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March/April 2016

# RECOVERY

## *In Action*

Serving Southeastern Arizona

~ Working the Steps in NA ~

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

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[newsletter@natucson.org](mailto:newsletter@natucson.org)

The first thing is something pointed out by a friend outside of my home group years ago. That is that the first step states that we were powerless over the disease of addiction and that by working the program we gain power over the disease. Not that we can use successfully but that our lives are no longer run by drugs and finding ways and means to get more. The thing I know is that this is a daily reprieve conditional on me working a program. But at a certain

point in my recovery it stopped being about not using and started being about living life without the use of drugs.

The second step is one that I love to speak of the most I think. The main reason I like to talk about it so much has a little to do with higher power and a lot to do with the fact that I know a lot about being crazy... Like hospital crazy. ... I know from being locked up that from 48 -72 hours they need to decide if one is a danger to self and others. I have failed this test in the past. At some point of working the steps I came to the idea that if danger to self and others is insanity then sanity is when we are a benefit to self and others. Not just for ourselves but self and others. The idea that I am a benefit to others is one of the most healing parts of my program. The thing that my sponsor pointed out at a speaker meeting a while ago was that like our untrustworthy family we need to prove this to ourselves and all that great jobs at service commitments did not achieve this. It happened but it was internal. It is like the statement that there are no pledges to sign no promises to make to anyone. I feel this is in the literature because when I can into the program I did not trust me. I had to prove myself to myself over the course of years. My affirmation for a while was I am a part of something greater than myself that is a benefit to others.

The third step for me is about being present and aware in the moment. Nothing I have ever learned has done me any good unless I put it into action. In addiction always wanted the big sack the bid pay off. In early recovery I still wanted the big internal change. Because of the New Year I want to change myself in big ways. IN contemplation of the fact that every year I do this to myself I realized that in active addiction I was motivated as f\$&## to get drugs. Though I have had breakthroughs in recovery moments where my life changes on a dime for the better for the most part the big changes happen over time. Because I have been trying to do my best over the course of years I feel better about me. It is progress not perfection but I have to say that even with multiple years clean I still need to be making progress to feel good about me because a small part of me remembers the promises I broke in active addiction. When I started on the NA road to recovery the only thing I knew for sure was god did not want me high. Years later the other thing I know now is that he wants me to be a better person today than I was yesterday.

Some of the greatest gifts of recovery were in realizations that I was no longer the addict I was when I walked in the rooms. I am able now to be present. One was when I cried tears of sympathetic joy when a sponsee's child handed him his key tag and talked about wishing her dad could get clean and I felt like I was a part of the solution. Not because I was his sponsor but because I was a part of NA. The other was last night when I had the privilege of holding my stepfather as he passed away at 3:45 am I was there present in the moment living life without getting high. Not just because I was not getting high to try to forget that he was passing but also because we had a good positive relationship for 20 year and that yesterday he told me he was proud of me and in his last moments I was present. One of the hardest moments in my life and I am so grateful that I did not get high to stop the pain. Instead I was present. I will forever be grateful that I was able to do this and not disassociate or medicate. I am grateful to NA for the privilege of being able to live life today.

— Don B.

## ~ HEP C AND ME – Part 2 ~

Since I wrote the last article about this topic more than two years ago, much has changed in the treatment of the Hepatitis C Virus (HCV). Because there are so many of us in the fellowship with HCV, I thought I would share my experience, strength and hope on this topic once again. While addiction and recovery remain the main focus of anyone in NA, those of us with HCV face a whole other set of problems.

HCV can lie dormant for many years. Statistically, it usually lies dormant for around 20 years and then over the next five to 10 years it becomes active. The progression of the disease is measured in stages. Stage 1 is minimal fibrosis (scarring) on the liver. Stage 4 is cirrhosis. Stages 2 and 3 involve more and more serious fibrosis. Up to 30% of HCV patients develop cirrhosis over 30 years. If an addict shared needles, s/he needs to be tested.

I was treated for 24 weeks with the triple treatment available a few years ago combining Peginterferon, a chemotherapy drug, ribavirin, and Teleprevir, a protease inhibitor. Success with this treatment for Genotype 1 was as high as 60%. I was a “responder,” meaning that the treatment reduced the presence of HCV to undetectable levels. After being tested six months after treatment ended, however, I had “relapsed” (no, not that kind of relapse!), meaning that the virus had returned. Because I had already been treated, I was no longer considered “treatment naïve,” which is someone who has not been subjected to any treatment regimen. Those of us who have relapsed are considered harder to treat. What causes the “viral breakthrough,” in other words, when the virus again shows up in detectable amounts, is when it mutates into a form not killed by the medication therapy. It will usually return to the “wild” (original) form of the virus within 18 months after treatment.

Fortunately, there have been several new drugs developed which show great promise. AbbVie, a drug company, developed Viekira Pak which was recently approved by the FDA. Another new drug, Olysio, developed by Johnson & Johnson, is taken in combination with either Peginterferon and Riboviron or Sofosbuvir. The most promising new drug, recently approved, is Harvoni by Gilead Science labs, which combines Ledipasvir and Sofosbuvir in a single pill. The standard treatment for Harvoni is for 12 weeks, one pill a day. It eliminates the need to take Peginterferon and ribavirin, with all their terrible side effects, and it has an amazing success rate or 95%, even for sufferers with cirrhosis. The downside with all the new drugs is the cost: up to \$95,000 for a Harvoni treatment. Fortunately, some

insurance companies, as well as AHCCCS, are covering the cost. There is also the ability to apply for a hardship waiver for some of the cost. Most insurance companies will not provide coverage for persons who still have stage 1 disease. This means persons who show no scarring on the face of their liver as yet. Stages 2 – 4 are generally covered.

There is presently pressure being put on the drug companies to lower the cost so that the approximately 3.2 million Americans with the disease can be treated. Also, it is expected that with time the cost will come down as the drug companies recoup some of the high cost of bringing the drugs to market.

I am not a doctor and cannot offer other addicts medical advice. But if anyone has questions about my experience, or just wants support in getting through their treatment or in making the decision as to whether to pursue treatment, I am, as always, available. Call me at 520-792-3200.

-- Sean B.

## Happy Birthday!

Proof that the program works!

Vernetta W. ~ 03/03/1991

Paul L. ~ 03/07/2007

Efrain P. ~ 09/08/2014 (18 mos.)

Amber B. ~ 09/12/2014 (18 mos.)

Eddie M. ~ 03/13/2004

Shannon B. ~ 03/17/2008

Jacky S. ~ 3/19/2007

Arnold M. ~ 03/23/2010

Mariel M. ~ 03/23/2013

Rita M. ~ 09/23/2014 (18 mos.)

Ben K. ~ 03/24/2013

Ron A. ~ 04/02/2006

Jim B. ~ 04/06/2010

Logan M. ~ 04/10/2005

Marquie W. ~ 04/15/2013

Paula D. ~ 04/22/2006

Sarah S. ~ 04/22/2013

Steven S. ~ 04/26/2002

Melissa L. ~ 04/27/2013

Luigi L. ~ 04/28/2001

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

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

For our April/May newsletter, we would like to hear your experience, strength, and hope regarding *relationships* in recovery. These can be romantic relationships, professional relationships, friendships, or any other type of relationship. How do you apply the steps and traditions in your relationships on a daily basis, both inside and outside the fellowship? Let us know by sending submissions to newsletter@natucson.org or by handwriting them and submitting to Kati M. or Jesse A.

### **SEAZNAC II Contact List**

#### **Chair**

contact Don B. at SEAZNACchair@natucson.org

#### **Arts & Graphics**

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#### **Registration**

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**Welcoming** Contact Kayla S. at  
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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)*

# 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.

## Meeting Changes, Support, Service Opportunities

**PHONELINE** is looking for someone to take a position as **Vice Chair**. 1 year clean time requirement, with a working knowledge of the steps, traditions, and concepts. email [phoneline@natucson.org](mailto:phoneline@natucson.org) or text or call Stephanie W at 520-370-7001.

**Never Too Late** needs support. Monday night at 8pm at 115 N Tucson blvd. American Evangelical Lutheran Church.

### Sierra Vista meetings need support:

**No Matter What** on Wednesday nights @ 7:00pm Oscar Yrun Community Center 3020 E. Tacoma

**Just for Today** on Monday 6:30pm and Thursday 5:30pm St. Paul's Baptist 227 N. Carmichael Ave.

**We Do Recover** on Friday 7pm and Saturday 7:30pm St. Andrews Church 800 Taylor Dr.

**Newbie Clean** on Sundays 6pm 2750 Cardinal.

**Moment of Clarity** Sunday night at 6:30pm on La Cañada and Magee at St. Mark's Presbyterian needs support.

**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](mailto: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](mailto:newsletter@natucson.org))

Don't know what to submit?

Ask your Sponsor for ideas!

## ~ AREA EVENTS ~



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

**SEAZNAC II**, July 29-31 "A Spiritual Solution", 475 N Granada, Hotel Tucson City Center. More information is available at [natucson.org](http://natucson.org).



## Upcoming Events in and around AZ

**SDICRCNA 31**, March 25-27, San Diego Imperial County, "Our Diversity is Our Strength" [www.sandiegonaconvention.org](http://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.

**The Southern California 9th Regional Cruise**. April 2nd - 9th, 2016. 7 day cruise to the Eastern Caribbean Sea. Leaving from Miami, FL. Apr. 2, returning Apr. 9, 2016 featuring stops in the Virgin Islands and Bahamas.

**CAONA I**, June 10-12, Rocky Point Mexico. our first convention. Hotel Puerto Penasco Del Sol located on Sandy Beach, Mexico. For reservations from USA, call 1-888-683-0067 and mention CAONA or #365.

**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.