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April, 2018

RECOVERY

In Action

Serving Southeastern Arizona

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A Call in the Middle of the Night

Last night a sponsee of mine, who has been struggling lately to stay clean, called me in the middle of the night. I heard the phone start buzzing and thought for a moment, "I need my sleep," but then picked it up to answer.

The conversation started off as usual: "Hi," I said. "Sorry to call so late," he said. "What's up?" I said. "I am having a hard time staying clean," he said. "Have you used?" I asked. "No," he replied.

This is where the conversation became different than usual. He called BEFORE he used. I told him he was at a turning point and that his Higher Power was working for him by giving him the strength to call before he used, instead of after. We talked for about an hour about how things felt so difficult lately. He explained to me that he was really feeling down and thought life was not going to get any better. I told him it was because he was trying to live a new way of life but was still doing old behaviors. I asked him if he had been honest with me from the start - if he had been holding back on what was really going on in his life.

He began to cry and started opening up to me about how everything was falling apart in his life. He was losing his place to live; his family was cutting him off; and his job was in jeopardy. All I could think about was that was exactly how I felt when I was new in recovery. I told him exactly what my sponsor told me at that point in my recovery: "You are right where you are supposed to be."

We talked for a while about what it means to be clean. I mean really clean...clean from drugs, clean from lying, clean from people who are using, places where drugs are, and jobs that keep us thinking about using. I told him I was proud of him to have called before he used...for once. I told him I was proud to be his sponsor and thanked him for helping me to stay clean. He said, "I haven't done anything but call you and cry all the time. How is that helping you?" I explained that we are not so different, and I need to be reminded just how bad things can get if I use.

As we ended the call, I thanked him for calling and then hung up. Then I thanked my Higher Power for putting him in my life to show me that it still does not work out there.

He called me three days later, at a much better time of the evening, and told me he had stayed clean since our chat. I replied, "I will pray for you. Will you say a prayer for me to help me stay clean?" He said he would.

-Anonymous

Fourth Concept

Effective leadership is highly valued in Narcotics Anonymous. Leadership qualities should be carefully considered when selecting trusted servants. The trust necessary to confidently delegate service authority is founded on the careful selection of trusted servants. In the following paragraphs, we highlight a number of the qualities to be considered when choosing our trusted servants. No leader will exemplify all these qualities; they are the ideals of effective leadership to which every trusted servant aspires. The more we consider these qualities when selecting NA leaders, the better our services will be.

Personal background and professional or educational qualifications, though helpful, do not necessarily make for effective leadership. When selecting trusted servants, after all, it is the whole person we trust, not just their skills. And one of the first things we look for when selecting trusted servants is humility. Being asked to lead, to serve, to accept responsibility, is a humbling experience for a recovering addict. Through continuing to work the Twelve Steps, our trusted servants have come to know not only their assets but their defects and their limitations. Knowing that, they have agreed to serve our fellowship to the best of their ability, with God's help. Good NA leaders do not think they have to do everything themselves; they ask for help, advice, and direction on a regular basis. Our fellowship's leaders ought not be dictators or order-givers; they are our servants. Able leadership in the spirit of service does not drive by arrogant mandate, demanding conformity; it leads by example, inviting respect. And nothing invites us to respect our trusted servants more than clear evidence of their humility.

Capable NA leadership exhibits the full range of personal characteristics associated with a spiritual awakening. We depend on those who serve us to report on their activities completely and truthfully. Our leaders must have the integrity needed to hear others well, yet still be able to stand fast on sound principle; to compromise, and to disagree without being disagreeable; to demonstrate the courage of their convictions, and to surrender. We seek trusted servants who are willing to expend their time and energy in the diligent service of others, studying available resource materials, consulting those with greater experience in their field of responsibility, and carefully fulfilling the tasks we've given them as completely as possible. Honesty, openmindedness, and willingness, indispensable in recovery, are also essential to leadership.

Any NA member can be a leader, and every NA member has the right to serve the fellowship. Effective NA leadership knows not only how to serve, but when it will serve best to step aside and allow others to take over. An entrenched bureaucracy inhibits our fellowship's growth, while a regular influx of new leadership, balanced by continuity, inspires NA growth. The effective leader also knows that, in order to maintain the distinction in service between principles and personalities, it is important to observe the practice of rotation.

In some positions, trusted servants need specific skills in order to act as effective leaders. The ability to communicate well can help our trusted servants share information and ideas, both in committee work and in reporting to those they serve. Organizational skills help trusted servants keep small service responsibilities simple, and make straightforward even the fulfillment of complex tasks. Leaders capable of discerning where today's actions will take us, (continued)

and of offering us the guidance we need to prepare for the demands of tomorrow, serve Narcotics Anonymous well. Certain educational, business, personal, and service experiences may suit a recovering addict more to one type of service commitment than another. We do ourselves, our fellowship, and our trusted servants a disservice when we ask our members to perform tasks they are incapable of fulfilling.

When we carefully consider the leadership qualities of those we ask to serve, we can confidently give them the room they need to exercise those qualities on our behalf. We can allow effective leaders freedom to serve, especially when they demonstrate their accountability to us, reporting regularly on their work and asking, when necessary, for additional direction. True, our leaders are but trusted servants, not governors; yet we also expect our trusted servants to lead us. If we select them carefully, we can confidently allow them to do so.

Effective leadership is highly valued in NA, and the Fourth Concept speaks of the qualities we should consider when selecting leaders for ourselves. However, we should remember that the fulfillment of many service responsibilities requires nothing more than the willingness to serve. Other responsibilities, while requiring certain specific skills, depend for their fulfillment far more heavily on the trusted servant's spiritual maturity and personal integrity. Willingness, spiritual depth, and trustworthiness are strong demonstrations of the kind of leadership valued most highly in Narcotics Anonymous.

We should also remember that NA's leaders are not only those we vote into office. Opportunities for selfless service arise wherever we turn in Narcotics Anonymous. NA members exercise personal leadership by helping clean up after a meeting, taking extra care to welcome newcomers to our fellowship, and in countless other ways. As recovering addicts, any of us can fulfill a leadership role, providing a sound example, by serving our fellowship.

This modest spirit of service to others forms the foundation of our Fourth Concept, and of NA leadership itself. –End.

This was taken from Narcotics Anonymous booklet, "Twelve Concepts for NA Service, which is available online at www.na.org

NEXT MONTH'S TOPIC!

Recovery and relapse. It's part of some of our stories. Some of us have only relapsed "spiritually." What's your experience, strength and hope with this topic?

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.



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

Meeting Changes, Support, Service Opportunities

Not the Center of the Universe needs meeting support!
7pm, Not the Center of the Universe (O, LS)

Upcoming Events in and around AZ

In & Around Arizona

Sedona 23rd Campout, May 10-13, Chavez Crossing Campground, Sedona
ARCNA XXXII, May 25-27, Double-Tree Paradise Valley Resort, Scottsdale

Beyond Arizona

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

Mexico

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

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

All 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?

Happy Birthday!

Proof that the program works!

Patricia L. 4/20/88

Mariel M. 3/23/13

David E. 3/29/09

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

~ AREA EVENTS ~

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

For the Love of Recovery: A Subcommittee Learning Day, Sunday, April 22, 12:30-3:30 p.m., Streams in the Desert, 5360 E. Pima St.; Pizza, salad, cake & raffle

Deep South Campout, April 27-29, Parker Canyon Lake

Carr Canyon Hike & Meeting, Sunday May 6. Meet at the Carr Canyon picnic area parking lot at 9 a.m.

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!

SEAZNAC IV, Sept. 28-30, 2018, Sierra Vista

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.