



RECOVERY

In Action

Serving Southeastern Arizona

How do we carry the message?

H&I is my favorite place to carry the message. Going into the Cochise County Jail and CBI Benson keeps it green for me. The jail reminds me of where I was in active addiction. I also went to a detox in the beginning of my recovery.

Talking about working the steps, having a NA Sponsor, meeting attendance, total abstinence, and being of service is easy for me to talk about because I live the program to the best of my ability every day.

Driving to Tucson every month to be of service has helped me stay clean and forge friendships with other recovering addicts. I love being part of SEAZNA.

I also got the opportunity to be of service for SEAZNAC IV in Sierra Vista in 2018. It was so amazing to be of service to a convention in my hometown.

Thank you SEAZNA for helping this addict stay alive.

Sheryl WM

Upcoming Events!

WGTSR Committee Meeting, Sunday, Feb. 2, 2020,
12 noon, The Mark, 4653 E. Pima
Groundhog Group 5th Annual BBQ & Potluck, Sunday, Feb. 2, 2020

Mount Lemmon Bash Fundraiser, Saturday, Feb. 15,
2-6 p.m.

SEAZNAC Fundraiser Bingo & Game Night, Saturday, Feb. 22, 2020, 4-8 p.m.

WGTSR Committee Meeting, Sunday, March 1, 2020,
12 noon, The Mark, 4653 E. Pima

For a complete list see www.natucson.org.

Happy Birthday!

Proof that the program works!

We really need these

Please Submit

Email:

newsletter@natucson.org

Phone:

520-909-1067

You can typically find me at:

Steps-R-Us

St Philip's in the Hills

Mesquite Room

SE corner of campus

4440 N Campbell Ave,

Tucson, AZ 85718

Friday 8pm-9pm

Step One

One to a few days before 07/29/1988 I used for the last time. I'm not sure of the date, because the withdrawals for the last drug I used were horrific: shakes, spins, sweats, drooling and possibly a seizure. These weren't the first consequences of my using. I damaged or wrecked friendships by being incredibly self-centered. The Army didn't say "Keep coming back!" That wasn't even the first time I was sick as a result of my using.

For the last year or so in active addiction I genuinely didn't want to use. Often, I would tell myself "I'm gonna be good and not do anything for today," and I would promptly get loaded.

I used against my will. I couldn't stand drug addicts, and I became one. That's powerlessness.

For some strange reason, I didn't pick up. Maybe it was divine intervention, or maybe my body started to shut down. I'm grateful for it. I hit a physical bottom, and I was clean no matter what for today. That was my first surrender.

I hung around the periphery for about seventeen months. Not using and not making other changes I became quite miserable. On Christmas day of 1989, a man who was facing a long and ugly death from AIDS offered help, and I accepted. That was my second surrender.

Thank goodness for the people in NA who "tricked" me into being of service. NA saved my life.
CF

How do I carry the message.

First, I want to say that I owe my life to NA, literally. So how could I turn down any opportunity to give back? I know that back in the day our predecessors took this responsibility very seriously. Most members held service commitments and would have meetings with just one person in attendance just in case that still suffering addict walked thru the door. Today, this still goes on in rural areas.

We all carry a message whether we know it or not. The member with two days clean is showing the person with one day that they too can stay clean, just for today. So how do I carry the message?

I suit up and show up. How simple! Anyone can do it. This is one of the most important things I heard when I first came to NA. I apply this to all areas of my life, even when I don't want to.

I suit up and show up to work, even if I don't want to. I apply this to my program, my commitments, my meeting attendance, sponsees, answering my phone, sharing at a recovery home, writing out my steps, and spending time with loved ones.

In active addiction I lived on pure self-will. Every action I did was self-serving. This proved to not only ruin my life but also made me feel terrible about myself as a human being. Recovery has given me my self-worth back and made me a person of integrity. I am not perfect, but this program is.

Just for today I am not willing to refund my life for the misery I once lived. Just for today I am going to suit up and show up. I am going to keep coming back!

Andrea B.

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)