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February/March 2016

RECOVERY

In Action

Serving Southeastern Arizona

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Step Four - Getting to Know Me, Getting to Know All About Me

So, I've made a decision in Step Three to turn my will and my life over to the care of a higher power of my own understanding because Step One and Two led me right to it. I have recognized in myself powerlessness, unmanageability, hopelessness and fear. I have developed just a small measure of faith, largely because if I don't I have no hope of survival. The question now becomes, "how can I turn my will and my life over if I don't have a clear view of who I am?" Step Four is the tool of self-discovery. Step Four allows me to explore who I truly am, without the smoke and mirrors that my addiction used to hide me from myself. Sadly, Step Four has a bad reputation. At first, when I was a newcomer, I heard several people share in meetings about the intense feelings that emerged while writing their fourth steps, and how painful it was. Pain! There was something I wanted to avoid! Second, I heard how much writing a "searching and fearless moral inventory" could entail. This sounded like a lot of work! Third, "searching and fearless" were not adjectives one could apply to me. How about an incomplete and frightening inventory that only addressed a few painless concerns? Wouldn't that do? I wasn't exactly brimming over with willingness. Fourth, I really didn't know how to start and I was embarrassed to admit I didn't know. Happily, NA had taught me a few simple truths. I had learned to grit my teeth, to ask for and to take direction. So far, NA had not let me down. My life WAS a bit better, even with such a short time clean. So, as before, I asked for direction from my sponsor, and for experience, strength, and hope from the members of NA. Oddly, when I shared my trepidation of Step Four in meetings, I heard other experiences than I had heard before. I heard of the relief that Step Four offered to the "still suffering addict" and realized that I was "still suffering." I heard that Step Four is a process, not to be done perfectly. I heard that there was no assigned schedule to complete Step Four and that it is not a race, but a journey of self-discovery that once begun can last a lifetime. I was given a format to guide me. It asked me to explore my childhood, my adolescence, and my adulthood separately. It asked me to explore my fears and resentments, my relationships, and my personality traits, both assets and liabilities. It asked that I list those things that I swore to myself I would never reveal. It asked that I recall those things I'd spent years trying to forget. It asked that I list those things that I found most embarrassing, shameful, and disgusting. So I made the lists. As I wrote column after column, page after page, the words and memories began to make me clear to myself. As the lists began to form, I started to see patterns, in my behavior, my belief systems, and in my relationships. I began to see repetitive self-destructive behaviors (my life) as a result of my desires (my will). I saw the patterns, as one set of behaviors connected to another and another and all led me back down the same dark path...to my fears. The root of all my behavior came from the seed of fear. My anger, pain, self-centeredness, control issues, expectations, in fact most of my characteristics came from my fear and self-doubt. The few qualities that I could recognize through the darkness of my self-loathing and fear came from outside of myself, positive behaviors learned at home or at school as a child. I made the lists. I examined my part. I owned my behaviors. I recognized some repetitive patterns. I began to have a true vision of myself. Not all black or white, but infinite shades of grey. Not all good or evil, but simply a human, trying to live. I began to be able to accept myself as I got to know and understand myself. Step Four released me from the prison of self-delusion and self-loathing. Step Four set me free to recover.

- E.S. (from archive)

~ A Spiritual Awakening ~

Recently, I had a spiritual awakening as a result of working the Twelve Steps of NA. It all began when I was contacted by a friend who wanted to be in touch again. This friend was a part of my early life during a difficult and life-changing time. My Higher Power was telling me it was time to face my fear of the pain that would come up as a result of taking action. I began another Twelve-Step journey of writing about my past, as I knew the time had finally come and that I was ready to face this pain, with the hope of healing. All the while, I was in close contact with my sponsor and I shared regularly in meetings. This has been by far the hardest time in all of my recovery. Upon writing on the Fourth Step and sharing the Fifth Step, I gained humility and compassion for myself and those involved. Once I got to the Eighth Step, I had received the gift of forgiveness and the ability to forgive. Upon completing Step Nine, I met a person at my home group that would change the course of my journey! He shared his personal story with me; he had experienced what my own son had, he was placed for adoption, also. I realized instantly that just maybe I could find MY son who I had placed for adoption. Shortly after this meeting, I made a decision to find my birth son; just a few months later he was found. He told the intermediary that he wanted to talk to me. The experience has been an indescribable one, and a new relationship has begun with my son and his young family. After a few conversations, notes and pictures, I was able to send the amends letter written the previous year to my son and to my long lost friend, making amends to both within the same week. Wow, what a Ninth Step! After the reality of what had occurred had finally settled in, I realized that this all began with the thought of healing. And now, as a result of working all Twelve Steps, I have found peace.

- Karen S.F.

~ Another Addict Free of Pain ~

Living a life free of pain and suffering is our choice. There is enough suffering in the world without creating more, unnecessarily. We can choose misery or happiness. We have the choice. Sounds simple ... When we are ready to let go and walk through our fears and be free, free in our heads, we become liberated. Living without justification or approval of another, to appease others to just not make waves, is true freedom. Staying true to yourself in your own center is contentment. Being an individual. I know I have suffered enough in my own past. Today I choose to be happy, healthy and free... exploring the unknown and unfamiliar.

- Anonymous

Happy Birthday!

Proof that the program works!

Henry D. ~ 02/02/1982
Connie W. ~ 02/02/1990
Mary Jean G. ~ 02/02/1993
John B. ~ 02/04/2007
John L. ~ 02/06/2012
Stephanie W. ~ 02/07/2010
Kati M. ~ 02/12/2013
Don B. ~ 02/14/1992
Mohamed O. ~ 02/18/2012
Lisa S. ~ 02/19/2010
Darcy P. ~ 02/21/2008
Ezra M. ~ 02/22/2012
Chris C. ~ 02/25/2014
Jay B. ~ 02/26/1987
Scott P. ~ 02/26/2008
Shane W. ~ 02/27/2014
Vernetta W. ~ 03/03/1991
Paul L. ~ 03/07/2007
Efrain P. ~ 09/08/2014 (18 mos.)
Shannon B. ~ 03/17/2008
Arnold M. ~ 03/23/2010
Mariel M. ~ 03/23/2013
Ben K. ~ 03/24/2013

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

NEXT MONTH'S TOPIC!

The topic for our March/April newsletter will be *Making a living amends*. Sometimes in our recovery it is neither possible nor practical to make direct amends for a particular wrong. How have you made some of your living amends? What suggestions did you get from your sponsor about this process, and what did it look like for you? We want to know! Please send submissions to newsletter@natucson.org by the Sunday prior to area service.

SEAZNAC II Contact List

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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.

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 ~



Chili Cookoff - Mount Lemmon Bash Fundraiser Saturday, 27 February, 4 PM. American Evangelical 115 N Tucson Blvd.

Deep South Campout VI, 2-5 June, Parker Canyon Lake near Sierra Vista. Limited to 50 people so register now.



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.

