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June, 2018

RECOVERY

In Action

Serving Southeastern Arizona

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

Email them to
newsletter@natucson.org

From an anonymous member-

I love NA! I must remember that this is a life or death program. My heart is grieved at the number of beautiful addicts we have lost to this disease. I do not want to loose my seat! It is hard when there is gossip going around. I must become more open minded and think before I act. I have been plenty guilty of gossip. Whenever we want to know if someone is off a little or a lot, just ask them! Whenever we go around asking everyone else that is or becomes gossip. Gossip kills members. I have attended way too many funerals for reasons just like this. Personally, I felt the ramifications of gossip recently. As I am aging in recovery, I have developed a disease which effects my behavior, causing people to think I might have relapsed!

NA is now having growing pains on uncharted territory of aging in recovery. I do not want to leave NA so I can feel accepted. I have been hearing some weird stuff that sounds like professional advice. We are all just addicts. Each individual is in charge of their own recovery. Personally, if I am crying in a meeting and I have snot running out of my nose, please fa Kleenex quickly and give to me. You don't have to "let me feel my feelings." I would be grateful!

On page 104 of our Basic Text, the chapter is titled More Will Be Revealed. It says, "We are each other's eyes and ears." So, there is a value to feedback from other members. I just wanted to acknowledge that fact. We are responsible for our own recovery. Whenever I approach someone, trying to find out if they are a little or a lot off, I will try to go directly to them and be respectful and loving.

I hope no one takes this personal. We learn by screwing up. Remember, first thought wrong! It is the second thought and the action that follows where I will continue to improve. No, I am not perfect nor will I ever be. I thank you all for loving me anyway, and I will continue to love you!

DOES LACK OF ACTION PRODUCE MORE PAIN?

By Crizzzzz©

If lack of action is truly our dilemma, then the cost of inaction is greater than the cost of action to change our personal lives. How I feel about myself will only improve by taking positive risk that are unfamiliar. Anything unfamiliar is emotionally painful, until we become comfortable with progress in our lives. We are familiar with rejection, and for many, this repeated negative experience produces a comfortable feeling involving familiarity. When we read 12-step material, a positive risk, we do not recognize we are attempting to change our internal feelings about ourselves. Through change, we leave behind the rotten feeling of incomprehensible demoralization created by past negative experiences. Change creates personal development/growth. Where we once felt we were not enough, we now realize we

have always been sufficient as we experience enlargement of our soul. What we do not realize is, we are improving our self esteem, and we become comfortable with that. Lack of self esteem is a disease because its mind altering and leaves us feeling unworthy among others. I am entering the unknown zone of improvement. Without action I will remain a bundle of unhappy trouble

**Frank S. – “Count the Cost” –
5/10/18**

What am I grateful for today?!
Today I am grateful for waking up alive and clean. Knowing my family still believes in me. And most importantly I believe in myself. Because without that, my whole life is and will be a lie. And I don't want that in my life. (Why? BECAUSE I WANT A LIFE!!!)

I know what life is like on drugs. It's not a life. I want to count the cost and live life. I want to know what it is like to buy a car, bet a bill in the mail and be proud to pay it. I want to be a man, instead of a man in chains. I will succeed in my Clean Journey through my life!!! -A resident at the P.R.C.

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

Happy Birthday!

Proof that the program works!

Jorey C. 6/15/12
Elaine K. 6/28/17
Cheryl E. 6/5/99
Dawn G. 6/15/05
Angie . 6/11/14
Cristina A. 6/21/14
Becky P. 6/13/17
Chantelle F. 6/26/17
Edmund M. 6/19/98
Lissa W. 6/5/03
Jaime U. 12/04/16
Taylor C. 6/01/15
Steve C. 10/31/16
Colin R. 4/14/17
Tristan B. 4/4/17
Kati M. 4/10/16
Cindy B. 3/23/16
Jody P. 5/15/09
Trash 5/21/98

IN AND AROUND ARIZONA

Festival of Recovery 2018, June
28-July 1, Show Low Lake
Campground, Lakeside
**17th Annual Sharp Creek Camp-
out**, Aug. 31-Sept. 3, near Christo-
pher Creek
Western Service Learning Days,
Oct. 26-28, Phoenix
**WCNA 37, The Magic
is Still Real**, Aug. 30-Sept. 2,
2018, Orlando, FL
Regardless Of... 6/28 6pm-
8:30pm Hot dog!(s) and cold sal-
ads! 2 speakers \$3 suggested donat

NEXT MONTH'S TOPIC!

Tradition Seven: "Every N.A. group ought to be fully self-supporting, declining outside contributions." It is talked about in many parts of our literature: pg. 84 of the Just for Today; pg. 174 It works: How and Why; pg. 201 Living Clean; pg. 70 of our Basic Text; Guiding Principles, pamphlets and more! Please share your experience, strength and hope on how this Tradition has helped you!

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

“Joe Addict”

Joseph Gregory Zach

Aug 19, 1953– Feb 2, 2018

Graduate Class of 2018

For Joseph, like many of us, stories were a form of intimate currency. Having had decades of experience in Narcotics Anonymous, he shared these stories with newcomers as often he could, in hopes of saving a life the way his was once saved. A passionate man, to say the least, but what he was passionate about the most was recovery in and of itself. Some days serenity consumed his very essence, while others it seemed to be lackluster. This is the nature of the recovery we share as addicts attempting a new way of life. He knew that not every day could manage to be a truly wonderful day, but a day clean, in the life of an addict, is a victory. Benson Desert Recovery was his final home group, although he offered his heart and soul to many over the years. Joe had a strong and often abrasive personality, as many recovering addicts do. We didn't all like him all of the time, but we certainly loved him...because he was one of us. Joseph Zach, a man of many words, will not be forgotten, but will be missed.

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 ~

Mount Lemmon Bash Fundraiser,
Saturday, June 16, 10 a.m. to 2 p.m., Reid Park Ramada #17

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

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

Area PR and H&I Wants You! & Get involved, contact PR (WE COULD REALLY USE YOUR SUPPORT!)

Chair, H&I Chair or Phone Line Chair
Outreach 6/ 24 depart Starbucks Campbell and Broadway 3:45 Going to Safford!

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.