

March 2010
SEAZNA

Recovery in Action



Website: www.natucson.org

Phone Line 520-881-8381

Newsletter email: tucsonna.newsletter@yahoo.com

WELCOMING THE NEWCOMER Compiled by David E.

10 Tucson newcomers were asked, "Were you welcomed when you came into the rooms?"

SEND SNAIL

MAIL SUB-

MISSIONS 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)

Happy Birthday Proof That the Program Works!

Henry D. Feb. 2,
1982 (belated)

David E. March 29,
2009

Danielle T. March
23, 2009

Isaac D. March 10,
2000

"Very welcomed. Very. I got into these meetings by the hotline. They called me back in 20 minutes. The guy on the hotline who got me here is now my sponsor! I realize now that my life isn't over, just my drug use is over." – R.

"Yeah, I felt welcomed. At the second meeting, I got phone numbers that opened up relationships. I was bitter at first that I had to be at these meetings. I didn't have an open mind. Then I realized people wanted to be here. They were optimistic, positive. When these people have clarity, it makes things more clear for me. This program is a beauty." – E.

"No, I was desperate for somebody to talk to me, but nobody did. I wasn't sure I was going to make it. I went to meetings all over town. I said very little because I couldn't. After a week or two, I started slowly talking to people after meetings. So I welcomed myself. I have many friends now in the fellowship. My sponsor listened to my story about not being welcomed and said, 'Well, I guess you're going to remember

this, and reach out to newcomers when you see them.' I try to do that." – D.

"When I shared at my first meeting, I did feel nervous. I left quickly after. At my next meeting, some guy with 20 years clean came up and welcomed me. I was afraid to be open with people, afraid of what would come next. I met my sponsor when I had nine days clean. I shared about the reading, and she talked to me about it. It took about three and a half months to get up the courage to ask her to be my sponsor. I asked over the phone. It was definitely a process." – J.

"My first meeting was a speaker meeting. I introduced myself, and people said "keep coming back", but they didn't talk to me. I went to a newcomers meeting and met people after. My third meeting was a noon meeting. People were great. Then I went online to an NA chat line, and talked to [name omitted]. She made a point of finding me at the next speaker meeting, and talked to me. A group of us went out for pizza after." – C.

"For the first 10 days, I came late and left early. Then I decided I wanted to be part of this, so I showed up early, and stood in the circle at the end, but nobody talked to me, nobody welcomed me. I didn't feel like I was part of it. It wasn't until around 20 days that people talked to me. I have a sponsor now, and he has helped me meet people, get networked up." – R.

"I was in-patient for seven months. I got an NA meeting schedule from an H&I group. NA made sense. Driving to my first meeting, I was so scared. It gave me goose bumps. I got the warmest reception, my very first meeting. I would not have made it to rehab graduation without NA. I just do what's suggested." – C.

"With a few years of clean time under my belt, I knew I needed to introduce myself when I moved here last year from far away. I felt welcomed by the people. The people were good. One guy came up to me and talked and eventually he became my new sponsor." – B.

Coming Back by Anonymous

Ok, so you've been around for a few years. Done some service, have a sponsor and even worked the steps. Maybe you've even been fortunate enough to have had the opportunity to sponsor someone else and give back what was so freely given to you.

Life is good, not always great but you're generally grateful for the life you now have. Hell, it's taken a lot of hard work to get to where you are today.

Let's go back a bit. First you had to surrender? Surrender to win? Admit you were powerless? Believe in what, a Higher Power? God who? Tell someone your character defects, what defects? Admit you were wrong, make amends? The wreckage of the past!!!!

For me none of this came easy, and I mean none of it. It went against everything I ever new, or thought I new. I had to be in control, never admit defeat, and never show weakness. I knew nothing of asking for help, admitting when I was wrong, and most of all I had no God of my understanding. But with the help of a sponsor whom I could trust, friends in the fellowship, and finally having the gift of desperation I was free from active addiction and had a spiritual awakening.

Now here I am, High,

again. What the F___! How the Hell? Now what do I do? It is different now. I know what I need to do right. This should be easy. I'll just stop, no one needs to know. Oh shit, I can't. I'm an addict, and that is why I am an addict, once I start I can't stop, Duh.

So after several days of having my ass kicked, I'm done. I'll just go to a meeting, pick up a white chip etc. etc. etc. The phone rings and rings and rings. Before I have called anyone, or been to a meeting the stories are flying. One guy I sponsor is out of state, and calls me with some crazy ass story he heard of me and a newcomer, on and on and on. Oh yeah these are the people I want to go see and ask for help; as if it wasn't hard enough to go back already, now this.

I had to ask myself, why am I a member of NA, for the friends, the good times, great food and coffee, all the things I have in common with everyone? How I can share any thing in a meeting and it will stay there, complete anonymity? No, I am here to save my F_____ life. The only thing I have to have in common is the disease of addiction, and I have no doubt I am an addict. So I sucked it up and came back, fortunately.

I have to wonder. If someone I knew went out, and I heard that so and so, did such and such, would I tell you know who that.....

All I know is I am one of the lucky few who made it back. I know in my heart that only because I had a "Spiritual awakening as a result of working these steps" did I realize what I had lost as soon as I picked up, and all I wanted to do was come back. If you don't have a sponsor, don't work the steps you might never get anything that you don't want to lose. It just might save your life, it did mine.

WELCOMING (CON'T PG 1)

"I didn't want to let anybody in, I wasn't sure if I wanted to be here or not. Those hugs caught me off guard, but they were the thing that I needed, you know what I mean? It felt awkward. I never had that, 'out there'. It was a slow connection. I was very cautious who I talked to. It made it less difficult to reach out when people came up to me." – J.

"I came into an NA meeting and I felt completely welcome. People came right up to me, and talked to me, and gave me suggestions, but I didn't take it as seriously as I should. I relapsed. Now I go to at least one meeting a day, talk to my sponsor every day, and I read the NA literature each day. And I don't use, (continued)"

Schedule for Area Service Committees

Area Service Committee:
2 p.m. 1st Sunday of the month; Mesquite Room, Marshall Conference Ctr., Tucson Medical Center, 5301 E. Grant Rd. (entrance on east side)

Hospitals & Institutions Sub-committee: 12:30 p.m., first Sunday of the month Mesquite Room, Marshall Conference Ctr., Tucson Medical Center, 5301 E. Grant Rd. (entrance on east side)

Outreach Subcommittee:
Meets 30 minutes prior to the monthly road trip. Starbucks at Grant and Swan. Contact Laurie N. for more information 551-1628

Literature Subcommittee:
7 p.m., 1st Tuesday of the month, Starbucks at Country Club & Speedway

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Schedule for Area Service Committees

(continued)

Webservant Sub-

committee: 7p.m., 3rd Thursday of the month at Ike's Coffee & Tea, 3400 E. Speedway #121

Public Relations

Subcommittee:

River-Dusenberry Library (River and Craycroft); time & date vary; call Erika for more info 955-0565

Phone-line

Subcommittee:

10-11a.m. 3rd Saturday of the month Starbucks at Country Club & Speedway.

Newsletter

Subcommittee: 6:00 p.m. first Wednesday of the month at Starbucks, Grant and Swan.

Activities

Subcommittee: 6 p.m., 2nd Wednesday of the month at Crave Coffee & Espresso Bar, Broadway btw Swan & Columbus.

Mt Lemmon Bash

Subcommittee:

2nd Sunday of the month, 10 a.m., Coffee Exchange at Grant & Campbell

NA-Related Announcements

Area is broke. Throw an extra quarter in the basket when it comes around, in addition to what you normally put in.

Positions available:

Area needs a Vice-Treasurer. Requirements are two years clean time and some book keeping experience.

Literature Subcommittee needs a Secretary. Requirements are two years clean time and Literature experience.

Activities needs a Vice-Chair. Requirements are one year clean time and likes to have fun.

Newsletter needs a Vice-Chair. Requirements are one year clean and knowledge of word processing applications.

Events:

Sat. March 13 6 PM-10 PM Game Night Crave Espresso Bar. 4530 E. Broadway. Bring your favorite board games

Sat. March 20 Hike to a Meeting 10 AM Bear Canyon to Seven Falls, Catalinas; Please see electronic version of Activities flyer on www.natucson.org for accurate info

Sat. March 27 Mt Lemmon Bash

Chili Cook-off

Time, date & location TBA

Sun. April 4 10 AM "Slacker Hike" to a Meeting; meet at the upper level parking lot for the JW Marriott Resort, 3800 W. Starr Pass Blvd.

Sat. April 10 B-B-Q 10:30 AM food starts Udall Park Ramada 6 Speaker meeting at noon; bring sides & desserts

Sun. April 11 2 PM Area Service Committee; Marshall Auditorium Tucson Medical Center

Sat. April 17 10 AM Hike to a Meeting, Romero Pools Trail, Catalina State Park; see Activities flyer for detailed info

Fri. April 23 Bowling at Lucky Strike 4015 E. Speedway 10 PM-1 AM \$11 per person, show up at 9

ARCNA XXIV pre-registration flyers are available at your home group, or ask any GSR for one. This year the Convention will be held in Mesa at the Marriot, 200 North Centennial Way, Mesa, AZ 85201 May 28-30, 2010. ARCNA XXIV website: www.arizona-na.org/arcna/

Local website: www.natucson.org

World website: www.na.org

Regional website:
www.arizona-na.org

Serving Southeastern Arizona Area

For 24 Hour Information about meetings or NA in general:

[HTTP://WWW.NATUCSON.ORG/](http://WWW.NATUCSON.ORG/)

Or the Phone line: 520-881-8381

About this subcommittee:

Your NA Newsletter Committee is Tom M, Kelly C. David E. & 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. There is no clean time requirement to serve on this subcommittee; all are welcome.

Disclaimer: All submissions become the property of the newsletter committee and may be edited for length, content, and a clear NA message. Opinions expressed in Recovery in Action are not necessarily those of the Newsletter Subcommittee or Narcotics Anonymous.

The deadline for submitting material is one week after the Subcommittee meeting. Send material to: tucsonna.newsletter@yahoo.com

What is the Narcotics Anonymous program?

N.A. is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

GOD AS I DON'T UNDERSTAND HIM

God only knows. God has a plan. The information's not available to the mortal man. – Paul Simon

Whatever God's will is, wherever it originates, I can feel but cannot see.

My mind shimmers like leaves on the trees, Thoughts flit from branch to branch.

God's will is a spider's web, beautiful and mysterious.

I sit and meditate, trying to free my mind of chatter,

Thoughts of the future, the shameful past running, running.

God's will comes knocking, slowly, slowly, opening a door

To my present, a gift.

We hike to a meeting, sunlight glinting off the rock formations,

The valley below baking, the pines above cool and inviting.

Stopping to read from the white book, to share the wonder of

Being clean in these surroundings. I marvel at what life has become,

I do not regret the past; it cannot be changed.

It's God's will.

Aching feet, short of breath, the feel of muscles working, heart pumping.

A hummingbird streaks past, a blur of color and movement.

Why me? And how? I don't need answers, only acceptance.

-- Anonymous

