

# Recovery in Action



Serving Southeastern Arizona

August 2010

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## The fourth part of recovery

**SEND SNAIL MAIL SUBMISSIONS TO:**  
Narcotics Anonymous  
"Recovery in Action"  
P.O. Box 44081

**FOR SUBMISSIONS, SUGGESTIONS OR FEEDBACK OUR EMAIL IS:**

[tucsonna.newsletter@yahoo.com](mailto:tucsonna.newsletter@yahoo.com)

### Inside this issue:

P. 2 Clean date birth-days; health article continued; ask yourself if you have a conflict of interest

P. 3 Schedule for service committees; an article on prayer & meditation

P. 4 Info. About the Newsletter subcommittee., Prayer & meditation article continued

It seems like everyone with extended recovery has at least three parts to their program: meetings, step work with a sponsor, and service. The fourth part of recovery seems just for a select few. This part is health.

Meetings vary for everyone in recovery; this part includes fellowship and is critical to prevent isolation and relapse. Step work with a sponsor is where recovery really begins, where everyone in recovery begins to change their behavior and thinking. Service is where a person's recovery becomes "well rounded". We keep what we have by giving it away. It is when we love ourselves that we start a health-oriented part to our recovery. Our Higher power loves us, and wants us to be healthy and happy. We can't take much care of the first three parts to our program without our health.

Nutrition and exercise seem like dirty words to a lot of us, but they are also critical. General health concepts are just as important. A lot of us need to see a physician when we can and see what exercise is appropriate for us. We also need to research nutrition to see what we need to do. When the doctor says we need to quit smoking ciga-

rettes, maybe it's a good time to try those steps out on another addiction (nicotine) and to realize that the only choice we get each day about smoking or not smoking is lighting that first cigarette. Sugar, (heavy sigh) we have to cut down on this one as well, slowly maybe, but we have to cut down to a reasonable level, or the withdrawal from sugar will make our recovery a white-knuckle experience. Likewise for caffeine, carbs, fat or we may find ourselves unable to sit still long enough for a meeting or unable to fit in a theater seat.

Exercise means something different for every recovering addict. Walking for some, running, biking for others, weight training, calisthenics, etc. The key is to DO SOMETHING, and do it regularly. A little at first, just like the doctor recommended, then stick with it and make it as important as meeting attendance.

(continued on p. 2)

***Have a knack for expressing yourself? Send your article, poem, joke or cartoon to [tucsonna.newsletter@yahoo.com](mailto:tucsonna.newsletter@yahoo.com)***

**(Continued from p. 1)**

Sound like hell? It's a blast! Make a point to count calories, carbs, grams of protein and fat and see how quickly you learn what is healthy for you. Protein supplements help heal neurotransmitters and can help cut drug cravings.

Regular exercise boosts energy levels and improves attitude. If we don't look at this as a long term venture we set ourselves up for failure and misery.

We don't do all twelve steps in one day, so our diet and exercise also needs to be just for today.

What works for me is writing out my regimen. I put together a template for a health regimen based on an approach I used for my personal program of recovery from addiction. I wrote down which meetings I would attend, how many times each week I would contact my sponsor and which service commitments I would take up. Similarly, I set a range I wanted for my body weight. I wrote out the days I would take extra protein, what vitamins I would take, and how many times I would exercise and what that would be. I also chose to follow my doctors recommendations. When we show love for ourselves this way, we have more to give away.

Dale M.

**Happy Birthday  
Proof that the Program Works!**

Michael M. August 4, 1991

Laura B. August 9, 2003

Jeff A. 1 Aug 2009

Belated...

Tammy R. July 23, 2008

Rosco P. July 17, 2008

## Conflict of Interest?

Is it a possibility that some of the members in Narcotics Anonymous that also own businesses use the rooms a place to find clientele, under the guise of "carrying the message" and "helping the newcomer?"

Is hiring newcomers or others in the rooms at a low wage to perform business related tasks appropriate? Is suggesting housing for recovering addicts and directing them to people in Narcotics Anonymous who can facilitate such housing okay? Is this helping the newcomer by giving them work and a place to stay, or is it feeding off the rooms in order to see a profit, and using the rooms as a labor pool?

These are questions that maybe we should ask ourselves. As a community of recovering addicts, who help one another, don't we owe it to ourselves to leave our business interests at the door when we enter? Shouldn't we evoke an atmosphere that focuses solely on recovery, instead of blurring our message by making suggestions that affect other aspects of people's lives? The K.I.S.S. rule may apply here, in that we all come to Narcotics Anonymous in order to learn how to deal with varying stages of an illness, and that we will prosper the most from sticking to the Steps and Traditions instead of being influenced by outside businesses, especially in cases where the owners or proprietors are also members of NA.

-Anonymous

## Times, date & locations for service committees

**Area Service Committee** 2pm on the first sunday of the month; Marshall Auditorium, Tucson Medical Center, 5301 E. Grant Rd. (*enter on east side*)

**Hospitals & Institutions** 12:30pm, first sunday of the month, Marshall Auditorium, Tucson Medical Center, 5301 E. Grant Rd. (*enter on east side*)

**Outreach sub-committee** meets 30 minutes prior to monthly road trip, *Starbucks* at Grant & Swan. Contact Laurie N. for more information: 551-1628

**Literature sub-committee** meets at 6:30 pm on the third tuesday of the month, *Eckstrom-Columbus Branch Library* 4350 E. 22nd Street;

**Webservant sub-committee** meets at 7pm on the third monday of the month at *I k e ' s C o f f e e & T r e a* 3400 E. Speedway, #121.

**Public Relations sub-committee** meets at 5:45pm on the third thursday of the month, *River-Dusenberry Library* at River Rd. & Craycroft.

**Phone-line sub-committee** meets at 10am on the third saturday of the month at *Starbucks* at Country Club & Speedway.

**Newsletter sub-committee** meets at 6pm on the second wednesday of the month at *Starbucks* at Grant & Swan.

**Activities sub-committee** 6pm, third wednesday of the month, *Raging Sage Coffee Roasters*, 2458 N. Campbell Ave.

**Mt. Lemmon Bash sub-committee** 10am, second sunday, *Coffee Exchange* at Grant & Campbell.

*We sought through prayer and medita-  
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What is this mysterious thing called meditation? Dictionaries define meditation as thinking, reflecting, contemplating. In my experience my mind is thinking all the time – sometimes too much. Oftentimes my mind spins out into one compulsion or another. I hear other addicts in NA share similar experiences. So how is thinking supposed to help me?

Meditation means different things to different people. Contemplation of the ***Just For Today*** message is probably the most common form of meditation with NA members. I've also heard people say, "prayer is talking to God, meditating is listening." I like the bumper sticker I see occasionally: Meditation – It's Not What You Think.

There is some form of meditation that can work for you. Want to know more? Pick up a book on meditation. Check the library or internet. Take a class. Ask your sponsor about meditation. Talk to NA members who share in meetings about meditation. You don't have to wait till later – start now. By the way, having conscious contact with a God of your understanding is not required to meditate.

Meditation at its core is based on concentration: the ability to stay focused. If you are contemplating the ***Just For Today*** message, you are not thinking about how much you dislike your mother / father / lover / parole officer / fellow NA member / person who cut you off in traffic yesterday / whoever! The skill of concentration takes practice. No one is perfect at it. Everyone can be distracted. It is the mind's nature to stay busy. To gain skill at concentration, just bring your attention back to whatever you were concentrating on, again and again. Returning your focus is how you strengthen the "muscles" of concentration. When you notice you are distracted, just start concentrating again.

(continued on p. 4)

# Mt. Lemmon Bash

## Weekend of August 20-22, 2010

Whitetail Campground, milepost 22 on the Mount Lemmon Highway. Look for flyers for detailed info on registration packages, meal tickets, T-shirts, etc.



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Southeast Arizona [www.natucson.org](http://www.natucson.org)

Arizona Region [www.arizona-na.org](http://www.arizona-na.org)

NA World Services [www.na.org](http://www.na.org)

### About this subcommittee:

Your NA Newsletter Committee is Tom M, and Adam G., at the time of this edition. We are a group that likes to discuss ideas, tell stories, joke around, and in general have fun with this service. We also like to accomplish something. Please talk to one of us or just come to the subcommittee meeting and join us for some brainstorming on the next issue.

**Disclaimer:** All material submitted becomes property of the Newsletter subcommittee, and will be edited for content, length and clarity of the NA message.

### *Prayer & Meditation*

(Continued from p. 3)

Meditation is not just for monks in caves in India, or for "good" people, or even only for those who are "good" at meditating. Meditation is a natural state of mind we all have already – we only seek to strengthen that skill with practice.

When we meditate, we gain a sense of perspective on ourselves. You can look at your spinning mind and bring it back to a useful and constructive point of focus. The powers of concentration are brought into your everyday life. Maybe you can catch yourself before your distracted obsessive mind causes you to do a behavior you might later have to make amends for.

Meditation is a powerful tool to understand yourself, your connection to all that surrounds you, and the nature of the power greater than yourself.

*"May we all have peace of mind."*

*/Steppin' Eleven*