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December 2017

# RECOVERY

## *In Action*

Serving Southeastern Arizona

*Last months poem was by Rebecca P. Thank you!*

### **Joy in Service** by Leslea J.

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

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

I used to love to help and fix people. I helped people because it made me feel better than them. When I helped people I felt superior over them, which fed my ego and allowed me to judge and criticize others. Helping or fixing others would also mean that they owed me, they were in debt to me. I had something I could use over my victims and I would use this to manipulate a situation down the road.

NA taught me the difference between helping or fixing someone and being of service to someone. I learned about selfless service in NA, something completely foreign to me when I was using. When I helped someone I did not fully connect with them, I did not perceive them as equal to me. Today when I am of service to others, it renews and strengthens the relationship between us. My being of service means I do so as an equal and it requires that I do not diminish anyone's self esteem by making them feel stupid or less than me. In return for my service I receive great satisfaction, gratitude, and most importantly - purpose.

My greatest joy comes when I am of service; service to the SEAZNA Area, service to my neighborhood, community, and service to others. I believe being of service is my reason to be, to exist and I believe it is my purpose. It's not only how I stay clean, it is how I stay happy. I believe you may find some sort of satisfaction and joy by finding the ways and means (and there are so many ways to do this) to serve. Be of service to each other, to your home groups, to your sponsors. Service is fun too if you make it so.

If service feels like work or makes you angry, consider what you're doing is something other than being of service. Perhaps your disappointments and expectations are being watered and fertilized by thinking you're fixing or helping. Try being of selfless service. Try not telling anyone about it and wait. You will be rewarded in a whole new way - a way of deeper satisfaction and a feeling of genuine good. When we give from our hearts, something beautiful happens to us. We become the receivers as well as the givers. There is a profound sense of joy connecting with others through service.

## **Happy Birthday!**

Proof that the program works!

Karen S.F. 12/3/89  
HeavenLeigh R. 12/2/16  
Cheryl B. 11/26/11  
Emily S 11/24/10

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

1. It is not shameful to \_\_\_\_\_ - the shame is in not coming back. [Basic Text, p. 85]
  2. \_\_\_\_\_ as experienced through our Twelve Steps is our goal, not mere physical abstinence. [IP No. 6, Recovery and Relapse]
  3. The \_\_\_\_\_ we've found has been worth the risk involved. [Just for Today, June 17]
  4. We're involved in a process that takes us from \_\_\_\_\_ of our wrongs and the conflicts they've caused, to a growing freedom from those conflicts and toward the \_\_\_\_\_ we are seeking. [It Works: How and Why, p. 84]
  5. Many of us have difficulty admitting that we caused \_\_\_\_\_ for others, because we thought we were \_\_\_\_\_ of our addiction. [Basic Text, p. 38]
  6. Spiritual growth, \_\_\_\_\_, and \_\_\_\_\_ are idle potentials until shared with a fellow addict. [Basic Text, p. 103]
  7. When we stay clean, we begin to experience \_\_\_\_\_ in our lives. [Just for Today, March 2]
  8. Often the first \_\_\_\_\_ we attempt is a simple request to our Higher Power asking for help in staying clean each day. [Just for Today, September 21]
  9. Choosing and supporting a \_\_\_\_\_ is an important part of recovery. [IP No. 2, The Group]
  10. Through our developing relationship with our \_\_\_\_\_, we learn about the principle of \_\_\_\_\_. [It Works: How and Why, p. 13]
- awareness, sponsor, success, recovery, harm, freedom, compassion, relapse, home group, prayer, serenity, victims, love, trust

From an addict early in his recovery

Me and the Night There's not enough time in the day to say all that I want to. As the sun sets and the chaos from the day slips from my sight, I cannot help but embrace the night. For this is the time I can truly breath, a time where I can catch my breath from the pain I feel when the sun has filled the sky. I am witness to all the atrocities that we inflict upon each other and then blame it on being human. I feel stimulated by the darkness, and I hope that I can stay far away from the slumber which would only steal my night away from me. The cover of night is when my heart races, and my eyes widen! The pureness of the night is what I'm truly seeking during the day when I am blinded by the sun. Only the night can rejuvenate my energies to take on the next day's struggle. I know the night is coming, it will be here soon. Only then will my pain subside for the night is my home. This is when I can write, when I can dream but am fully awake! I will not sleep until my lover which is the night is snuffed out by the fireball that will fill the sky once more. Only then will I slip into sleep's deep embrace. And once again I have to face the fact that there isn't enough time in the day for all I have to say. But the night lasts for ever.

(End)

(Clarification) the pain I felt was from my not surrendering in the beginning. The atrocities are the deaths that I have witnessed all of my life. The blaming it on being human part was when I just wasn't getting it but I stayed clean despite all that was against me. Specifically, myself.

## Upcoming Events in and around AZ

**In & Around Arizona**  
**Holiday Narathon, Dec. 24-25, Phoenix**

**Regional CAR Presentation, Jan. 13, 2018, 5pm,**  
Trinity Lutheran, Glendale

**MACCNA IX, March 9-11, 2018, Yuma** ([see convention site for registration and more](#))

**SEAZNAC IV, October 2018, Sierra Vista** ([see convention page for more details](#))

### **Beyond Arizona**

**WCNA 37, The Magic is *Still* Real, Aug. 30-Sept. 2,**  
2018, Orlando, FL

### **Mexico**

**CASFNA I, Jan. 12-14, 2018, Nogales, Sonora**  
**CREMEX XXI, March 15-18, 2018, Santiago de Querétaro,**

**CABCNA XIII, April 6-8, 2018, Mexicali, B.C.**

**COANA II, June 8-10, 2018, Puerto Peñasco, Sonora**

**All flyers for events are at [natucson.org](http://natucson.org)**

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

January's topic is hope through the hard times! We all have been through hard times and need to hold onto hope! So how did you do it, and what was your experience and strength? What was your hope?

Please submit entries to:

***RECOVERY IN ACTION***  
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**  
12:00 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

***All info can be found at [natucson.org](http://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. \$1.29/game & \$1.29/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.



**Groundhog Group Monthly Speaker Meetings,** 1st Sunday at 12:30pm, 3rd Saturday at 4pm

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 ~

### Upcoming Fellowship Events

**Tubac 3rd Annual Holiday Gathering,** Dec. 14, 6-9 p.m.; Speaker meeting and dinner, music and dancing

**Holiday Narathon & Speaker Meeting,** Dec. 24-25, [5360 E. Pima St.](#), Streams in the Desert Church

**3rd Annual Cosmic Bowling,** Dec. 31, 6-9 p.m., Tucson Bowl

**Deep South Camp Out Lunch-In,** Jan. 27, 2018, 11am-2pm, [St. Andrew the Apostle Catholic Church](#), 800 Taylor Dr. NW, Sierra Vista

**Outreach** is going to Willcox NA meeting, Thursday the 28th of December, Meeting @ Starbucks on Broadway and Campbell @ 5, Meeting is at 7!

**Already looking forward to next year's Bash?**  
**Save the Date: Aug. 16, 17, & 18, 2018!**

**Flyers for all events are at [natucson.org](http://natucson.org)**

## Meeting Changes, Support, Service Opportunities

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

**Not the Center of the Universe** needs some extra support! You can find them at [6163 S. Midvale Park](#), Desert Dove Christian Church on Mondays at 7pm

**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.