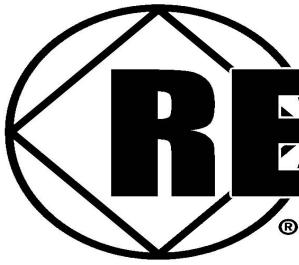


Receive the Newsletter by email!
Just email Newsletter@natucson.org
And ask to be added to the list.

September 2018



RECOVERY

In Action

Serving Southeastern Arizona

Step 9

I recently just worked through Step 9 and it was until this moment did I realize why the steps were in the order they were. I sold myself on so many different self-messages, questioning if I could truly rectify all my wrongs and if I was deserving of ANY forgiveness. My sponsor (who is the definition of amazing) had me write letters, the first one being to myself and the freedom that came out of writing that letter to myself and believing in my soul that I deserved that self forgiveness...it was time to give myself a break and to be able to live, let be and let go. One of the most significant amends I had to make was to my mom who passed away several years ago to breast cancer. I've shared this multiple times on how angry, resentful and bitter I was to her and how much I beat myself up on how because of my addiction I couldn't be present for her like she deserved but through working these steps I have learned what it truly means to make living amends. My mom's passion was advocating and showing up for women in recovery and today I GET to do that and through my higher power and NA Im clean and am productive and that's all it is. To me this step is about having freedom not just from others but from self. It has taken me a lot sponsor guidance, sharing in meetings and lots of authentic prayer to get there. I carried so much weight and self hate from the choices I have made but because of this program and step work on the daily I learn how to practice the spiritual principles of love, forgiveness and willingness. Thank you much NA <3 My life is truly owed to this fellowship and my Higher Power <3
Angela N.

~ AREA EVENTS ~

Deep South Campout Chili Cook-off, Saturday, Sept. 8, 10 a.m.-4 p.m., Len Roberts Park, Sierra Vista

SEAZNAC IV: No Longer Afraid, Sept. 28-30, 2018, Sierra Vista

'A New Way to Live' Speaker Jam, Saturday, Oct. 13, 6-11:30 p.m., Streams in the Desert, presented by Groundhog

SEAZNAC V Elections, Oct. 14, Area Service, 1 p.m., Chair & Treasurer; Oct. 20, Noon, all other positions

Speaker Jam & Potluck, Sunday, Oct. 21, Streams in the Desert Church

To Cheryl E.

My Sponsor

Doors old and long blocked,
Swelled shut and rusted stopped,
Out of light and in darkness stood dying,
All efforts to open I gave up trying.
But one of good heart and proper purpose could,
Break the locks and bend the wood,
And thereby to me freely give,
Inspirations and reasons to live.
Then someone came and put her own life on hold,
As stories of the tragic past I told,
Seeking sanity, I began to confide,
Now I am ready and the doors are open wide.
Leslea J

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.

Happy Birthday!

Proof that the program works!

Kathleen L 9/10/87

Efrain P 9/8/14

Kinsee F 9/4/17

Victoria C 9/15/17

Tommy C 8/23/06

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

NEXT MONTH'S TOPIC!

Emotional and spiritual crisis, Pg 110
Living clean.

Our mental health in recovery is so important! Please share you're experience, strength and hope for the good and the bad!

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!

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