



Receive the Newsletter by email!  
Just email Newsletter@natucson.org  
And ask to be added to the list.

August 2021

# RECOVERY

## *In Action*

Serving Southeastern Arizona

---

I have gone through ten sponsors in nine years of continuous clean time. With the exception of one, I have picked all sponsors on my own. My lesson in that was that I did not recognize what I needed or wanted, despite the pamphlet and N.A. basic text information.

Undoubtedly I had resentments with previous sponsors that I understand are all issues I struggle with in my daily life... that were lovingly mirrored for me. In other words, as a sponsor I've dealt with not setting good boundaries for sponsees (such as allowing them more time than I have to give to them, and not being able to call them on their issues in a way that is caring and compassionate, yet firm and direct, without being harsh and demeaning). It is a struggle to not have judgments sometimes about behaviors or lifestyles that are unfamiliar or even threatening in some way to me. I have to work on not having an aversion towards someone's neediness, and to treat them accordingly. Having expectations about their improvement and getting well is unrealistic and also not my job or my business; it's their higher power's, and I can't interfere with that.

My present sponsor is awesome. She has less time in N.A. than I do, but it doesn't matter because she has a recovery that many women are attracted to, which means that she usually has a few sponsees at any given time. At first, I didn't like her. I thought she was stuck up, and I felt envious of her achievements. She had a respectable career, a healthy marriage with children, healthy exercise habits, is reasonably happy, attractive, and has great tattoos!

Before I asked my new sponsor I talked to my old sponsor about it, and she encouraged me. She pointed out some of my goals that I wanted in a "role model". My new sponsor is not perfect, and has let me know her struggles with both the present and past. I don't put her on a pedestal. She requires her sponsees to go to meetings, work the steps, and keep in regular contact with her. She has a sponsor that is good for her too. My sponsor has a wonderful support system of women, and she sets good boundaries. We make time to get together once in a while or meet at a meeting so she can see what I'm going through three dimensionally (which means that if you are hiding something in person it is easier to detect than if you just discussed information on the phone), since body language is something people really can't hide.

I feel she cares about me but doesn't treat me like a mother would a child. She respects me too. I hope this will help some of you that are out there struggling with finding a sponsor, or knowing what it is really about....

--Alice D.

**Statewide NA Help Line: 1-844-991-AZNA(2962)**

At first, I found myself very reluctant to seek out a sponsor. I felt like no one could be trusted and that the only purpose served would be another person in my life telling what to do and how I should do it. As I stuck around the program longer, I started to see men who were living lives I was envious of. The way they handled situations, the way that they dealt with life on life's terms and their ability to be happy in almost every situation captivated my attention. Over and over, I had heard it said in meetings to find a sponsor who had what you wanted and to ask him to sponsor you. After a short amount of clean time, I became willing to ask another man to sponsor me and teach me the things he learned in recovery. I now know that was one of the wisest decisions I was ever capable of making for myself. Through sponsorship, I became able to trust another. I became able to trust myself and be honest. I became fully able to trust my higher

power for whom I choose to call God. -**Shawn N.**



Proof that the program works!

Please send your clean dates also  
send any of your friends clean dates!

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

## **UPCOMING REGIONAL NA EVENTS**

**Productive Members of Society Women's  
Spiritual Retreat**– August 13-15, 2021  
(Flyer for registration on Website)



### **ARCNA XXXIV**

***October 14-17, 2021***

DoubleTree Paradise  
Valley Resort Scottsdale  
5401 N. Scottsdale Rd.,  
Scottsdale, Arizona, 85250  
TEL: 1-480-947-5400

**Register here:** <https://arcna.arizona-na.org/product-category/registration/>

**MORE AZ REGIONAL SERVICE AND  
EVENT INFORMATION AT:**  
<https://arizona-na.org/>

## **NEXT MONTHS TOPIC**

Step 1 & Humility

## **SEAZNA Area Service Meetings**

**SEAZNA Area Service Committee**  
2 p.m. on 2nd Sunday of each Month. Meet-  
ing in person at Streams in the Desert  
Church. 5360 E. Pima St. Tucson AZ  
Zoom.ID# 995 3571 1097 / PW: service

**Activities:** Meets in person. 4th Sunday  
1:30pm at Trinity Presbyterian Church  
Contact: Warren [activities@natucson.org](mailto:activities@natucson.org)

### **Hospitals & Institutions**

H&I meets at 12 p.m. on the second Sunday  
of each month; Meeting in person at Streams  
in the Desert Church.

### **Mt. Lemmon Bash**

Meets in person. Postponed until 2022  
Contact [bash@natucson.org](mailto:bash@natucson.org) or William B. at  
520-907-7344

### **Newsletter**

Contact Andi [newsletter@natucson.org](mailto:newsletter@natucson.org)  
Meets first Sunday 3-4 p.m.  
Zoom ID: 686 564 3261; PW: NA

### **Outreach Subcommittee**

Contact [outreach@natucson.org](mailto:outreach@natucson.org) for more  
information. Or Call Joe C. 520-278-2677

### **Phoneline Subcommittee**

Contact [phoneline@natucson.org](mailto:phoneline@natucson.org)  
Contact Mark C to be of service at 602-423-  
5246. *Phoneline is looking for Spanish-  
Speaking volunteers to be of service!*

### **Public Re- lations**

### **Subcom- mittee**

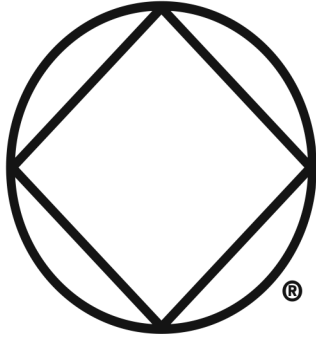
Contact

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

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

# AREA EVENTS & ACTIVITIES

Please check the website [www.natucson.org](http://www.natucson.org) for updates and more information



## **MEETING CHANGES & SUPPORT**

- \* **Saturday Morning Serenity** June 1st back live and Zoom Hybrid
- \* **Sahuarita** Friday nights at 6:30pm
- \* **Primary Purpose** to new location: 610 Delano E. Suite 106

## **SERVICE OPPORTUNITIES**

### SEAZNA Executive Committee

Area Vice Treasurer position is open—2 year clean time requirement.

### SEAZNA Sub Committee

**Activities Vice Chair position is open**—2 year clean time requirement, 18 mos for Vice Chair

**Public Relations is in need of a Chair and Vice Chair**—2 year clean time requirement, someone who is willing to take over the Chair position this year!!

**Literature is in need of a Vice Chair**—2 year clean time requirement, someone who is willing to take over the Chair position this year!!

**Phone Line is in need of a Vice Chair**—2 year clean time requirement, someone who is willing to take over the Chair position this year!!

**Panel coordinators are needed for H&I**, contact Jose at [HnI@natucson.org](mailto:HnI@natucson.org) for information or attend the meeting

**PLEASE ATTEND THE SUB COMMITTEE MEETING LISTED ON THE 4TH PAGE TO SIGN UP FOR VICE CHAIR OR H&I PANEL COORDINATOR**

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? CHECK THE TOPIC  
OR Ask your Sponsor for ideas!

## **~ AREA EVENTS ~**

**Mount Lemmon Bash, CANCELLED 2021** due to fires. Will resume 2022.



Women  
together  
Spiritual  
NA  
April

Growing To-  
Retreat of  
22nd—24th,

2022

**A LOT OF SERVICE POSTIONS  
AVAILABLE!**

**Please contact Debbie G. 520-203-4601  
or Marquie W. 520-589-3577**

**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.