



SERVING SOUTHEASTERN ARIZONA AREA

# RECOVERY IN ACTION

THE THERAPEUTIC VALUE OF ONE ADDICT HELPING ANOTHER...

(520) 881-8381 NA HOTLINE / WWW.NATUCSON.ORG

## CONVENTION ATTENTION

by Sean B.

JUNE 2009

ARCNA XXIII, the Arizona Regional Convention of NA, was held over Memorial Day weekend, May 22 through 24, at the swank Marriott Star Pass Resort. A total of 573 addicts registered for the convention and traveled some 141,877 miles, from Mexico to Canada, Connecticut to California, to attend. Some 206 newcomers were given registration

packets. At the main speaker meeting, an estimated 2,000 addicts were in attendance.

The convention, whose theme was "WE - Personal Recovery Depends on NA Unity," kicked off Friday evening with Cathy M. of Prescott Valley speaking about how spiritual principles bring change. She said she heard an "audible click" when her recovery kicked in.

That was in August, 1974 and she has never had the desire to use since. She still goes to 2 to 3 meetings a week and now has an incredible life and "I continue to learn every day." She spoke about meeting her husband of 25 years in the rooms when she had 10 years clean, and the challenge of raising an autistic child.

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## A Birthday Celebration with Julie

by Martha H.

**What brought you into the rooms of NA?**

I knew that I had no idea how to be clean not inside or out and I really wanted to do a year outside of prison. I got clean or started to get clean 2 years before I was to get out. I had seen a friend staying clean that I used to get high with, and I thought I would ask how she was doing it, and that I came to find out later was a 12 step call. She gave me a lot of literature and told me to get a sponsor go to meetings and work the steps. I read the literature and loved it, and I did the steps by

myself and did not go to a meeting and stayed clean a whole year. (A whole year for me a miracle for me then), but of course I relapse after a year. Finally I got the gift of desperation and did what was suggested, and have been clean ever since that was 05/18/95

What kept me here are the women. Thank you Phyllis, Debbie, Mary, Dexter, Michelle, Lavern, and Jenn

**Do you have a favorite step?**

My favorite is in order.

**Do you have fun in recovery?**

I have everything because of recovery, I can laugh I can cry, I can be sad lonely grateful, I can feel love and be loved, all in recovery, Julie willing.

**What is your life like now after 14 years clean?**

This is not something I could of planned, it god's will for me and the power to carry that out. I just keep trying to listen. The material shit doesn't matter. I used to have

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**CONVENTION ATTENTION cont.**

Addicts from around the state shared on various topics at workshops throughout the weekend, including "Intimacy in Recovery," "Parenting in Recovery," "Living the Steps," "Living in the Solution," and "Relationships." There were Spanish language meetings, an interactive question and answer session with old-timers, and our own Gerry D. led a guided meditation and yoga workshops. Marathon meetings occurred around the clock, chaired by local members.

Besides meetings, there were fun events, including a "skyline serenity hike," a Friday night dance and a Saturday comedy show, which had addicts doubled over with laughter. The hospitality suite, hosted by different local homegroups, kept addicts fed and

hydrated and gave them a place to mingle and catch up with old friends and make new ones.

Saturday night started off with a banquet, where the convention chair, Ellen S. accepted a plaque and gift and graciously acknowledged the hotel staff and the many fellowship members who dedicated hundreds of hours of volunteer time to make this one of the most memorable conventions ever. The house rocked to an emotional countdown as addicts from 35 years to 2 days clean stood up, adding up to a total of 5,461 years of clean time. Bob McK. from Harrisburg, Pennsylvania, the Saturday main speaker, transmitted his message of love within the program, and the importance of passing on our experience to others, which outweighs giving advice. He said we need to show up for one another, letting those in the program love us until we can love ourselves. He went through the steps, linking each to a spiritual principle. To understand how to work the first step by hunting monkeys in South America, you'll have to get his CD!

The convention wound up with Dan T. of Sacramento, California delivering his emotionally charged message of his journey in recovery, which took the audience from belly laughs at some of his antics, to tear jerking deep feelings of redemption and love. "Who doesn't want to be rich?" he asked. The richness is here, in the program. He found the magic formula and this is it, NA.

The stunning setting, the warm fellowship, the inspiring speakers, brought a new depth to the commitment of every addict who attended to continue to share and to care the NA way.

-- Sean B.

**A Birthday Celebration with Julie cont.**

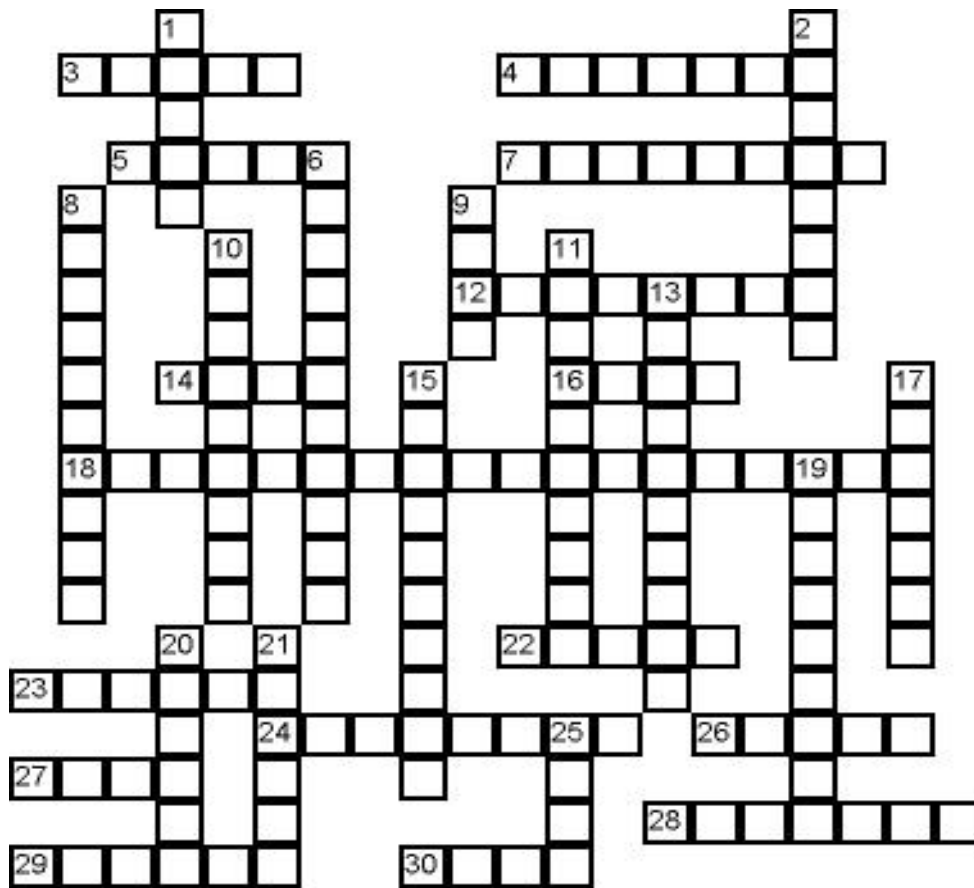
a sponsor that would say to me it is always about god, and you know she gave me one of the biggest gift one person could give another, Thank you Ellen S

I don't god does. I try to stay out of the way and do what is suggested

How did you do it?



Words came from Step Four and Tradition Four in the Basic Text and How it works.

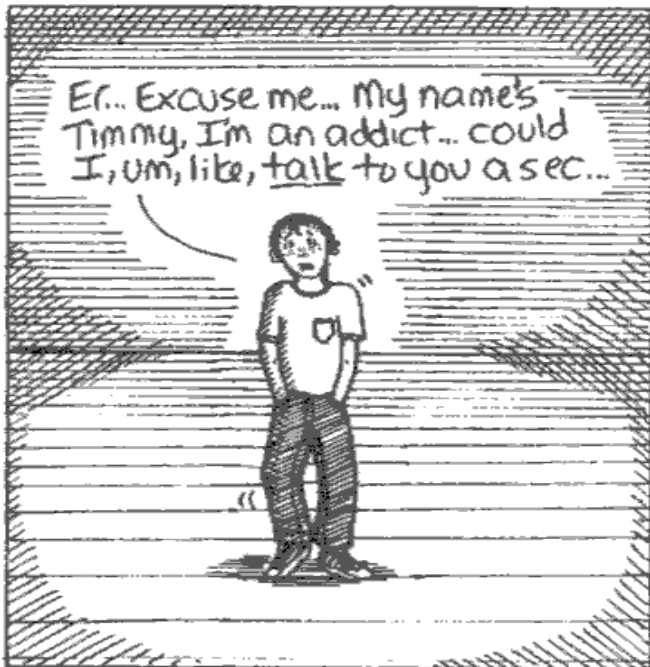
**Across**

3. BY YOURSELF
4. OUR PRIMARY \_\_\_\_\_
5. BELIEF IN
7. ATMOSPHERE OF \_\_\_\_\_
12. WE HAD LOST TOUCH WITH THESE
14. LACK OF FAITH
16. GHOST IN THE CLOSET
18. INDUCE GUILT TO CREATE LOYALTY
22. REMEMBERING OUR PART IN THE GREATER WHOLE
23. WE ALL HAVE THEM
24. OUR WILLS AND OUR LIVES
26. TO JOURNAL
27. ALLOWS US TO SEE GREATER WHOLE
28. OUR BEST FRIEND IN NA
29. NO ONE IS FORCING US TO GIVE THIS UP
30. CONNECT WITH HIGHER POWER

**Down**

1. A WORD THAT BOTHERS A LOT OF PEOPLE
2. SEARCHING AND \_\_\_\_\_
6. GOD OF OUR UNDERSTANDING
8. NOT USING
9. \_\_\_\_ MINDED
10. WE DO THIS IN STEPS 4 AND 10
11. THE \_\_\_\_\_ TO USE IS LIFTED
13. THE HOLE WITHIN US
15. OUR ACTIONS MUST BE WITHIN THE BOUNDS OF THESE
17. ADDICTS WHO DON'T WORK STEP FOUR DO WHAT EVERY ADDICT FEARS
19. BROUGHT US TO NA
20. CALM
21. OFF THE PATH
25. WANTING WHAT ANOTHER HAS

# Home Group



# Happy Birthday

## Proof That the Program Works!

Cheryl S. June 5, 1999  
Debbie C. June 22, 2001  
Ron S. June 10, 2005  
Wayne S. June 10, 2008  
Betty W. June 23, 2001  
Jason K. June 18, 2007  
Hank G. June 20, 2007  
Kami B. June 8, 2007



Happy Belated Birthday to :  
Tom M. May 17, 1991  
Jesse R. May 8, 2007  
Julie May 18, 1995

*The Newsletter Subcommittee makes every effort to print an accurate and complete list of NA birthdays each month. We respectfully request that the GSR of each meeting report birthdays & any updates at least one month in advance to the Newsletter Subcommittee.*

**PLEASE SEND BIRTHDAY ANNOUNCEMENTS OR CHANGES TO:** [Tucsonna.newsletter@yahoo.com](mailto:Tucsonna.newsletter@yahoo.com)

## SCHEDULE FOR AREA SERVICE COMMITTEES

### **Area Service Committee:**

2 P.M. 1st Sunday of the month; Mesquite Room, Marshall Auditorium, Tucson Medical Center, 5301 E. Grant Rd. (entrance on east side)

### **Newsletter Subcommittee:**

6:30p.m. first Wednesday of the month at Starbucks Grant and Swan.

### **Hospitals & Institutions Subcommittee:**

12:30 p.m., first Sunday of the month Mesquite Room, Marshall Auditorium, Tucson Medical Center, 5301 E. Grant Rd. (entrance on east side)

### **Outreach Subcommittee:**

1 p.m., 3rd Sunday of the month, Wilmot Branch Library, 530 N. Wilmot Rd

### **Public Information Subcommittee:**

6p.m., first Wednesday of the month, Starbucks, Grant & Swan

### **Phone-line Subcommittee:**

10-11 a.m. 3rd Saturday of the month, Starbucks Country Club and Speedway.

### **Activities Subcommittee:**

For more information on activities of the Activities Subcommittee contact Dustin A. - (520) 309-9857

### **Mt Lemmon Bash Subcommittee:**

11:00am, 2nd Sunday of every month at the Coffee Exchange on Campbell and Grant.

## What is the Narcotics Anonymous program?

N.A. is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

### SERVING SOUTHEASTERN ARIZONA AREA



#### FOR SUBMISSIONS, SUGGESTIONS OR FEEDBACK OUR EMAIL IS:

tucsonna.newsletter@yahoo.com

#### SEND SNAIL MAIL SUBMISSIONS TO:

Narcotics Anonymous  
"Recovery in Action"  
P.O. Box 44081

### OUR PURPOSE

- The primary purpose of Narcotics Anonymous is to carry the message to the addict who still suffers. The newsletter serves to build NA unity through communication. We welcome comments, artwork, brief articles, poetry, anecdotes, cartoons, puzzles, jokes, personal stories, NA announcements, and birthdays. We will be informative about upcoming events on the area level, regional and world levels, committee meetings, and opportunities for service. Check out our new format and tell us what you think!
- All submissions become the property of the newsletter committee and may be edited for length, content, and a clear NA message.
- Opinions expressed in *Recovery in Action* are not necessarily those of the Newsletter Committee or Narcotics Anonymous.
- Thanks for letting us be of service!

#### For 24 Hour Information about meetings or NA in general:

[HTTP://WWW.NATUCSON.ORG/](http://www.natucson.org/)

Or the Phone line: 520-881-8381

### About this committee:

Your NA Newsletter Committee is Martha H, Erika L, Ron A. and Ron S. at the time of this edition. We are a group that likes to discuss ideas, tell stories, joke around, and in general have fun with this service. If you like to write, read, draw, think or just breathe, we would like you to be a part of this newsletter. Please talk to one of us or just come to the committee meeting and join us for some brainstorming on the next issue.