



RECOVERY

In Action

Serving Southeastern Arizona

What A Relief

I began my recovery unwilling to continue using drugs as the solution to all my problems and fears, but also unwilling to do any real work on myself or to confess my long-held secrets. I greatly desired the serenity, self-confidence and maturity which others in the rooms clearly possessed, but I didn't want to do what they were doing in order to obtain those things.

I wanted something for nothing, figuring I could work the program my own way and be just as well off. Be of service? What? Get a sponsor? No way. Work the Steps? Unnecessary! Staying clean was enough for me, and I considered my abstinence to be real "recovery." After six months of not using, my mind was still racing. I obsessed about everything under the sun. I felt like a fraud sitting in meetings without taking the most basic of suggestions. It was time to surrender. I finally asked a member with more time in the fellowship to sponsor me.

Wow! Once I began writing on my Steps, growth and healing became possible. I looked long and hard at my past, identifying unhealthy behavior patterns and exorcising my resentments. Peace came over me. I experienced so much relief from unburdening myself that I wondered why it had taken me so long to start my Steps.

My addiction had been lying to me, saying I could find an easier way. Each part of the Narcotics Anonymous program is included for a reason. Although there is plenty of room for individuality, certain elements are indispensable in order for the process of recovery to begin. For myself having a sponsor, working the Steps and being of service are just as important as staying clean and attending meetings.

Continued-

March 2020

Upcoming Events!

Medallion Night and Potluck, Underground Group, 7 p.m., last Monday of each month, 915 E. Fourth St., arrive at 6:30 p.m. if you're receiving a medallion
St. Patrick's Day Speaker Jam & H&I Fundraiser, Saturday, March 21, 2020, 4-10 p.m.

Hike, Meeting & Picnic, Sunday, March 29, 2020, 10 a.m., Sierra Vista

WGTSR Afternoon in the Park, Saturday, March 28, 2020, 12-4 p.m., Fort Lowell Park Duck Pond

Catalina State Park Cookout, Sunday, April 19, 2020

Women Growing Together Spiritual Retreat, April 24-26, 2020, Triangle Y Ranch, Oracle

Happy Birthday!

Proof that the program works!

Vernetta W. ~ 03/03/1991

Mariel M. ~ 03/23/2013

Jacky S. ~ 3/19/2007

Please Submit to Fred C.

Email: newsletter@natucson.org

Phone: 520-909-1067

I typically can be found at the following meetings: Monday Underground, Friday Steps-R-Us, and Saturday Twilight.

Step Three

Nothing I'm about to write is my information. The knowledge I share was learned from those who took the time to sponsor me and showed me the blessing of twelve steps towards a spiritual awakening.

When it came time to take the third step, my first understanding was that I was turning over "my will and my life" as in "my thoughts and my actions" over to the care of God as I understood him. In that sense, my thoughts, especially my standbys of worry and regret, were disciplined by the awareness that I had made a decision to trust in my God, and I could recommit to that decision as often as I needed to throughout my day.

My second understanding was that my actions were now in the care of my God as well, which my sponsor explained to me meant I was now officially working on my fourth step. I didn't get up from that meeting to finish my third step until I had started putting pen to paper on my fourth. As my sponsor explained, perhaps the only way to prove an addict has taken a third step is that they've completed the next nine as well, and that journey begins by immediately starting a fearless and searching moral inventory.

It wasn't until I relapsed, however, that I could clearly see just how deeply I had made my third step decision. Against every instinct I possessed, in spite of my shame and fear, I was able to come clean at my home-group and pick up a hard earned white keytag, instead of the bogus Blue I was holding. That moment of humility and self-acceptance was the first concrete evidence of my decision in my life, and the power of the third step continues to be largely retroactive for this addict.

God's will and God's plan for me are rarely revealed to me prior to my taking spiritual action under the advice of my sponsor, and yet when I look back after moving through fear or doubt, I clearly see the effect that the third step has had in my recovery, and I'm grateful beyond words that I found NA. Here, amongst my fellow addicts, I was taught the courage to turn over my will and my life, and was shown how to live, clean.

Enrique O-P

Continued

Now I understand that if I'm not constantly challenging myself to move forward, I'm probably slipping backwards. Today I'm not the master of my own destiny anymore. The God of my understanding has a plan for this world which doesn't involve me in the driver's seat figuring everything out. When I do the right thing for the right reason, I let go of the steering wheel and just enjoy the ride. Wheel!

P. Michael

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)