. My house, with every belonging I'd ever had, repo'd by the bank. My children were swept away to another state, and I wasn't told where they were. I spent over a year wondering. My "friends" were gone, my family told me I'd made my bed I could lie in it. When I got out of prison I had a car. A car. When I got out I started going to meetings. My first God moment was when I was talking out loud, telling Him I'd been putting out applications and I needed Him to make my phone ring. As those words came out of my mouth my phone rang, and it was Dollar Tree. Minimum wage job. Honest money is hard money, but I took it. While I worked there I was alone and confused about who I was, I was going to meetings but I was hiding...I never spoke, never told anyone how much I was hurting. It took months for me to realize I would die if I didn't create community for myself. I took longer than others finding some semblance of self; it was two years before I started to figure out who "me" was. In that time I fought to get my children back. That included an incident where he'd gotten an order to remove them from me by cop, and I didn't know at that moment if I would ever see them again. Now they are with me full time. In 2013 my husband and I bought a house, which was another miracle after I'd just lost the last one in 2010. At that point I looked around and realized I probably had more material things than I'd had in my first 35 years of life. Four months out of prison I got a job in recovery....Peer Support, sharing my experience, strength and hope. Three years later I took a promotion, and now, another 3 years, I'm taking another promotion. I'm going to be the Program Manager of the entire facility in a few short days. Some of these things have no real monetary value, but they mean something to my soul. Over the years I have appealed, appealed, and appealed some more, and the courts have granted me my civil rights, my gun rights, and they have set aside judgement in my cases. That's as close as I get to the State of Arizona forgiving me. I've now earned a Fingerprint Clearance Card, and I'm about to become a Notary Public. All things I was told I couldn't do as a felon. I appreciate all of these things so much more, because I had to work so damn hard to get them. October 9th is right around the corner...I'll have eight years clean. All this seems like a lifetime ago and yesterday all at the same time. Take it one day at a time. My husband says "kill the alligator closest to the boat." Have goals, but understand your Higher Power might get you there in a completely different fashion than you'd planned. "I can't, He can. Let Him."

Kimberly S.

WORD HUNT - FILL IN THE BLANKS. See if you can complete all the sentences!

1. The most effective means of achieving self-acceptance is through applying the _____ of recovery. [IP No. 19, Self-Acceptance]
2. True courage is not the absence of _____, but rather the _____ to walk through it [Just for Today, March 17]
3. The ultimate weapon for recovery is the _____. [Basic Text, pg. 15]
4. If you want help, you can find it in the _____ of Narcotics Anonymous. [IP No. 7, Am I an Addict? Revised]
5. One way that we can continue a _____, especially in hard times, is to list the things for which we are grateful. [Basic Text, pg. 95]
6. Resentment is replaced with _____; anger is replaced with _____; and fear is replaced with _____. [IP No. 12, The Triangle of Self-Obsession]
7. Freedom from _____ can be found through concentrating more on the needs of others and less on our own. [Just for Today, December 20]
8. Narcotics Anonymous offers only one promise and that is _____ from active addiction, the solution that eluded us for so long. [Basic Text, pg. 106]
9. It is important to remember that any addict who can stay clean for one day is a _____. [IP No. 8, Just for Today]. 10. _____ is as much a part of staying clean as food and water are to staying alive. [Basic Text, pg. 36].

Happy Birthday!

Proof that the program works!

Rita M. Sept. 23, 2014

Lonnie A. Oct. 7, 2015

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

What is service in NA to me?

We all hear “Be of service....” from the old timers. They tell us it helps us to stay clean. After all, it is part of the four questions we need to answer: Who is my sponsor? Where is my home group? What step am I on? **What service commitment do I have?** Sure, service helps me to stay clean by showing up for NA meetings, functions and business dealings. However, service is so much more.... My service helps to keep others clean, too. Service is my responsibility and privilege. By being part of a committee, I can help carry the message that it is possible to lose the desire to use. Service work is not a chore, it is a duty. Take for example the Mt. Lemmon Bash Committee. The bash is a premier southwest event that is attended by people from AZ, CA, NV and NM. During the event, I am given the opportunity to see old friends and meet new people and share my recovery with them. I may even have the good fortune to work a step with a sponsee or gain a new one. Or even better, work one of my steps with my sponsor. More than money, it takes people to put on the event. If we do not have enough people help put on the bash, the event may dwindle down and eventually fall off the calendar as an annual event. I would hate to see that happen. Just as I would hate to see many other activities in our area become history.

I feel that in our area, SEAZNA, many people think that events and activities, such as the bash, just happen and it is the duty of the area to serve us and make things fun so we can enjoy our lives, clean. I recently went to Area Service Committee elections and nobody ran for activities. I found this hard to believe. Especially since one thing I worried about when I got clean (And I suspect you did too) was that I would not be able to have fun and enjoy life without the use of drugs. I say, “What a bunch of lazy butts!”

I am sick and tired of hearing people say they do not like the events and activities put on and when I tell them “Well, why don’t you get on the committee and help put on the event next time” they say they are too busy or don’t have enough clean-time. I usually reply, “Stop you complaining if you don’t want to help”. Make the time! For those without the proper amount of clean-time, grab your sponsor and ask them to do the commitment with you.

Consider this a challenge to all sponsors: **Make Your Sponsees Take a Service Position.** Tell them it is part of NA to be of service and have them step up to the plate. Have them put in the blood, sweat and tears and grow as individuals while helping others. I saw that we did not fill all the SEAZNAC Sub-Committee positions at elections. Well that would really suck if the convention dies out because of a lack of people to help. Don’t make excuses for why you cannot be of service but rather make reasons why you are too busy to do something because you have a service commitment.

-Andy C.

Upcoming Events in and around AZ

SEAZNA Admin Elections, Oct 8th, 1pm (one hour prior to ASC), 5360 E. Pima

ASC Chair, Vice Chair, Secretary, Treasurer, Vice Treasurer, RCM, RCMA

SEAZNA Activities Presents - Remember the 60's? Neither do We!, October 28 8pm - Midnight, Arizona Riverpark Inn

Deep South Campout Logo Contest, winner announced Jan 20th (info flyer)

SEAZNAC IV, October 2018, Sierra Vista

Regional Assembly & Trusted Servants Learning Day, Nov. 11&12, Yuma

CRCNA XXXI, More Will be Revealed, November 3-5, 2017, Denver, CO

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!

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.

NEXT MONTH'S TOPIC!

How important is gratitude in Recovery?

Following last month's topic of "We do recover..." what are some of the ways having an attitude of gratitude has helped you in your recovery?

Meeting Changes, Support, Service Opportunities

Keep it Green is no longer meeting Mondays and Wednesdays at 6pm.

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)