



Receive the Newsletter by email!
Just email Newsletter@natucson.org
And ask to be added to the list.

July 2018

RECOVERY *In Action* Serving Southeastern Arizona

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

Email them to
newsletter@natucson.org

When I first stepped into a meeting of Narcotics Anonymous I wasn't even open to being an addict, much less that a meeting and program would work at the goal of not ever using drugs for an extended consecutive period of time rather than concurrently or not at all. I would attend meetings, hearing that there was no cure for the disease of addiction, that it was free of charge, though books were not, and it wasn't promised or guaranteed that this would in fact work for me. And

unless I got through the process of not using, understanding, and applying it, I would live in the misery of active addiction or die from it, like many others. I began with meetings, not getting a white key tag because I wasn't sure it was what I wanted. After all, I wasn't able to stay stopped.

This wasn't a sure thing, which I wanted to be absolutely certain, I could do and not give up on. The first 3 weeks was attending the meeting getting 10-20 bucks and using my start up or go-to drug. I would hear things, become easily irritated, angry, hostile and resentful. Then go use and ask my person what his opinion of what I heard and disagreed with was. This worked 2-3 times, then one day in a meeting something made sense. Yet I couldn't shake the urge to grab my phone, text, call, order, count the money, to be to sure grab keys and then go score and get loaded. So again I went.

I arrived, asked his opinion and saw his uncomfortable lies. The first time this guy ever felt crawling in his skin, as I'd been feeling daily, and not in control of himself. So I used, went home and began using niacin. The entire next day, ready to stop, be clean and move forward with the goal of staying clean no matter what.

My last use was later that night at home and I didn't even get high, yet it counted to me. I arrived at a Friday meeting late and began walking back that direction when a recovering addict gave me a ride, took me to another meeting said, "don't ever use again. or else. Period. And go get a white key tag, saying you're finally clean and ready to do this."

I walked into my homegroup meeting for the first time on January 15, 2015 and haven't stopped moving forward, no matter what, sense. Humbly grateful for the no non-sense literature study, no holds barred, "pick one: recovery or death," beginnings I had received that continue working in my life every day no matter what, whether I like it or not, with or without my permission just as life happens. -Jake A.

Hi! So I was asked to write about the seventh tradition and how it applies to my life. To start off, I have over 2 years, of only about a year of that was semi-self-supporting. So my story is about my journey I'm taking to learn how to care for myself in recovery, both financially, and spiritually. At first, when I was getting clean and coming back into the program I was afraid of myself and everyone else. I got lucky though and had some loving people who swooped me up. I slowly started looking at how to earn money of my own. It started with little odd jobs. Then I moved and got a real job! I learned the freedom of having a chance to earn my own money. But I didn't know how to responsibly spend. I learned over the next year and made things work, then moved again. I got another job. But my story went from good to bad. I didn't relapse, but I fell apart spiritually, was no longer working, and depending on my former partner. And I still am. But going through all of that helped me grow into something better, more humble, and more loving. I got an amazing sponsor who I'm building up trust with (which is hard but worth it!) and started (very slowly) working my steps again. I've learned how to budget and how to work with what I have. I also have been able to get into part of the service structure and learn how NA works! All of this has lead to me being better off and learning that my higher power has got me. Finances may be tricky, but I can always make

what I have work. Its also given me a push to better myself and my situation. I know things aren't ideal, but I have a chance to take care of myself now that I'm healthier and to help others, which is where my heart is. So, to sum up what I feel and think, no matter how bad it feels to me, or how bad it looks, it can get better if I put the work in and follow H.O.W (Honest, Open-minded, and Willing)! Thank you to this program, my higher power, and my steps. Not to mention everybody in the program and out!

-K.B.

Upcoming Events in and around AZ

In & 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 Christopher Creek

Western Service Learning Days, Oct. 26-28, Phoenix

Beyond Arizona

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

CRCNA XXXII, Guide Me in My Recovery, Nov. 2-4, 2018, Denver, CO

Happy Birthday!

Proof that the program works!

Wayne S. 6/10/08
Julie V. 7/10/94
Phoenix M. 6/17/15
Fred C. 7/29/88
Andrew D. 7/2/10
Natalie C. 7/17/14
Desiree V 7/23/17
Chris T 7/12/11
Gary Mc. 7/13/08
Brian R. 7/7/12
Sarah S 7/28/16
Tammy R 7/23/08
Tim O 7/1/13
Rick L 7/15/09
Ken F 7/11/98
Donya B 7/4/11
Sheryl W 7/21/06
Tommy S 7/15/15
Julia C 7/24/14

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

We're sorry everyone!!

All of us here at Recovery In Action would like to send our apologies to everyone on our e-mail list and who reads on the website, we had some major technical issues that have been corrected and will be sending June's newsletter out this month also. Again, we're so sorry!

NEXT MONTH'S TOPIC!

"NA Groups and Medication"

The position of complete abstinence from all mind and mood altering substances is well known in NA. "We can begin by acknowledging the complexity of the situation." In the spirit of NA unity, I would encourage us to read this service pamphlet and share your experience, strength and hope!

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. \$1.29(+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 chair, or Phonline chair!

Meeting Changes, Support, Service Opportunities

**Recovery and Relapse
Freedom Seekers**

Benson

Monday & Wednesday

7pm, Desert Recovery (O/D/LS) 730 S. Hwy 80, St. Raphael's Church beginning July 4, moving to 590 S. Huachuca St., Community Presbyterian Church

Friday 6pm, Desert Recovery (O/D/LS) 730 S. Hwy 80, St. Raphael's Church beginning July 4, moving to 590 S. Huachuca St., Community Presbyterian Church

Outreach: Bisbee "Ultimate Weapon"
Please contact John P. for more info

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 ~

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

Deep South Campout Committee meeting, Aug. 11, Len Roberts Park, Sierra Vista (flyer)
Mount Lemmon Bash, Aug. 17-19, (info & registration)

Deep South Campout Chili Cookoff, Sept. 8, 10 a.m.-4 p.m., Len Roberts Park, Sierra Vista (event flyer)

SEAZNAC IV: No Longer Afraid, Sept. 28-30, 2018, Sierra Vista (see convention page for more details)

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.