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December 2021

RECOVERY

In Action

Serving Southeastern Arizona

Excerpt: Reflections— NA Basic Text

I was at my mom's, decorating for the holidays. My wife called, and she was loaded. She said awful, unrepeatable things to me. When I got home after decorating, she was on the couch, seemingly passed out. And then I saw my shotgun was lying in front of her body. I called 911 and stood there in shock, crying and cursing God. I prayed for his will for her, that something would happen so she wouldn't have to suffer anymore.

I was arrested and taken as a suspect until suicide was verified as the cause of death. I had my one phone call and called my sponsor. He showed up, and the next day the fellowship came and wanted to help any way they could.

As time passed, the grief did not. I knew I had to surrender it. I could not bring her back, but I could seek sanity for myself. Finally someone shared that the answer was faith and not to give up five minutes before the miracle. I followed the advice to write a letter to her sharing my recovery and the unsaid things I needed to say, and felt released from the burden of grief.

I let God handle it. Sometimes I take my will back, but the pain isn't as bad as before.

-NA Basic Text pp. 307-308

By the time I had surrendered to my addiction, came to believe in a power greater than myself, and turned my will and my life over to this power, I was completely ready to do my fourth step. I did not dally. You people told me I was going to get relief and closer to a spiritual awakening and that was the only way I was going to stay clean. I was ready for some relief!

My sponsor and I discussed things like honesty, willingness, and thoroughness before I began. She reminded me that it was not an immoral inventory I was about to begin but a moral one. In addition to following a standard fourth step she also had me include columns of my successes and of people I admire. What I later learned was this was to help me see that I had done some things right and that others had been put into my life to show me examples of honesty, integrity, and courage. These were things I was going to strive for as I moved on to steps 5-12 and become the kind of woman my HP wanted me to be. Today I am grateful for the people in my life who showed me living examples of goodness and love.

After sharing my fourth step with my sponsor I realized I had taken a giant step towards lasting recovery. Yes, there were lots of things I listed that had caused me great shame but I felt so much relief and hope for the future. Basically, I was selfish, self-centered, and dishonest. I listed the opposites of my character defects and also wrote actions I could take that would help me respond differently to painful or hurtful situations. Opposite ways I could handle what life had placed before me, so I could hold my head up high and know I was a new and better person. Doing things different was big on my list of things to do! I immediately worked the remainder of my steps and have had the spiritual awakening that was promised and that ensures my recovery

today.

I heard someone share at a meeting this about doing a fourth step: Imagine your hand slammed in a car door. Just how long are you willing to stand there and suffer? How quickly do you want relief? Think of your fourth step the same way. You will be stuck in great pain and discomfort until this vital step is completed. Today I give sponsees a time limit on their 4th step. Some may disagree, but I've actually had my hand slammed in a car door.

--Leslie W.



Proof that the program works!

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

Hannah B. 12/16/2019

Sean B. 12/13/1998

Peter S. 12/29/2005

Karen S. 12/3/1989

David B. 1/3/1986

If you have a clean date birthday
of one or more years, please email it to
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
-December 18th
-January 22nd
-February 19th
-March 19th

Mount Lemmon Bash Chili

Cookoff, Sunday, Nov. 7, 11 a.m.
-4 p.m., Ft. Lowell Park Ramada
#7

Holiday Narathon, Noon, Dec.
24-Noon, Dec. 25, Streams in the
Desert

New Year's Eve Dance, Dec. 31,
8 p.m.-1 a.m., Location TBA

- **Women Growing Together
Spiritual Retreat**, April 2022
(more will be revealed)

NEXT MONTHS TOPIC

Step One & Tradition One

SEAZNA Area Service Meetings

SEAZNA Area Service Committee

Saturday, Dec. 11, at 12 noon, in Room #21
(upstairs), of Trinity Presbyterian Church, 400 E.
University Blvd. seaznacvi@natucson.org

Activities: 3rd&4th Sunday 1:30pm at Trini-
ty Presbyterian Church Room #15

Contact: Warren 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 or William B. at
520-907-7344

Newsletter

Contact Andi newsletter@natucson.org

Meets first Sunday 3-4 p.m.

Zoom ID: 686 564 3261; PW: NA

Outreach Subcommittee

Contact outreach@natucson.org for more
information. Or Call Joe C. 520-278-2677

Phoneline Subcommittee

Contact 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-

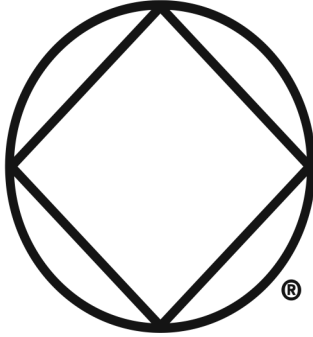
Meets 10:45am 2nd Sunday Zoom ID 849
5270 4463

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

Email them to
newsletter@natucson.org

AREA EVENTS & ACTIVITIES

Please check the website 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 where completed.

ALL GSRS need to come to AREA

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 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)

Don't know what to submit? CHECK THE TOPIC
OR Ask your Sponsor for ideas!

~ AREA EVENTS ~

Holiday Narathon, Noon, Dec. 24-Noon, Dec. 25,
Streams in the Desert

Hike & Meeting, Sunday, Dec. 5 @ 8am
Sutherland Trail, Catalina State Park

New Year's Eve Dance, Dec. 31, 8 pm.-1 am.,
Location TBA



**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.