



RECOVERY

In Action

Serving Southeastern Arizona

I'm an addict. My name is Jay. I did the most unnatural thing an addict can do today. I didn't pick up. For that I am grateful to NA and my Higher Power who

speaks through each one of you. My story is very simple. I had many issues growing up, feeling inferior to everyone, not "living up to my potential," just feeling

different from all my peers. Then I found my solution----drugs! I became 10-foot

tall, bulletproof, and thought I had found nirvana. However, my solution became

my problem; I had to "use to live," and finally I began to "live to use." 11,295 days

ago, on February 26, 1987, I was brought into recovery, and, by the grace of my higher power, have not had

to use drugs since then. I used to hear the predecessors say, "it gets better." I'm here to say that IT does not

get better. We get better! Life goes on. Just because we get clean does not exclude us from the mishaps and horrors of "life on life's terms."

February 2020

Upcoming Events!

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!

Anna 2/15.2019
Kati M. 2/12/13
Jay B. 2/26/1987

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But if we truly work the first half of the first step, we realize how

powerless we are over many situations, utilize the tools we were given (meetings, sponsor, steps,

fellowship, service), and above all we don't pick-up---No Matter What!

During my 30+ years here, I have been diagnosed with Laryngeal Cancer 5 times, I have lost

many close friends in NA and I have lost both parents. I had a bankruptcy, two divorces, I was an abused

spouse, and I had to leave everything behind and move half-way across the country and start over.

When I was diagnosed with the fifth tumor on my larynx (the most aggressive), I was devastated. I was

on a corner in Boston, crying uncontrollably on the phone, and a strong desire to use came over me (I

was approximately 18 years clean at the time). While the voices inside my head were busy convincing

me that using would be OK, my NA voice piped up even louder, saying "A grateful Addict does not Pick

Up!" I hung up, took a deep breath, and went up to the Children's brain Cancer Ward, and sat down. All

the children in the room had inoperable cancer and would probably be dead within 6 months. Every

child in that room was smiling. And, every parent was smiling, too! They were grateful for Just for

Today. I took a deep breath (A G-d-in breath), and a wave of gratitude came over me. When I left that

room, that wave of gratitude stayed with me for the next 31 radiation treatments. Meetings, my

sponsor, and my support group in NA made it easy. Each day I woke up clean was a blessing. The rest

would be handled by G-d.

I could go on indefinitely on how trust in NA, and faith and trust in my Higher Power has carried me through each major negative thing mentioned. Working steps with my sponsor on each travesty gave me the clarity to be able to see where I fit in in the picture, what the solution was, and the action needed to move on.

Today, I do the most unnatural thing an addict can do! I don't pick up---No Matter What! I keep gratitude in my heart, and I share the message of Narcotics Anonymous—An Addict, Any Addict, can stop using drugs, lose the desire to use, and find a new way to live.

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)