



Receive the Newsletter by email!
Just email Newsletter@natucson.org
And ask to be added to the list.

January/February 2016

RECOVERY *In Action*

Serving Southeastern Arizona

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

Email them to
newsletter@natucson.org

~ Diversion Led to Recovery After Years on the Streets ~

My journey to the streets began when I was 9 years old. That's when I started using drugs and alcohol, helping myself to my mother's alcohol and medication. Unable to deal with the physical and emotional abuse in my home, I soon became a runaway, considered incorrigible by my family and the system. At 17, I enlisted in the army, but soon discharged for drinking. With few skills and a growing drug habit, I moved from one state to another, turning to theft to support myself. I was a "hardcore" addict -- the streets were my home since 1995. Eventually, I had been in and out of prison in five different states. Along the way, I endured several overdoses and a couple of suicide attempts. During that time, I saw no light in my eyes. During the time I spent in the Georgia and Florida prisons, I was diagnosed with depression. I eventually enrolled in a 6 month substance abuse treatment program at the Taylor County Correctional Institution, but was still struggling with major depression after my release. Less than a month after my release, I was arrested for misdemeanor charges. While incarcerated, I was referred into a Diversion Program operated by a Behavioral Health Center. My involvement with the diversion program did not bring immediate results to my turmoil. In fact, I was arrested 3 more times. I had a couple of months clean, but I didn't really work on the inside of myself. Overwhelmed with depression and a sense of hopelessness, I rode my bicycle in front of a truck because I didn't want to live anymore. I ended up in the hospital, in a coma for 10 days, with numerous broken bones. It was after that suicide attempt that I discovered someone did care what happened to me-- Shin-Lay Chu, the leader of the Forensic Diversion Team, reached out to me and recommended I go into treatment. That was the start of a new journey, and what led to my recovery. I had never had any self-esteem or confidence. At the Meridian Center, I had someone give me acceptance, advice, and direction. In early 2010, I completed the Alachua Program and moved to Jacksonville, where I entered the Salvation Army Adult Rehabilitation Center (ARC). I successfully completed the ARC program after 6 months.

On September 22, 2015, I celebrated 6 years clean. On April 6, 2015, I came to Arizona. Both my knees gave out, and my step-daughter that I had not seen in 20 years opened her door to me. I am still involved in Narcotics Anonymous and working on my mental health issues as they have been more prominent after healing from all the damage that was my life. Truly I am happy, joyous, and free. Today I share my hope.

- Robert D.

~ Being Restored to Sanity ~

Many of us felt that insanity was too harsh a word to describe our condition. However, if we take a realistic look at our active addiction, we'll see that we have been anything but sane. For the most part, our perceptions were not based in reality. We viewed the world around us as a hostile environment. Some of us withdrew physically and had little, if any, contact with anyone. Some of us went through the motions of life but allowed nothing to touch us emotionally. Either way, we ended up feeling isolated. Despite evidence to the contrary, we felt that we were in control. We ignored or didn't believe the truths that were staring us in the face. We continued to do the same things and expected the results to be different. Worst of all was the fact that we continued to use drugs, regardless of the negative consequences we experienced. Despite the warning signs that our drug use was out of control, we continued trying to justify it. All too often, the result was that we could no longer face ourselves. When we take a realistic look at our lives, there can be no doubt that we desperately need a restoration to sanity. Regardless of our individual interpretation of the term "restoration," most of us agree that, for us, it means changing to a point where addiction and its accompanying insanity are not controlling our lives. Being restored to sanity is a life-long process. Individually, we experience it differently at varying stages of our recovery, but we all can see some results of this process right from the beginning of our recovery. Initially, being restored to sanity means that we no longer have to use drugs. We go to meetings rather than isolating. We call our sponsor rather than sitting alone with painful feelings. We ask for our sponsor's guidance in working the steps, a real demonstration of sanity. We begin to believe that a powerful force can restore us to sanity. At long last, we feel hope for ourselves.

- IWH&W, step 2 excerpt

~ The Relief of Broken Bones ~

You will find relief once you are put away. You will not find it in the little blue flowers of your hospital gown, or in the meals served with dull plastic silverware, for your protection. You will not find it in the tissue white cups with your medication or in the restraints bolted to the side of your bed. No relief there. That's for sure. But you will find it just the same. You will find it in knowing you are one of the broken ones. You will never have to wonder if maybe possibly perhaps you are losing it. You will know. It has been confirmed. There is relief here.

- Alan B. , 2001

Happy Birthday!

Proof that the program works!

Terri B. ~ 01/02/2014
David B. ~ 01/03/1986
Leah J. ~ 01/03/1993
Holliday S. ~ 01/05/1987
Joseph R. ~ 01/05/2013
Lindsey S. ~ 01/06/2009
Jake B. ~ 01/06/2012
Chris M. ~ 01/08/2014
John B. ~ 01/10/1987
Sara M. ~ 01/11/2015
Danny W. ~ 01/13/2013
Jason J. ~ 01/15/2015
Jose G. ~ 01/17/2014
Jacque B. ~ 01/18/2012
Konrad P. ~ 07/23/14 (18 mos.)
Joel B. ~ 01/24/2015
Melanie S. ~ 01/25/2011
Chris C. ~ 02/25/2014
Brett M. ~ 01/26/2011
Amy K. ~ 01/26/2014
Connie W. ~ 02/02/1990
John B. ~ 02/04/2007
Stephanie W. ~ 02/07/2010
Kati M. ~ 02/12/2013
Lisa S. ~ 02/19/2010
Jay B. ~ 02/26/1987

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

NEXT MONTH'S TOPIC!

The topic for our February/March 2016 newsletter will be *working the 12 steps of Narcotics Anonymous*. Share your experience, strength, and hope on working the steps -- your fears and reservations, your hopes, and your accomplishments. Let the newcomer know why working the steps has been essential to your recovery in NA. Please send all submissions to newsletter@natucson.org.

SEAZNAC II Contact List

Chair

contact Don B. at SEAZNACchair@natucson.org

Arts & Graphics

Contact John B. at
SEAZNACgraphics@natucson.org

Entertainment & Fundraising

Contact Brian C. at
SEAZNACentertainment@natucson.org

Hotel & Hospitality

Contact Vernetta W. at
SEAZNACHospitality@natucson.org

Merchandise

Contact Janet H. at
SEAZNACmerchandise@natucson.org

Programming

Contact Connie L. at
SEAZNACprogramming@natucson.org

Registration

Contact Ruthie E. at
SEAZNACregistration@natucson.org

Welcoming Contact Kayla S. at
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

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

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, con-
tact pr@natucson.org for details

***Phoneline is looking for Spanish-Speaking
volunteers to be of service!
(phoneline@natucson.org)***

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

AREA EVENTS & ACTIVITIES

Please check the website 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.

January: Chris T.

Tucson Area Meetings: Changes & Support

NEW MEETING: A moment of Clarity starts November 1st at 6:30pm, St. Mark's Church 1431 W. Magee Rd, Room 17 Southwest corner of Magee & N. La Canada

NEW MEETING: Groundhog Group Extended will meet at 11pm on Friday nights at 2610 N. Stone Ave. Starting **August 14th, 2015**. This meeting needs **women with clean time** to come support the meeting.

Mi Casa Su Casa needs women for support, especially those who are willing to sponsor. Meeting is at **7pm Tuesdays and Thursdays at El Pueblo Neighborhood Center**, 101 W. Irvington Rd., #5A

NEW MEETING: Miracles in the Hood on Friday Nights at **6:30pm** Turn Your Life Around Recovery Center 1109 W. Prince Rd., Suite 111 (Located around back)

Saturday Morning Serenity 8:30am meeting has **MOVED!** The New address is 115 N. Tucson Blvd.

If your home group needs support, or if a new meeting is starting, please send the info to newsletter@natucson.org

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!

~ AREA EVENTS ~



Deep South Campout Fund-raiser, Saturday, January 16th, Pancake Breakfast & Speaker Jam, 800 Taylor Drive, Sierra Vista 85635.



SEAZNAC Spaghetti Cook-off and Speaker Jam, Saturday, January 23rd at Streams in the Desert starts at 4pm.

Upcoming Events in and around AZ

21st San Fernando Valley Area Convention "Finding Our Way", January 15-17 2016. Go to www.NASFV.com/convention for more information and to register. Pre-registration is \$25

MACCNA VII, March 11 - 13 in Yuma "I will Be Unafraid". Download registration form by clicking here, or visit their web site at www.maccna.org

SDICRCNA 31, March 25-27, San Diego Imperial County, "Our Diversity is Our Strength" www.sandiegonaconvention.org

ARCNA XXX, May 27-29, "Thirty Years, One Promise" Double Tree Resort by Hilton Hotel 5401 N. Scottsdale Rd. Scottsdale, Arizona. Call 480-947-5400 for reservations or go to website. Mention ARCNA and get \$119.00 per night room rate.

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.