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January 2018

RECOVERY

In Action

Serving Southeastern Arizona

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The Age of Recovery
Leslea J

Having found recovery late in life, I was faced with such deep regret and sorrow. I suffered

feeling that I was not only out of time, but, that the time which had past had been wasted being wasted. I found NA when I was rounding the corner to 51 years old. I arrived in the rooms at the dawn of my senior citizenship and having successfully received my first free copy of AARP magazine. I found my chair and refused to give it up. As the fog cleared, I regarded the many younger newcomers and people my age coming into the meetings. I felt that they all assumed I got clean in the Dark Ages or at least had clean time in the double digits (I did have double digits, only the numbers were in days, not years). I worried if I shared my story (which included my age and clean time) at a meeting, younger members might feel that they didn't need to get clean right away—that instead of my example being, “You can get clean at any age”, it said, “You can pretty much party your butt off until you're 50 and still survive”. I don't recommend it the last example to anyone by the way. Its proven to be a lethal choice far more often than surviving to be of any age. I keep getting older, and I keep staying clean. Now I have a few years of clean time added up and it still is hard growing old. However, growing old in recovery hasn't been nearly as unpleasant as getting high in puberty. Something to consider. You are not missing out by getting and staying clean while you still have the glow and hope of youth. I have since observed that recovery is as difficult for the know-it- all youngster as it is for the been-there done-that senior citizen. There is no doubt that both young and old newcomer addicts experience hardships, disappointments, great tragedies, and have to work hard every day struggling to hold on to their clean time, but only the younger ones remember actually doing it. Just kidding...sort of.

Some of the plus sides of being on the geriatric clean wagon and (not falling off) have been the many awakenings I have experienced over my 8 years in recovery- spiritual, social, physical, and cerebral awakenings have all been gifted to me. I still feel ready to take the on world by the way, although in the mirror I suspiciously regard the reflection of my Mother. Today I know; life beings at all ages and second chances come by the bakers dozen if you just keep trying.

Betty Friedan said, “Aging is not lost youth but a new stage of opportunity and strength.”.

It should be said that the past no matter how long or short it was, is lost to us all. So, I'm going to try to not spend any more of the time I have left thinking of it regretfully. I will stand in front of the mirror more aware, refined, and yes—with more grey hair—but clean!

Hope in a dark place

I've been in a lot of dark places in my life. In addiction. And in recovery. Throughout my addiction those dark places didn't mean that much to me. It was just another day then. After I got into recovery I started seeing things as they were. Things got hard though. But my dad's illness and passing was the darkest place I had been in. Especially at the very end. I loved my dad greatly, and still do. The day he passed lead me to a very dark period. At first I had little hope. As the days passed by I started seeing it. A little girl ran to her dad at the mall. And I realized my higher power was showing me what I had. And the goodness in memories and the life our family had. I started to have hope for a better day. Then a great man told me that when my dad left me he left me full of love for others and myself. He was a silly, hard-ass angel sent to me. He showed me that this insanity wasn't worth giving any more power to. My hope is and has always been surrounding me, with the beauty and love of fragile humans just like me. Even if it's hard to see.

“We came to believe that a power greater than ourselves could restore us to sanity” NA Basic Text, PG 17, Step 2

K.C.

Judging Our Actions

We judge others by their actions
But we want to be judged by our intentions.
"Sorry if I did something to offend you, but I just can't remember."

It's not what you think, I'm really not a bad guy

But sometimes, when I was high....

Are my amends enough? Do they satisfy
The requirement to put me back in God's grace?

My history is as good as it's going to get.

We will not regret the past but use it to
Build a future, something we can hold on to.

This morning it was cloudy. I sat with my coffee

And thought about the little things and
Waited for grace to come for me so that
I could ride on angels' wings.

But the coffee was bitter and the sugar had run out.

Actions speak louder than words
And I must listen not with my intentions
But with my heart.

--Anonymous

Happy Birthday!

Proof that the program works!

Chris M 1/8/14

Kathleen C 1/17/16

Larry P 12/04/90

Maria M 12/04/12

Sean B 12/13/98

Jose C 06/06/17

James M 11/28/14

Joe C 12/21/10

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

In & Around Arizona

Regional CAR Presentation, Jan. 13, 2018, 5pm, Trinity Lutheran, Glendale

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

SEAZNAC IV, Sept. 28-30, 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

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

All event info can be found at natucson.org

NEXT MONTH'S TOPIC!

Eventually we all have to let go and let higher power. What was your experience with that? How'd it work? Or not work? What's some experience and words of wisdom on this from you??

Please share your experience, strength and hope on the 3rd step!

Let us know by e-mailing your submissions to:

newsletter@natucson.org

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 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, 4:00pm, 1010 W. Miracle Mile, \$1.29 (+tax) per game, \$1.29 (+tax) for shoes, fun & fellowship



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.



Groundhog Speaker Meeting: 1st Sunday at 12:30pm, 3rd Saturday at 4pm

Meeting Changes, Support, Service Opportunities

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

Newsletter Information, If you would like your information, clean date, or event in the newsletter please email newsletter@natucson.org

Please support outreach as they carry out the primary purpose in the Southeastern area of NA. The next outing will be announced at area and will be available on the website after words.

All event info can be found at 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 ~

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

NA Hike, Sunday, Feb. 11, Brown Canyon Ranch, Sierra Vista; meet at 10:30am in the parking lot for the Brown Canyon Trailhead on Ramsey Canyon Rd. We will hike a short way up an easy trail and find a spot for an outdoor meeting, then those who care for a more rugged hike will continue on while the rest return along the same path. (Just like last year, only more fun!)

All event info can be found at natucson.org

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.