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October 2021

# RECOVERY

## *In Action*

Serving Southeastern Arizona

### Step One

*"We admitted we were powerless over our addiction, that our lives had become unmanageable."*

A "first" of anything is a beginning, and so it is with the steps: The First Step is the beginning of the recovery process. The healing starts here; we can't go any further until we've worked this step. Some NA members "feel" their way through the First Step by intuition; others choose to work Step One in a more systematic fashion. Our reasons for formally working Step One will vary from member to member. It may be that we're new to recovery, and we've just fought-and lost-an exhausting battle with drugs. It may be that we've been around awhile, abstinent from drugs, but we've discovered that our disease has become active in some other area of our lives, forcing us to face our powerlessness and the unmanageability of our lives once again. Not every act of growth is motivated by pain; it may just be time to cycle through the steps again, thus beginning the next stage of our never-ending journey of recovery.

Some of us find a measure of comfort in realizing that a *disease*, not a moral failing, has caused us to reach this bottom. Others don't really care what the cause has been-we just want out!

Whatever the case, it's time to do some step work: to engage in some concrete activity that will help us find more freedom from our addiction, whatever shape it is currently taking. Our hope is to internalize the principles of Step One, to deepen our surrender, to make the principles of acceptance, humility, willingness, honesty, and open-mindedness a fundamental part of who we are.

First, we must arrive at a point of surrender. There are many different ways to do this. For some of us, the road we traveled getting to the First Step was more than enough to convince us that unconditional surrender was our only option. Others start this process even though we're not entirely convinced that we're addicts or that we've really hit bottom. Only in working the First Step do we truly come to realize that we *are* addicts, that we *have* hit bottom, and that we must surrender.

Before we begin working the First Step, we must become abstinent-whatever it takes. If we're new in Narcotics Anonymous and our First Step is primarily about looking at the effects of drug addiction in our lives, we need to get clean. If we've been clean awhile and our First Step is about our powerlessness over some other behavior that's made our lives unmanageable, we need to find a way to stop the behavior so that our surrender isn't clouded by continued acting out.

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

## STEP ONE

We admitted that we were powerless over our addiction, that our lives had become unmanageable.

Honesty, acceptance and surrender are three spiritual principles in step one that allow me to understand and work this step. I have to be honest to myself and be able to admit that I have a problem with drugs. I have to be able to tell me and tell you. I have to understand that I have the disease of addiction, a disease that there is no known cure. I have to understand that my life has become unmanageable because of drug abuse. Unmanageability represents four prison commitments and fourteen years behind bars to remind me how powerless I am over my disease.

The totality of these three parts tell me that I have to watch myself on a daily basis, know that I'm an addict and that I can fall on my face at any moment. I surrender to the power of addiction and accept the fact I'm powerless over that addiction. I also know I am powerless over people, places and things.

I have a problem and I know I have to reach out to others for help - that help comes from the power of numbers in the form of Narcotics Anonymous. I have learned from relapse the importance of step one. What I was once told had to be learned first hand by forgetting step one. If I continuously remember the importance of step one, and never get complacent as I did before, one day at a time I can stay clean.

The surrender process in step one is admitting that we are addicts, and that we have an incurable disease and a problem with addiction (and that we need help). We surrender to the disease, that's all. We say that we are powerless and understand that we can't use and we can't control people, places, and things.

Nick J. 2002



Proof that the program works!

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

**Trish P. 10/1/2005**

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**

Square Peg Round Hole Fire Side Meeting  
North Mountain Park Ramada– Follow the  
signs. 12999 N Cox Rd. Casa Grade AZ  
-October 23rd -November 20th  
-December 18th -January 22nd  
-February 19th -March 19th



### **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/>

## **NEXT MONTHS TOPIC**

Sharing & Hope

### **SEAZNA Area Service Meetings**

#### **SEAZNA Area Service Committee**

2 p.m. on 2nd Sunday of each Month. Meeting in person at Streams in the Desert Church. 5360 E. Pima St. Tucson AZ  
Zoom.ID# 995 3571 1097 / PW: service

**Activities:** 3rd&4th Sunday 1:30pm at Trinity Presbyterian Church Room #15

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 Relations**

#### **Subcommittee**

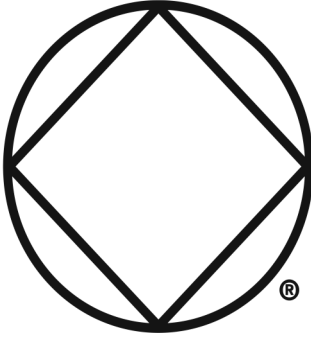
Meets  
10:45am  
2nd Sunday Zoom  
ID 849  
5270 4463

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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

Elections Sunday October 10th @ 1pm Zoom or in-person @ Streams in the Desert Church.

### 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 ~**

**2nd Annual Hedgehop Campout**—Parker Canyon Lake—October 28th-31st.

**Anonymityville Horror Trunk-or-Treat & Dance**—Saturday October 30th @ Streams in the Desert Church

**Mount Lemmon Basg Chili Cookoff**  
November 7th @ 11am-4pm Ft Lowell Park Ramada #7



### **Women Growing Together Spiritual Retreat of NA**

April 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.