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May, 2018

# RECOVERY

## *In Action*

Serving Southeastern Arizona

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

Email them to  
[newsletter@natucson.org](mailto:newsletter@natucson.org)

Whether recovery and then relapse is part of your story or not, we all have the potential to fall at any time...no matter what we are doing in our program, no matter how well we are working the steps, reaching out, doing service, talking with our sponsor, sharing and listening at meetings, praying, and turning it over. It's funny how "No Matter What" fits in here, too. Our disease is so cunning, so baffling, patient, and so manipulative, it can and will wait until you're least expecting it to slide that desire under your nose. Like when everything is going good and you're having a great day, it will slap you in the face yelling, "WAKE THE F#\$% UP!" trying to get you off guard, because you're not expecting it then. All those previous things I mentioned (meetings, stepwork) don't guarantee that you won't pick up. They help you change the way you respond to situations. But there is no cure. That is why we must remain vigilant at all times. Don't ever be arrogant when it comes to whether you can or cannot relapse!! -Richard W.

'Don't quit before the miracle... and remember, miracles don't always look like miracles'

Nothing changes if nothing changes!!!

When the pain of staying the same is greater than the pain of change, we will change.

"You never Have to use again, even if you want to"

"You want something different than you need to do something different "

One day at a time. -"Just for today" -Keep coming back -Meeting Makers Make it!

H.A.L.T. -If you are too Hungry, angry, lonely, or tired=don't make any big decisions!

-Expectations are premeditated resentments

-Reservations will take you out every time

We do RECOVER!! -Easy does it!

-We do what we do until we don't

Just stay... (it's easier) -We will love you until you can love yourself

What we couldn't do alone, we can do together. -The solution is in the Steps -

Welcome Home! -Glad you are here! -Read the book!

Gratitude Prayer: My gratitude speaks when I care, and when I share with others the N.A. way!

Glow-in-the-dark keytag! (1 YR) It stays lit so you don't have too!

-That no addict seeking recovery need ever die

Why do locksmiths do so well in NA? Because they are all friends of Jimmy's!

These were all submitted by various members! Thanks!

## OUTREACH!

May 25, going to **Sierra Vista!!**

*We Do Recover* group of Narcotics Anonymous Friday, 7pm meeting.

Meet at Starbucks on Broadway and Campbell at 5pm to carpool down there!!!

## Happy Birthday!

Proof that the program works!

Kirsten L. 5-26-14

Judy C. 5-22-14

Lori H. 4-13-08

Kami B. 4-20-14

Margaux T. 10-31-16

Cassandra L. 4-23-16

Pat L. 4-20-88

John P. 5-28-10

Jim B. 4-06-10

Dayle G.S. 4-12-14

Sarah S. 4-21-13

Tina W. 4-22-07

Charles G. 5-12-16

Paula D. 4-22-06

Josie J. 4-28-16

Marti G. 5-21-09

Due to technical difficulties, more April/May birthdays next month! Thanks!

If you have a clean date birthday of one or more years, please email it to [Newsletter@natucson.org](mailto:Newsletter@natucson.org)

## Upcoming Events in and around AZ

**Sedona 23rd Campout**, May 10-13, Chavez Crossing Campground, Sedona (event flyer online)

**NACNA Fundraiser: Chili Cook Off and Dance**, Saturday, May 19, 6-11pm, 755 N. Bonito St., Flagstaff (event flyer online)

**ARCNA XXXII**, May 25-27, Double Tree Paradise Valley Resort, Scottsdale (registration and info online)

## **Beyond Arizona**

**WCNA 37, The Magic is *Still* Real**, Aug. 30-Sept. 2, 2018, Orlando, FL (you can go to the website)

## **Mexico**

**CAONA II**, June 8-10, 2018, Puerto Peñasco, Sonora (flyer online)

## **NEXT MONTH'S TOPIC!**

**Tradition!!! Specifically, the 12 Traditions of Narcotics Anonymous!**

What's your favorite? How have they effected your recovery? What about when the Traditions are violated? Please share your experience, strength and hope on anything and everything related to the 12 Traditions of Narcotics Anonymous! 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](mailto: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](mailto:bash@natucson.org)

**Newsletter Subcommittee**  
Contact [newsletter@natucson.org](mailto:newsletter@natucson.org)

**Outreach Subcommittee**  
Contact [outreach@natucson.org](mailto:outreach@natucson.org) for more information.

**Phoneline Subcommittee**  
Contact [phoneline@natucson.org](mailto:phoneline@natucson.org)

**Public Relations Subcommittee**  
Meeting held on line, contact [pr@natucson.org](mailto:pr@natucson.org) for details

*Phoneline is looking for Spanish-Speaking volunteers to be of service! ([phoneline@natucson.org](mailto: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. \$1.29(+tax)/game & \$1.29(+tax)/shoes, fun, and 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 Group Monthly Speaker Meetings:** 1st Sunday at 12:30 pm; 3rd Saturday @ 4pm.

**Area Public Relations and Hospitals and Institutions wants you!** Get involved! Contact PR chair, H&I char, or Phonline chair!

## Meeting Changes, Support, Service Opportunities

Good Afternoon Recovery folk. My Home group, **Freedom Seekers**, meets at 8 pm on Thursday's out behind the Annex at Pima Alano Club. This is a smoking and vaping meeting but we do meet outside. We are a step study meeting and we read a selection and questions from the Step Working Guide. We are struggling and could use some support. We usually have a lot of newcomers and not to many people with significant clean time. Please come practice the 12th step by sharing your recovery with the most important people on the room!

**Armory Park Candlelight** is looking for a Secretary and a G.S.R!

**Saturday Night Miracles** is looking for home group members!

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 ~

**Fiesta in the Park, Taco Bar Picnic/Game Day** (SEAZNAC promo event), May 12, 10 a.m. to 1 p.m., Reid Park Ramada #3, south of Rose Garden

**Auction/Potluck/ Speaker** (SEAZNAC promo event), Saturday, July 21, noon to 4 p.m., St. Andrew's Church, 800 N. Taylor Dr., Sierra Vista

**Mount Lemmon Bash**, Aug. 17-19; more info to come! Got NA memorabilia? Please donate to MLB committee for fundraising auction!

**SEAZNAC IV, Sept. 28-30, 2018, Sierra Vista** (see convention page for details) and don't forget the Basic Text book drive for the newcomers!

**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.