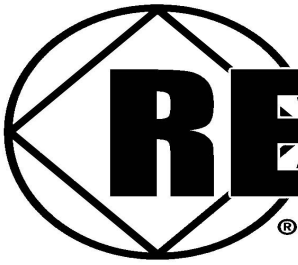


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October 2018



RECOVERY

In Action

Serving Southeastern Arizona

My struggle with mental illness has been forever I start taking meds and feel better and then I stop taking them because I feel better and feel like I don't need them then the destruction of anxiety and depression are their again and I can't ever seem to figure out why. But then I realize then meds were helping and I need those to continue with a clear mind since coming back to Arizona I haven't enrolled in services yet and I am definitely feeling the crushing of my hopes and the disease taking over it's like relapsing in behaviors and I know the things I need to do I'm just not because I keep thinking it will just get better and it hasn't yet so now it's like just being complacent and all the hard work I've put in my recovery is going out the window. I know I need both meds and working a recovery it's just feeling so negatively about it happening to me that gets me stuck in thinking this is what I deserve and I keep forgetting that action is what gets me going forward. I have lost many friends with dual diagnosis because of not taking meds and the pressure is there. The mind is a powerful thing and self care is relevant to live a healthy recovery in my life. I need to take care of my mind in order to make sense of what's going on for me and my spiritual crisis is more so part of my mental illness taking over. I'm just forgetting to keep it simple. I know I'll never be cured from mental illness or addiction but I can continue self care through taking care of my mental illness so that I can continue to strive in working my recovery and not go in to active addiction.

Jodi clean date 3/5/18

~ AREA EVENTS ~

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

Halloween Inspired Potluck, Mon-
day, Oct. 29, Benson

Underground Picnic & Speaker
Meetings, Sunday, Nov. 4, Fort
Lowell Park

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 Mon-
day 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.

Something I have learned over the last 76 days.....

My addiction is a daily battle and is immediately driven and fueled by the very first thing of action I do before I get out of bed.

If I start my day right by praying, my day usually ends up being pretty good, as long as throughout the day I'm constantly doing something for my recovery..

Now... If I wake up and don't pray....I'd say within the next hour my mood starts becoming very sour..

I've noticed that I will start finding little things here and there to start complaining about and then excuses start..

Pretty soon I'm halfway through the day and I haven't done shit for my recovery. If I don't do something quick, my chances of relapsing before the day is over is pretty high; because at that moment my addiction is becoming strong fast. Sometimes I can't see it but it's happening and for me, every choice, every action, every emotional feeling has a direct impact on my addiction and a direct impact on how my day will turn out.

It's the little things that can subside that one big huge issue I battle every day...
So for today....I'll be aware of my doing and my actions..

Zack T Clean Date 7/16/18

Happy Birthday!

Proof that the program works!

Denise S 10/22/10
Abraham S 10/6/17
Nicole N 10/5/11
Liliane A 10/7/15
Angy S 10/16/17
Eric B 10/7/17

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

NEXT MONTH'S TOPIC!

How does self-will affect your life?
What do you do to stay out of it? Service work? Steps? Share with us! Share with us your favorite spot in literature that talks about it!

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