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March 2018

RECOVERY

In Action

Serving Southeastern Arizona

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Chapter 4 My Physical Self

My name is Bruce and I am an addict. My clean date is December 11, 2005. I took me 11 years to get 1. I did so much harm to myself during active addiction. I got my first year clean. It was such a miracle and relief not feel that constant craving and obsession for the drug of my choice. That gnawing and antagonizing feeling I lived with for over 37 years. Feed me! Myself, a slave to my addictions. Forced into submitting to every incomprehensible, demoralizing and dehumanizing things I needed to do to take that hunger anyway. I remain astounded to this day, after having been given the blessing of this program, that I could have the grandiosity, arrogance and sheer self-centeredness, to go back out and stick a needle in my arm one more time. I arrived in 1993 the first time defeated. Spiritually, emotionally, and physically. Two addicts came to my home. I could not dress or shower myself. They showered and dressed me and took me off to my first NA meeting. Only a disease so insidious could allow me not to remember this and choose to go back out again. I set off a chain of event that nearly killed me. Through what I now understand as the God I now have through my own understanding I received a last chance. In the end I wanted to die. I had struggled for 11 years and it was not working for me. Giving in to the disease I accepted being found at the bottom of a dippy dumpster in San Francisco Tenderloin. I, nameless, indigent with a syringe in one arm, one of many to perish this way. Someone or something somewhere had another plan for me. I got back on one last time.

Taking responsibility has become a key to my recovery. I arrived broken and sick. I take responsibility for having created my own worst nightmare and wreckage. Working the steps of Narcotics Anonymous with a sponsor gave way to some spiritual awakenings. I found through the steps the ability to deal with the abundance of feelings that caused me to use and relapse. My physical condition remained decrepit. I was very over weight. All my medical conditions that I now see as souvenirs of my using were hardly anything from stable. I was diagnosed with HIV in 1982. I had Hepatitis C, Diastolic dysfunction High Blood Pressure, and COPD along with Irritable Bowel Syndrome. I was a mess. While in those first new formative years I was grateful to be alive, emotionally and spiritually nourished by the program. Working through the steps, sharing with other addicts and doing a lot of writing awakened something else. I had the need for some kind of balance. As a result of the actions I was taking I sensed something was lacking. I was not able to put my finger on it immediately but I was still grateful and humble for being clean.

Something happened that made me sense I needed to begin to take control of my body and start to make healthy choices for it. I hated the way I looked and I avoided seeing myself in a mirror, then I woke up one day and I lost control of my upper right arm and shoulder. After a lot of painful neurological testing it was found that for some unknown reason I had an interruption in my deltoid nerve on my right side. This was some kind of wakeup call for me. I hit another kind of bottom, a physical bottom. One which I knew if I did not suit up and show up things would only get worse. I sought out dietary/nutritional advise. I eliminated sugar, caffeine, and starchy, fatty foods.

(cont'd on page 2)

. I started eating more vegetables and fruit and fortified my intake with more fiber. I began a regiment of vitamin and anti-oxidant therapies. I had already started going to the Gym for COPD physiotherapy. I extended that to 3 times a week to include swimming. One out of those three days was focused on my left arm. I also began to start simple stuff I could do like taking walks.

A natural process started. I became more conscious of my physical body. My personal hygiene improved and my domestic hygiene along with it. I began to feel more energy which enabled me to feel more active. I became more conscious of the clothing I wore. It was like a long time fog and haze I had been living through started to lift. I started to participate in my own life. More and more I became less complacent and more willing to be present. This new found freedom began to integrate itself into my recovery and my spirituality. I became more surrendered, more willing regarding prayer and in particular meditation, emotionally more quiet and directed. This process is still continuing to unfold through the current moment. My new found physical freedom and recovery has taken it's place with my freedom from active addiction. Another link in the chain that enslaved me was lifted.

My high blood pressure is almost completely normal. The diastolic dysfunction is completely gone. I have had the Hep. C cure and got rid of that. I live today HIV+ and free of any virus. COPD is completely controlled with large amounts of improvement. I still have to use an inhaler. I cannot remember when I had a bout with chronic bronchitis. This past flu season I might very well be the only one I know that never got sick. Someone suggested that the IBS (Irritable Bowel Syndrome) might be a Gluten allergy . I was tested for Celiac Disease. There is no obvious Gluten Allergy. I have learned through this experience when I eliminate Gluten from my diet

I relieve most of the discomfort in my abdomen. I live Gluten free. My HIV doctor feels that the IBS is a result of long term HIV medicines. I have found recovery for that also. My left shoulder and arm have been the slowest to recover. I was informed neurological damage could take years to repair. My program has taught me patience and endurance. Complacency has no place in life today. 3 years ago I had to wear a steel brace with all sort of latches and springs to give my right arm any mobility. I have since thrown that away. Three years ago I could not wash my hair with both hands. Today I can, and many other small chores that were deemed impossible. I continue to practice the spiritual principle of perseverance. I learned in Narcotics Anonymous to never give up.

I am 70 years old, 12 years clean, spiritually, emotionally and physically fit. I like what I see in a mirror today. It is the very best me that I can be. One year ago I moved to Tucson. I have truly arrived and I have never been happier in my entire life. I owe all this to a God of my own understanding that I was given the opportunity to find through the program Narcotics Anonymous. Thank you NA.

Happy Birthday!

Proof that the program works!

Happy birthday to all those who celebrated! Don't forget to let us know so we can but it here in this column!
- Newsletter Team

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

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

March Metal Madness VII, Sunday,
March 18, 10 a.m.-6 p.m., Kiwanis Park,
Tempe

CAR/CAT Voting (Regional GSR Assembly), Saturday, March 31, 10 a.m.,
1915 N. Casa Grande Ave., Casa Grande

Sedona 23rd Campout, May 10-13,
Chavez Crossing Campground, Sedona

ARCNA XXXII, May 25-27, DoubleTree
Paradise Valley Resort, Scottsdale

Beyond AZ

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

Mexico

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

Check out the events at natucson.org

NEXT MONTH'S TOPIC!

4th step, 4th tradition, 4th concept, tell us all about one or all of these (and any mixture!). How do they apply to your every day life? Your program?

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, 4:00pm, 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

Newsletter Information, If you would like your information, clean date, or event in the newsletter please email newsletter@natucson.org We can always use your submissions!

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

If any meetings you go to need support let us know and we'll put them here! Same for changes and service opportunities

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 ~

Kickball in the Park, Sunday, March 18, beginning at 11 a.m., Reid Park, Ramada 10 (closest to Country Club & 22nd St.); Lunch served at noon (bring a dish to share); fundraiser and logo contest for Mt. Lemmon Bash; \$5 suggested donation (no one turned away)

NA's Got Talent, Spaghetti Dinner/Dessert Contest (SEAZNAC promo event), April 14, 5-8 p.m., First United Methodist Church, 915 E. 4th Street (event flyer)

Deep South Campout, April 27-29, Parker Canyon Lake; more info to come!

Fiesta in the Park, Taco Bar Picnic/Game Day (SEAZNAC promo event), May 12, 11 a.m. to 4 p.m., Reid Park Ramada #31, 900 S. Randolph Way

Mount Lemmon Bash, Aug. 16-18; more info to come!

Regardless of potato bar/speaker meeting!! \$3. Doors open at 6pm speaker starts at 6:30pm. There will be 2 speakers. Thurs. March 29th. 400 E University Blvd @ Trinity Presbyterian

PR/H&I Learning Day April 22nd , more info to come!

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.