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Month MARCH Year 2017

RECOVERY

In Action

Serving Southeastern Arizona

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

Email them to
newsletter@natucson.org

What A Relief

I began my recovery unwilling to continue using drugs as the solution to all my problems and fears, but also unwilling to do any real work on myself or to confess my long-held secrets. I greatly desired the serenity, self-confidence and maturity which others in the rooms clearly possessed, but I didn't want to do what they were doing in order to obtain those things. I wanted something for nothing, figuring I could work the program my own way and be just as well off. Be of service? What? Get a sponsor? No way. Work the Steps? Unnecessary! Staying clean was enough for me, and I considered my abstinence to be real "recovery."

After six months of not using, my mind was still racing. I obsessed about everything under the sun. I felt like a fraud sitting in meetings without taking the most basic of suggestions. It was time to resurrender. I finally asked a member with more time in the fellowship to sponsor me.

Wow! Once I began writing on my Steps, growth and healing became possible. I looked long and hard at my past, identifying unhealthy behavior patterns and exorcising my resentments. Peace came over me. I experienced so much relief from unburdening myself that I wondered why it had taken me so long to start my Steps. My addiction had been lying to me, saying I could find an easier way.

Each part of the Narcotics Anonymous program is included for a reason. Although there is plenty of room for individuality, certain elements are indispensable in order for the process of recovery to begin. For myself having a sponsor, working the Steps and being of service are just as important as staying clean and attending meetings. Now I understand that if I'm not constantly challenging myself to move forward, I'm probably slipping backwards.

Today I'm not the master of my own destiny anymore. The God of my understanding has a plan for this world which doesn't involve me in the driver's seat figuring everything out. When I do the right thing for the right reason, I let go of the steering wheel and just enjoy the ride. Whee!

P. Michael

Step 12 and Boundaries

Like many addicts in recovery, I struggle with boundaries. Because of the empathy I feel for the still-suffering addict, it can be tempting to try to save them all. However, over the years I have learned that if an addict isn't reaching out for help, there is little I can do to save them. I can only continue to work a program, and make myself available to them when they reach the end of the road. I must always remember that I, too, am an addict, and that while my disease may be arrested, I am never cured. I never become ineligible for relapse, and by attempting to save another addict on my own power, I risk getting trapped. My disease is cunning like that! When an addict in need does reach out, I can pray for guidance, as well as reach out to more experienced members for suggestions and help. I alone do not have the power to save anyone's life... thank God in NA we never have to be alone again!

Kati M.

Unwilling To Listen Made Me Mentally Ill.

By

Crizzzz

“It is the disease of not listening, the malady of not marking, that I am troubled withal. Shakespeare King”

Henry IV, Pt.11

“If you don't learn to listen, you'll never learn nothing new,”

a former mentor once said. Make listening entertaining by pretending to eve's drop when someone, i.e. your sponsor, is offering you a gift/proposal in the form of alternative suggestion to your existing problem. This should produce a new route out of concept out of dwell and into action by thinking

different. For those who are now ready to pay attention, you can't listen with your mouth open because your two sensors on each side of your thinker are closed. By listening to a new suggestion from someone new, outside your mind, then your continuing internal dilemma will result in a new untried solution that may show you a way out of your present tight spot. With a new concept you will emerge out of the difficult/sticky situation you may have returned to, or in reality may never have left.

LISTENING EXERCISE

With mouth wide open, tell yourself everything you know about listening. At the same time write down everything you are telling yourself about listening and view your present CONCEPT of listening. What does the definition of listening from the “AMERICAN HERITAGE DICTIONARY” say listening means to one whose ears are in the receptive position, for the first time, enabling them

to go to any length to develop an open mind? Now Listener: structure a new belief and show in writing, how the former open mouth listener and the dictionary differ according to the new informed you.

“I'm poor, I'm black, I may be ugly and can't cook, a voice say to everything listening, but I'm here.”

Ibid

Happy Birthday!

Proof that the program works!

Alan A.	2/20/2013
Manny E.	2/22/2012
Chris C.	2/25/2014
Brian O.	4/21/2003

The Newsletter committee will honor the area's decision regarding inclusion of birthdays, whatever that may be

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

Mount Lemmon Bash Planning Mtg, March 19th, Noonish Following the Duck Pond Mtg

SEAZNA H&I Learning Day, Sunday March 26th, 11am-3pm, La Madera Park, 2700 E. La Madera Dr.

Mount Lemmon Bash FUNraising Event Coming Soon! - May 2017 - More will be Revealed

ARCNA XXXI, Planting the Seeds of Recovery, May 26-28, 2017

URMRCNA XVIII, No Matter What..., Cheyenne, WY, May 26-28, 2017,

CANAC XXIII, Recovery Rises from the Ashes of Addiction, July 14-16, 2017,

Mt. Lemmon Bash 2017, Sept 29-Oct 1, 2017, contact bash@natucson.org

NEXT MONTH'S TOPIC!

“...Another human being...”

Share about the process you went through with sharing your inventory with another human being. What kind of fears or problems did you have to overcome? How did you reach a level of surrender necessary to share your inventory? What kind of relationship did you have with that person and how did you build that together?

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 bash@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

Spirituality Share is in need of service positions to be filled. We need a GSR, Alt-GSR, Secretary and Chairperson!

New Tuesday night Women's meeting.

Starts March 7, 2017

Group Name: Girls Gone Clean

Time: 7:30 Pm

Location: 400 E University Blvd, room 15, Trinity Presbyterian Church

Questions - contact Renee C (520)-444-2084

Before Relapse on Tuesday nights needs a GSR, if you are interested stop by!

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.