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NOVEMBER 2016

RECOVERY

In Action

Serving Southeastern Arizona

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

Email them to
newsletter@natucson.org

Cassandra L.

I have been a part of the NA fellowship for a little over 6 months. My sponsor suggested that I consider writing about my experience having recently completed a 4th step. I came to NA very broken like many and started attending meeting as often as I could. I was approached by a woman when I had a little over 5 days clean. She welcomed me with a smile and wrote her number on a meeting list. I called her the next day when I felt like using and she gave me hope. I continued to attend meetings and eventually asked her to be my sponsor. She graciously accepted and began guiding me through the first 3 steps. Each step involved a packet and lots of writing on my part. I found a home group and stayed in close contact with my sponsor as it is suggested in our basic text. When it came time to begin my 4th step I felt a deep dreaded fear and emptiness in my gut. This was not the first time I had attempted to work through a 4th step. Years prior in another fellowship I had attempted to complete a 4th step. A woman sat with me for about 30 minutes on steps 1-3 and handed me papers with columns on it. She told me to start wherever I wanted. I started with the "sexual inventory" and listed every sexual encounter I could remember. I felt horrible and dirty inside. I started drinking and ultimately returned to my previous full blown active addiction. The mere thought of another "inventory" made me physically ill. I told my sponsor about this experience and she encouraged me to "put it down" when the feelings became too much. She also directed me to share in meetings and suggested that I start with the relationships section. She made sure I understood that this process may take several months and that it was okay to put it down as often as I needed. We completed a section in preparation for the 4th step. I was scared but my sponsor stood there like a beacon of strength. I remember her face as she handed me my 4th step packet with a confident smile. Her belief in my ability to get through this meant so much. I began as she instructed and by the time I had completed my first section I began to find relief. I began to see patterns in my life that centered in using and how I reacted to people based on how I felt at any given moment. I began to see my part in almost everything I had been so angry about. It was hard to face reality but I continued to write daily and prayed for the willingness to be thorough. I felt a connection to my Higher Power each time I wrote. There were moments when I felt like I wanted to give up and use just to avoid the feelings but instead I called my sponsor and shared at meetings like she suggested. Each time I found relief and enough courage to continue. By the time I was done, I felt ready to burn my 4th step journal. I met with my sponsor and shared all that I had written. I shared with her ugly secrets that I had never told another human being. Her face of compassion and understanding was dear to my heart. I jokingly told her I wanted to burn my journal afterwards and she thought it was a great idea. I think my favorite part of completing this 4th step was being told I had done a very thorough inventory and had completed a 5th step! I felt proud and accepted for who I am and found faith in the Narcotics Anonymous Program. This journey has so far given freedom and understanding of my disease. I am truly grateful to this fellowship and to be a part of the Narcotics Anonymous program.

Joe C.

I came to NA to move beyond the insanity of the drugs and the emotional havoc to a fuller living experience. The Latin root of the word "inventory" means "to find, discover, or ascertain." So, I am inventing a detailed account of who and what "Joe" is. I locate my lost values and other assets, and as I carry out my first honest self-examination I'm careful not to make it a weapon of self-abuse. So I don't stew on it; I move on. This is how I can look at the

future without fear. The future is embedded in the present. But I don't know where I am until I know where I've been. I must test and examine my ways and return to my true purpose. Before and inventory it's like I'm stumbling through my house in the dark and all the furniture has been rearranged. Ouch! #&@%*! No thanks! Thank you.

Robert D.

A searching and fearless moral inventory.I've done many 4th steps.I've always had the belief that if I got a new sponsor I had to start over so he would have the chance to get to know me.What better way than the steps.For the first couple of years I did a 1 thru 6 shuffle...Not that I used just a new sponsor for whatever reason. And after doing that for the last 7 yrs.have a whole new outlook on step 4. That its to identify the behaviors,beliefs, and values that have gotten out of sync with the rest of the world...To examine where I have gone astray, and hopefully to change the behaviors that have gotten to where I am today.A clean addict trying to put the pieces back together. And how I look at the world..With my sponsor, I cannot do this alone....WeDoRecover.

Anonimo's Message - Part 2

Last month, in part 1 of this series, entitled "Strange Prophet of Joy: Anonimo", we began to look at a "message" that a member of our Fellowship has been enthusiastically sharing, both in meetings and privately. The message is simple and direct -- "NOW is the time to prepare for the greatly increased growth of NA in all the world. It's coming!" A bit unusual, to be sure, but fascinating if it really is true.

Here we will look at planning in contrast to living "just for today", and consider how to deal with any emotions that might be stimulated by the concept behind the Anonimo message. Regarding planning, we all have to make general plans for our lives, even while "living in today". Business plans, financial budgeting, activities and event planning, service meeting plans, etc, may sometimes occupy a lot of our time, and are necessary to normal living.

Likewise, we may make general plans for the possibility of a period of rapid expansion for NA, without planning the exact outcome. And we can't easily anticipate the circumstances or world conditions which might cause a large number of using addicts to desperately want recovery, in a short period of time. But we can take some steps toward that future need, if it should come about.

Two current beginning trends in society (which may not be related to the expected "greatly increased growth of NA"), are the poisoning of the drug supplies in some areas, and the execution of using addicts in some countries. But the Anonimo message is not an attempt to generate fear-based actions because of these actions. Quite the contrary. We have all lived with too much fear for far too long in our using days.

Our readings in meetings (from "Just for today") include the phrase "...so long as I follow this way, I have nothing to fear". Any preparations for intensified growth should be calmly considered, knowing that whatever the future may hold, we can believe that we will be granted, by the God of our common understanding, the serenity, the courage and the wisdom we will need to meet that future -- we pray for that often, don't we...

OK, so what kind of preparations might we want to consider to prepare for any soon-coming accelerated Fellowship growth? In the next article, we will take a look at some suggestions that have been gathered from various addicts. And I would appreciate other ideas that may come up in anyone's 11th Step meditations. Please send them to the newsletter editor and they will be considered carefully and potentially added to the anonymous list of suggestions.

Thanks,
Dean W.
friend of Anonimo

Happy Birthday!

Proof that the program works!

Teri B.	10/30/2012
Wayne H.	11/03/2008
Kristin K.	11/08/2015
Belinda P.	11/10/2005
Bodhi	11/14/1986
Melissa G	11/14/2015

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

Upcoming Events in and around AZ

SEAZNA Activities Presents: "Cosmic Bowling", New Years Eve, 6pm-9pm, 7020 E. 21st, Tucson Bowl, After Party Info to Come!

SEAZNA Activities Presents: "Stuff-O-Rama", Nov 24th, 11:30am-4pm, 400 E. University Ave,

Desert Recovery Presents: Thanksgiving Dinner! November 23rd, 7:00-8:30PM Episcopal Lutheran Church, 730 Hwy 80, Benson AZ. Contact Kimberly S. for further info or to bring a dish! 520-720-7717

Outreach is going to Sahuarita Serenity Group on Monday, November 21st. They will leave Starbucks at Broadway and Campbell at 5:30 pm. Or, meet at the meeting!

SEAZNAC III
"Lost Dreams Awaken"
July 28-30, 2017

Early bird registration is now available at natucson.org/convention.html

MACCNA VIII - "Recovery Never Stops" Yuma, AZ, March 10, 11, &12, 2017

NEXT MONTH'S TOPIC!

RESERVATIONS!

After a discussion with committee member Joe C. about the nature of reservations and how they can be subtle creatures, we decided to put it up as our topic for December's newsletter. Please send submissions to newsletter@natucson.org

Jesse A.

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
Contact 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, contact 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 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.



Monday Night Young People's Speaker Meeting: 3rd Monday each month.

Meeting Changes, Support, Service Opportunities

The Tuesday Night meeting in Sierra Vista has a new location effective November 1, 2016:
Sierra Evangelical Lutheran Church
101 N. Lenzner Ave.
Sierra Vista, AZ 85635.
The meeting is being held in the Fellowship Hall.
No changes to the time. It will remain at 7:30pm

New Meeting!:

Name: NOANDA (No Other Addict Need Die Again)

Evening: Wednesday

Time: 6:30 PM

Location: Fountain of Life Lutheran Church
710 S. Kolb

(Enter through gate on south side of parking lot, first door on right)

Format: JFT/ Speaker discussion 4th Wed.

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 ~

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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.