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May/June 2015

# RECOVERY *In Action*

Serving Southeastern Arizona

## ... Be of Service

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

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

Arrive early and do the things you see other members doing – set up chairs, make coffee, set out the literature, welcome *everyone*. These were the suggestions which started me on my early service work. Later, after I had close to a year clean, I was asked to join a group to share our experience strength and hope at a Hospital (Rehab), then in a Juvenile Detention Center. A couple of years into the program I volunteered to be a GSR to a meeting. There was a natural evolution which complemented my spiritual growth and allowed me to contribute to the extent I could. While doing service work, or thinking about my commitment to upcoming service work, I stayed clean. It was as effective as when I would talk directly with a newcomer. I felt that I received a certain grace of release and removal of the obsession to use drugs. It still works after all these years, however, no-one is still asking me to help set-up before a meeting; I just do those things without thought or motive.

I would like to share one of the finer memories of H&I work. I spoke a total of ten minutes at a treatment center and followed the formula of “What it was like; what happened; and what it is like now.” But I focused on what it was like now more than the other two parts. I shared how I began to do the things I always wanted to do before I became so handicapped with a drug addiction. I told them that I was going to concerts, playing in a band, joining a softball team, and experiencing things I never imagined I would be doing, like Hang-gliding, snow skiing, and going back to college.

I also told them about my family finally allowing me to visit them, and even inviting me over for dinner or to just be a part again. I told them how much these things meant to me because I had lost all ability to receive love from them or others.

It seemed that everyone in that room was filled with hope, because, before we came there that night to tell our stories, they thought they would have to resign themselves to a boring life after leaving the treatment center. They wanted to know more about how I could do those things without using. How could those things be fun? How could they separate themselves for any length of time from their friends? And, why would they even want to have fun without using? They wanted to know if there were limits to what they could do after they left rehab. I said that with the tools and fellowship of NA there really wasn't anything that I would want to do that I couldn't do.

Ask someone with long stretches of clean time what makes up their program. The ones with years upon years of clean time will all have these things in common: they work the steps, they go to meetings, and they are involved in service work. As a newcomer you might not be able to make sense of the steps or be able to work them, but you can stack the chairs after the meeting. Later, you might not be a candidate to sponsor people, but you can H&I with a group. To have years of clean time is to have years of service work. Of all service work, the greatest is greeting people as they come into the rooms of NA. Just for today I will...

- David B.



## Being of Service

When I first got involved in service work, I had no concept of what service work was. It kept me coming back to be around people that had something I wanted. Little did I know this would be the beginning of many lessons of life, and yet life-saving. The first was a sense of purpose/direction, which gave me hope. The 2<sup>nd</sup> was responsibility, through carrying info from group to area and vice versa. The 3<sup>rd</sup> was getting out of myself long enough to see where I needed to place importance—my higher power. Today, looking back, I see there were so many lessons (too many to name here), so upon getting to Arizona, I threw myself into the middle of service work, allowing me to get to know more recovering addicts, and a deeper sense of my recovering self. I used to think that because I wasn't sponsoring anyone, I wasn't being of service—LOL! Today I realize there are so many ways and levels on which to be of service. I have to say, I love being of service. Thanks for letting me be of service. Countless times it has saved my life! Love and Gratitude.

-Terri H.

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

For our June/July newsletter, we would like to hear your experience, strength, and hope on the topic of the importance of fellowship. Why are your recovery connections so important to you? What's your experience with NA events such as dances, barbecues, and conventions? What makes these experiences special to you? How do they help the newcomer? How has the fellowship help you stay clean, just for today?

### **Happy Birthday!**

**Proof that the program works!**

Leo M. ~ 05/10/1985  
 Cindy L. ~ 05/10/2011  
 Julie O. ~ 05/12/2007  
 Marcy P. ~ 05/14/2005  
 Jody P. ~ 05/15/2009  
 Tom M. ~ 05/17/1992  
 Julie B. ~ 05/18/1995  
 Marti G. ~ 05/21/2009  
 Judy C. ~ 05/22/2014  
 Fire W. ~ 05/23/1981  
 Sandra W. ~ 05/25/2002  
 Kirstin L. ~ 05/26/2014  
 Cheryl E. ~ 06/05/1999  
 Lissa W. ~ 06/05/2003  
 Brendan G. ~ 06/08/2013  
 Colette B. ~ 06/09/2012  
 Zach W. ~ 06/10/2014  
 Ray H. ~ 06/18/2010  
 William B. ~ 06/19/2012  
 Korina B. ~ 12/21/2013 (18 mos.)  
 Christina A. ~ 06/21/2014  
 Debby C. ~ 06/22/2001  
 Mary F. ~ 06/22/2005



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

# **SERVICE** *In Action*

## ***SEAZNAC I - Be of Service!***

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### **Meeting Schedules**

SEAZNAC Meeting

contact Ken P. at [SEAZNACchair@natucson.org](mailto:SEAZNACchair@natucson.org)

### **Arts & Graphics**

Committee meets 3rd Thursday of every month, 6 p.m. at Starbucks on Speedway & Country Club, 3025 E. Speedway Blvd. Contact Dan J. [SEAZNACgraphics@natucson.org](mailto:SEAZNACgraphics@natucson.org)

### **Entertainment & Fundraising**

Contact Bill M.

at [SEAZNACentertainment@natucson.org](mailto:SEAZNACentertainment@natucson.org)

### **Hotel & Hospitality**

Contact Ward S.

at [SEAZNACHospitality@natucson.org](mailto:SEAZNACHospitality@natucson.org)

### **Merchandise**

Contact Connie L.

at [SEAZNACmerchandise@natucson.org](mailto:SEAZNACmerchandise@natucson.org)

### **Programming**

Contact Tommy C.

at [SEAZNACprogramming@natucson.org](mailto:SEAZNACprogramming@natucson.org)

### **Registration**

Contact Laurie N.

at [SEAZNACregistration@natucson.org](mailto:SEAZNACregistration@natucson.org)

### **Welcoming**

Contact Edmund at [welcoming@natucson.org](mailto:welcoming@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](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 information.

### **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 volunteers to be of service!***

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

***Public Relations is looking for paper route volunteers to help distribute meeting lists! ([pr@natucson.org](mailto:pr@natucson.org)) or contact Brendan G. @ 520-312-3931***

# 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/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. **Medallion Night is now upstairs, follow the signs.**



**Monday Night Young People's Speaker Meeting:** 3rd Monday each month. **May:** Eric Z. **June:** LaDonna K.

## Upcoming Events in and around AZ

**ARCNA XXIX in Phoenix:** May 22nd - 24th, 2015. "Out of the Darkness" Double Tree Resort by Hilton Hotel Paradise Valley, 5401 N. Scottsdale Rd. Scottsdale, Arizona 85250

**Sedona Campout:** June 5th -7th. Chavez Crossing Group Campground in Sedona, Arizona. \$35 per person, includes camping Saturday dinner. Children 12 and under \$5 for meal. T-shirts, raffles (bring cash), activities, more.

**Productive Members of Society** September 25th - 27th. Women's oriented retreat at Whispering Pines Camp, 8775 S. Mount Tritle Rd, Prescott, AZ 86303.

**Western Service Learning Days (WSLD29) Las Vegas, NV.** October 29th, 2pm - 4pm. Tuscany Suites and Casino, 255 East Flamingo Rd, Las Vegas

(More info @ [natucson.org](http://natucson.org))

## Meeting changes

The Monday night **Young People's** meeting has changed its name to **The Underground**

**Keep it Green and Leave the Light On** are now meeting at 740 East Speedway Blvd

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 ~



**Tubac NA Meeting (Tubac**

**AZ)** May 19, 6pm. Speaker meeting, sit down dinner, music with pot luck dessert bar. Speaker starts at 6pm, followed by a wonderful catered dinner with salad, and drinks. Please

bring a dessert to share. There is no cost to attend nor to eat but an **RSVP is appreciated**. Please write [web-servant@natucson.org](mailto:web-servant@natucson.org) if you plan on attending.

## SEAZNAC I

July 3rd - 5th, 2015. Register before June 1st and be entered for the drawing for two free nights at the Hilton during the SEAZNA Convention--Winner will be announced in June. For more information, visit: <http://natucson.org/convention>



**31st Mt. Lemmon Bash**

October 2nd - 4th, White-tail Campground. Early Bird registration starts soon and will get you a discount off the full registration price. This camping event is proud

to be a major supporter of the Southeastern Arizona Area of Narcotics Anonymous for it's 31st year.

**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.