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November 2018

# RECOVERY

## *In Action*

Serving Southeastern Arizona

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We start meetings with a moment of silence followed by the serenity ask our higher power for the serenity to accept the things we cannot change, the courage to change that we can and the wisdom to know the difference to know the difference. But how do we truly know the difference? By a gut feeling? Or by talking to others? Maybe by reading the basic text or Just for Today? There's days I don't know if its my will or my HP's, and on those days I end up going through the motions. But somethings gotta give! I now for a fact it will since over the last 2 years and some odd months it has. I've put the effort forth to listen to others, even though

I'm not perfect, and I reach out now instead of just acting. Which is all foreign behavior for me, and gets scary when I'm not being SELFish. Which is perfectly okay! Just because its uncomfortable doesn't mean it's a bad thing. It means I have a chance to grow and put spiritual principles ahead of my won thoughts(when they aren't my thoughts, cause lets face it I'm not perfect!). So the solution for me? Talk to others, and listen for my higher power when it says something! The solution isn't always easy to come to though. There's plenty of flop moments, inside and outside of my recovery, and that's where I can choose to be humiliated of humbled. Lately I've found its just easier to be humbled when there's a life lesson. So I hope this helped out and thanks for reading! Have a great day! - KB

**Self-will Run Riot:** A burning desire to affect and control not only yourself, but those around you as well. All things in your sphere of existence. In reality,believing that you CAN control the world around you is the ultimate example of selfishness. But it is merely a delusion. How To Let Go Of Control

**Willingness:** the quality or state of being prepared to do something; readiness

**Self-will:** stubborn or willfull to one's desires or ideas;obstinacy

Thanks to merriam-webster we can take this topic sideby side with a volatile issue that goes against the program in the lives of many addicts. Whether its drugs,food,sex detrimental affect of any kind in a daily walk,we can point to the actions of past and see the downward spiral linked to obsessive desire to control themselves and the world around them.the dangers are the disconnect between the mind and reality and what happens when the 2 are out of sync. The riot of everyday life via self will run riot manifests in all aspects of life,which is especially true for addicts. Often misconceptions regarding relationships,ideas,plans, and self image are born and individuals do everything in 'their power to manipulate the situation' to fit their oen desires.Maybe feelings arentin a romantic relationship and you try to find a way to make them reciprocated. The selfishness and obsession ensues . We need to let these perhaps detrimental selfwill run riot issues go . We could use our sponsor as suggested in confidance 1 on 1 trusted members go to a meeting and share asking for suggestions and accepting that we likely will not get "our way our will our results" by avoiding such red flags of self destructive control we not only get accountability with someone acting selfless who is knowledgeable seasoned and experienced both in recovery and life but hopefully with our own and our lives in order to help us out of ourselves whilst throughout this process teaching us to let go and let our higher powers will for us and of our lives allow us to forward selfless in balance and move forward .We identify the issue , if seen in our everyday life we recognize identify and let go. -Anon

## Self Will

Life is not a panel of knobs and buttons that I can twist, turn, and push; I do not have nor need absolute control. When I cling to the illusion of self-will, I have found myself:

## Relapsing,

Creating expectations that brew up poisonous resentments,

Suffocating in a fog of negativity and isolation,

Exhausted,

And engorged with frustration.

I put distance between me and my Higher Power,

My gratitude begins to diminish.

I did not come up with 492 days clean on my own, and cannot continue on the path of recovery solo. It is a mistake to ever entertain this idea. Today, we do not have to solely rely on ourselves. When we do, our program is placed on the shelf and our disease begins to creep out of its cage, ready to rock & roll. Revolving our lives around the Fellowship of Narcotics Anonymous helps us deviate from the tendency to continuously act on self-will, recognize when we are only relying on self, and provides us with the solution; Let go, and let God.

Meetings, steps, sponsorship, service, spirituality

Never Alone, Never Again.

Chantelle F.

Self-will is my enemy in life sometimes I get so overwhelmed with life I forget the simple things to enjoy them in the moment. I try to remember to surrender every day and keep open-minded because that's the only way I can keep recovering. Right now I just keep in touch with my sponsor go to meetings when I can and to keep in touch and remember I'm not alone and I have so many higher powers that I don't need to let self will win. Every time I let go sometimes I forget and I take it back and then everything gets overwhelming and then I'm like duh get it together let it go if it's for you it will happen. Gods will is what I want and I have to remember I believed a power greater than me could restore me to sanity and now I have to believe my higher power will keep allowing me to work these steps and to keep saving my life because with Gods will it will help me figure out what action to apply to keep letting the change happen for me and just be spiritual and grateful to know where I came from and to let me know how to be deserving that I don't always need to be punished and live the same ways because that's not gods will for me it's self pity that keeps me there. I will keep working my traditions and my steps and learn how to continually live them every day until that who I become.

Jodi

# Happy Birthday!

Proof that the program works!

Randy E 11/03/11

Kristy I 11/04/16

Teri B 10/30/12

Kasey C 11/28/17

Joe W 11/27/07

Emily S 11/25/10

Belinda P 11/10/05

Deb W 11/10/05

Heather B 11/08/17

Josh S 11/15/12

Randi R 11/05/17

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

**Thank you everyone for all of your submissions! We appreciate everyone's service work, that goes seen and unseen!**

**Our next committee meeting will be announced at area, and then told to GSR's, we apologize for any inconvenience, if you see in errors please feel free to email us and let us know!**

**Have a great day!  
-Newsletter team**

## On SEAZNAC 4:

The convention was good.. At first it was hard to hear as I sat and listened to the speaker. I heard about 90% of what the speaker had said. I liked it and it was good for me to hear someone else's journey into recovery. Hearing the ups, downs, and the good and bad times. It helped me see many similarities between me and the speakers recovery and journey. They sounded happy with themselves and life, while clean! I've been clean for a long time and I now feel like I can have the chance to be clean and happy. I greatly appreciate the opportunity on Sunday to hear about someone else's recovery and how it helped in their life. ~ Unnamed Inmate

### SEAZNAC IV

#### No Longer Afraid

#### Fun in Recovery

This Years Convention in Sierra Vista was a first for this newcomer and I was completely blown away. Never before have I had so much fun while not loaded! Participating in numerous workshops, listening to addicts at various points in their recovery share their stories, hanging out in the Hospitality Suite having impromptu fellowship with new friends and giggling the night away, I couldn't get enough! Recovery in the NA program is very serious, sharing all the good and bad times of our active addiction, but does not need to be so intimidating. Tears, laughter and love were shared by all. At numerous points of the weekend, one could hear guffaws of laughter echo throughout the hallways of every floor of the hotel. I had the chance to dive into service work headfirst, participating in a number of marathon meetings, making sure coffee in the suite was hot and fresh, hugging literally every single person I could get my arms around Saturday night before the Main Speaker, and starting a pool party that afternoon. As a friend of mine said that weekend, "I'm all jacked up on recovery!!!"

Being able to have fun in recovery makes it worthwhile!

Why do something if you can't have fun while doing it?

Zack T Clean Date 07/16/18

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

**Hope through the holidays! We all know that sometimes the holidays can be rough! So what are some awesome tools you use to get through whatever is thrown at 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](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](http://www.natucson.org) for updates and more information

**Activities Goes Bowling:** 1st Sunday of the month, 4:30pm @ Golden Pins Lanes, 1010 W. Mira.

**Medallion Night and Potluck:** Last Monday of the month @ First United Methodist Church (915 E. 4th street). Show up at 6.30 if you are getting a medallion (1 year or more) meeting starts @ 7:00pm.

Want to share your Experience, Strength, and Hope?

Submit your recovery related stories,

poems, jokes, etc. to:

**RECOVERY IN ACTION**

([newsletter@natucson.org](mailto:newsletter@natucson.org))

Don't know what to submit?

Ask your Sponsor for ideas!

Congratulations to all of our new SEAZNA chairs !

Bowling is looking for someone new to run it THIS MONTH, the current person is stepping down effective immediately , so if you'd love to be of service and run bowling please contact Marti

## ~ AREA EVENTS ~

**Saturday Night Miracles Guided Meditation Walk, Saturday,**  
Nov. 17, 8 a.m., Reid Park

**Moment of Clarity Third Anniversary, Sunday, Nov. 18, 6 p.m.,**  
1431 W. Magee Rd.

**Desert Recovery Thanksgiving Dinner, Wednesday, Nov. 21, 7-8:30 p.m.,**  
590 S. Huachuca, Benson

**Thanksgiving Stuff-O-Rama, Thursday, Nov. 22, 11 a.m.-3 p.m.,**  
Trinity Presbyterian Church, 400 E. University Blvd.

**Winter Celebration & Speaker Meeting, Saturday, Dec. 8, 2-6 p.m.,**  
First Christian Church, 740 E. Speedway

## Upcoming Events in and around AZ

Arizona GSR Fall Regional Assembly, Saturday, Nov. 10, 10 a.m., Sierra Vista

ARCNA XXXIII Fundraiser, Saturday, Nov. 17, Washington Park, Phoenix

Phoenix Area New Years Eve, Monday, Dec. 31, Phoenix Airport Marriott

Our Predecessors Speak, Saturday, Jan. 5, 2019, Lake Havasu City

7th Annual Arizona NA Men's Spiritual Retreat, Jan. 31-Feb. 3, 2019, Franciscan Renewal Center, Scottsdale

MACCNA X, March 8-10, Yuma

20th Annual Sedona Campout, May 9-12, 2019

Beyond Arizona

Utah Regional Indoor Convention 20, Nov. 16-18, Park City, UT (Utah Region Conventions)

Mexico

CAD 10, Nov. 16-18, San Luis Rio Colorado, Sonora

CASFNA II, Jan. 11-13, 2019, Nogales

**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.