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December 2018

# RECOVERY

## *In Action*

Serving Southeastern Arizona

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

Email them to  
[newsletter@natucson.org](mailto:newsletter@natucson.org)

The holidays aren't always an easy time for people. It can be from Christmas and new year's, to the 4th of July. It doesn't matter what holiday or regular day, sometimes things just get hard and scary. It can feel alone, and like no one is there for you. Sometimes we go to meetings, to Marathons and events, but it doesn't always help fill the gap we feel. In my own experience, that gap is so hard to fill because mine comes from missing my family, what could have been and everything else along those lines. I started to fill it with drugs and the likes when I was younger, and as I grew up it turned into relationships, and drugs, and then just kept progressing. Eventually I hit my rock bottom, reached out, and got some help. When I reached out for help, NA was there to help guide me, although it took some time to take suggestions and be able to start my steps properly, I did it! There's still days that are very dark and painful for me, but I make it through with hope from others, working on things I need to, and helping others. On thanksgiving, it was a rough, emotional day. I felt as low as I could. I got through it because I was surrounded by love, understanding, and patience from fellow addicts. Everyday I get a fresh chance, and on the hard days I really do reach out to others, from my sponsor to my mom. And I go to meetings as often as I can and share about what's going on, and quite often the positive solution comes to me from taking these steps. If it doesn't though, I just wash, rinse and repeat. Have a great holiday and regular day, and no matter what just don't use. -K

### Meeting Changes, Support, Service Opportunities

Not the center of the universe has changed both times and locations! [Natucson.org](http://Natucson.org)

Please check out the NArathons and bowling, and have

### NEXT MONTH'S TOPIC!

A vision of hope! Learning about acceptance, love, and compassion helps us to accept ourselves without conditions. Pg 13 Living Clean. Please share your experience, strength and hope!

PSA Please submit your writings and also please send in ideas that you will write on so we can liven it up a bit!! We greatly appreciate everyone and their hard work!

## Happy Birthday!

Proof that the program works!

Robert M 12/2/17  
Chantae A 11/30/17  
Joe C 12/21/10  
Maria M 12/04/12

If you have a clean date birthday of one or more years, please email it to [Newsletter@natucson.org](mailto:Newsletter@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, 4:00pm @ 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 6:30 if you are getting a medallion (1 year or more) meeting starts @ 7:30pm.

## *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 [contactbash@natucson.org](mailto:contactbash@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))*

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!

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

**Keeping the Lights On Holiday Marathon, Monday, Dec. 24, 4 p.m., through Christmas Day, Dec. 25, 11:59 p.m., Streams in the Desert Church, 5360 E. Pima St. )**

**Stepping Clean into 2019, Monday, Dec. 31, 7 p.m.-Jan. 1, 2019, 12:30 a.m., Streams in the Desert Church, 5360 E. Pima St.**

**In and around**  
**Day of the Dinosaurs, Saturday, Dec. 8, 3-10 p.m., Glendale**

**NA Rocks 5th Anniversary Speaker & Dance Social, Friday, Dec. 14, Casa Grande**

**East Valley Christmas Dance, Saturday, Dec. 15, Tempe**

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**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.