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November, 2017

RECOVERY *In Action*

Serving Southeastern Arizona

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NA Newsletter with
submissions, feedback
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Email them to
newsletter@natucson.org

(Last month's 1st submission was written by Kimberly S.)

Gratitude is taken for granted by me. Always has been. But a miracle has happened!! I have started seeing things through a different light. When I first came into this program, I was an ungrateful, scared, little child. I couldn't see anything for what it was, and had no acceptance for anything good. I could accept the bad because I felt I deserved it.

When I came into these rooms I was a very angry person, and wanted nothing to do with the happiness around me. But the longer I stayed and the more I saw and heard, I realized that there may be things here I can use.

I started accepting things, like calling people could be good! Then, I was told repeatedly to try and do a gratitude list. My first thoughts were not very friendly, but I did it. It was mostly one word per idea; like cat, dog, food, sleep. I kept on it and soon they became better. As this progressed I noticed that I was saying thank you a lot and saying I was grateful for the things people were doing for me. Soon I was grateful for just feeling happy, like for seeing an old couple walking down the street. I got all of this just from taking simple yet hard suggestions.

I wanted to do more and more but my fear held me back from putting my gratitude into action. I was still learning to love others and myself. It took time and patience but now I can truly say, I'm grateful today for the blessings I've been given. Today I can be present for my parents, my friends, and random people I just met, because I was shown how to have love and gratitude for this program and for others.

Through this program I have learned how to adult and human. Not perfectly, but its progress. And despite bad things happening, I can continue to be grateful for all the good things and through acceptance, with guidance, I can accept the bad things. I can be a better person now, because of this program and my higher power. Thank you everyone and you're all miracles! -Kathleen C.

WORD SEARCH - FILL IN THE BLANKS

Happy hunting!

1. Since the beginning of our recovery, we have found that joy doesn't come from _____, but from _____. [Basic Text, p. 107]
2. Our _____ involved much more than just using drugs, so our recovery must involve much more than simple _____. [Basic Text, p. 55]
3. Even if we don't feel like we believe in anything, we do believe in _____. [The Narcotics Anonymous Step Working Guides, p. 12]
4. When we open our hearts wide enough to sense our Higher Power's guidance, we feel a calm _____. [Just for Today, May 16]
5. Our meetings have an atmosphere of _____. [Basic Text, p. 11]
6. We are achieving _____ from the _____ of our past. [Basic Text, p. 42]
7. The more we neglect our responsibility to _____, the more cluttered our spirits become. [Just for Today, September 4]
8. The central action in Step Three is a _____. [The Narcotics Anonymous Step Working Guides, p. 21]
9. We can see a _____ simply by looking in the mirror. [It Works: How and Why, p. 75]
10. Ultimately, the recovery we find in NA is something different: a chance at a _____. [Just for Today, January 7]

decision, abstinence, serenity, the program, within ourselves, new life, disease, miracle, freedom, material things, empathy, wreckage, make amends

Crying & Trying

Seeping in like water between rocks
I don't really know how it got in
But I'm drenched in sorrow.
A sorrow that has the power
to break solid Rock in two
or four or eight or millions of
tiny little pieces of my life
that I am left collecting, alone
Cuz I'm the only one
I alone have to be the one
Who puts it all back together

It is true that I will never be the same
The childlikeness inside is still a part of me.
But the painful breaks are part of me too.
And keeping my poker face as I
look down at the hand I was dealt.
is the fake it till you make it
way that I can practice being me again.

I know how far I went but it is
such a blur just how I got there.
So I must look deep into myself
and trust myself when I answer
my own cries for help.

- Rebecca P.

Happy Birthday!

Proof that the program works!

Nicole N. 10/05/11

Denise S. 10/22/10

Julie T. 10/30/02

Kristy I. 11/04/16

Belinda P. 11/10/05

Bohdi A. 11/14/86

(on 11/14/17 will have 11323 days)

Emily S. 11/25/10

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

NEXT MONTH'S TOPIC!

STEP 9: WE MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.

Talk about Recovery in Action!

We humbly begin to make amends to ourselves and others when we first get clean and at this Step we're intentionally direct about it!

Please share your Experience, Strength, and Hope on this step.
Thanks!

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

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!

Upcoming Fellowship Events

SEAZNAC IV Theme Needed! Submit your ideas for a theme for SEAZNAC IV by Saturday, Nov. 11, at 11 a.m. Give them to any member of the convention committee or email them to [Vice Chair Bodhi A.](#)

Thanksgiving Before Thanksgiving, Wednesday, Nov. 22, 7-8:30pm, Episcopal Lutheran Church, 730 Hwy 80, Benson; contact Kimberly S., 520-720-7717, for more info

STUFF-O-RAMA, Thanksgiving Day, Nov. 23, Trinity Presbyterian Church, [400 E. University Blvd.](#); Drop off cooked turkeys, hams and side dishes beginning at 10am, lunch at noon, speaker meeting to follow. Come early and/or stay late to help set up/clean up. Contact [Jessa C.](#) (520-858-6885). **Sign up to bring a dish!**

Deep South Camp Out Lunch-In, Jan. 27, 2018, 11am-2pm, [St. Andrew the Apostle Catholic Church](#), 800 Taylor Dr. NW, Sierra Vista

Recurring Fellowship Notices

Bowling! First Sunday of every month, 4pm, 1010 W. Miracle Mile, \$1.29 (+tax) per game, \$1.29 (+tax) for shoes, fun & fellowship

Medallion Night and Potluck, Underground Group, 7:30pm, last Monday of each month, 915 E. Fourth St., arrive at 7pm if you're receiving a medallion

Groundhog Group Monthly Speaker Meetings, 1st Sunday at 12:30pm, 3rd Saturday at 4pm

Area PR and H&I Wants You! & Get involved, contact PR Chair, H&I Chair or Phone Line Chair

In & Around Arizona:

Regional Assembly & Trusted Servants Learning Day, Nov. 11&12, Yuma

MACCNA IX, March 9-11, 2018, Yuma ([see convention site for registration and more](#))

SEAZNAC IV, October 2018, Sierra Vista ([see convention page for more details](#))

Beyond Arizona

WCNA 37, The Magic is Still Real, Aug. 30-Sept. 2, 2018, Orlando, FL

Mexico: CADNA IX, Un Viaje Espiritual, Nov. 24-26, 2017, San Luis Río Colorado, Sonora

CASFNA I, Jan. 12-14, 2018, Nogales, Sonora

CREMEX XXI, March 15-18, 2018, Santiago de Querétaro

CABCNA XIII, April 6-8, 2018, Mexicali, B.C.

COANA II, June 8-10, 2018, Puerto Peñasco, Sonora

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.