

# Anchorage Area NA Newsletter

February 2011

The purpose of this newsletter is to keep Anchorage Area Narcotics Anonymous members informed of the events and happenings of our fellowship.

Every attempt is made to adhere to NAWS guidelines and SASC guidelines for newsletters.

The content contained herein expresses the views and knowledge of its contributors, not N.A. as a whole.

Newsletter Committee

Members

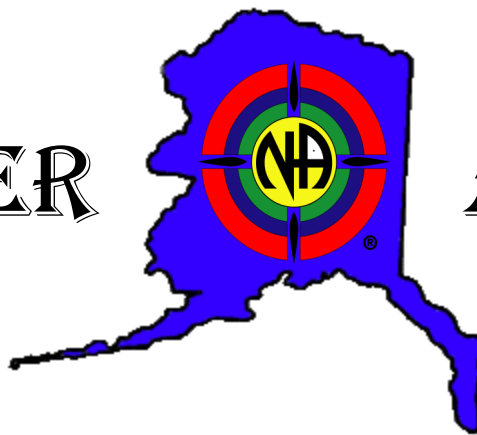
Amber N. Chair

Jack S. Member

Never Alone  
Newsletter  
Committee

Meets every 3rd  
Sunday of the  
month at The  
Alano Club,  
3103 Spenard  
Road,  
2-3pm.

# NEVER



# ALONE

## THE AREA COMMITTEE

Area service committees are ultimately responsible to the groups they serve. Narcotics Anonymous groups send group service representatives (GSRs) to serve on the area committee. While still maintaining final responsibility and authority for area services, they invest enough delegated authority in their GSRs—and through them, in the area committee—for the necessary work to get done. NA groups also send money to the area committee, money needed to coordinate panels, maintain phone lines, and conduct public information activities. Through their contributions of money and manpower, the groups exercise both their responsibility and their authority for NA services.

How does the area service committee relate in turn to NA's regional and world services? In much the same way as the group relates to the area committee: through carefully selected representatives who are delegated the authority necessary for effective service.

### Chairperson

The area committee chairperson is responsible for conducting committee meetings, preparing the agenda, and various administrative duties. The chair's primary tools are the short-form rules of order, which appear at the end of this guide, a firm hand, a calm spirit, and a clear mind. The chairperson can find additional help in books about business meetings, decision-making processes, and volunteer organizations that are often readily available at local bookstores and libraries.

### Vice chairperson

The primary responsibility of the area committee vice chairperson is the coordination of the area subcommittees. The area vice chair keeps in regular touch with the chairpersons of each subcommittee to stay informed of their projects and problems, attending subcommittee meetings whenever possible. If disputes arise within a subcommittee or between subcommittees, the ASC vice chair helps find solutions to them. The vice chairperson works closely with subcommittee chairs when they prepare their annual reports and budget proposals.

The vice chairperson is also responsible to assist the chairperson in conducting area committee meetings and to conduct ASC meetings him or herself in the chairperson's absence.

### Secretary

Area secretaries handle all their committees' paperwork, a formidable job. Their first responsibility is to take clear, accurate minutes of area committee meetings and distribute those minutes to all committee participants within a reasonable period of time after each meeting.

In the process of keeping the minutes of each meeting, secretaries should regularly update a log of area policy actions. The log lists motions the committee

## SLOGANS

Be part of the solution, not  
part of the problem.

There are two days in every  
week which we have no con-  
trol over---yesterday and  
tomorrow. today is the only  
day we can change.

We are only as sick as our  
secrets.

Share your happiness  
Share your pain  
Count your blessings

One of the best parts of re-  
covery is getting your feel-  
ings back. The worst part is  
getting your feelings back.

When all else fails, follow  
directions.

## Clean Date Anniversaries...

Amber N.  
celebrated 18  
months on Jan. 19th  
John K. celebrates 2  
years on Feb. 2nd.  
Melissa C. celebrates 1  
year on Feb. 4th.  
Jeff J. celebrates 26  
years on Feb. 28th.

## THE AREA COMMITTEE continued

has passed regarding the activities of administrative officers and subcommittees. These motions should be listed chronologically under a heading for the officer or subcommittee they affect.

Secretaries should have copies of the most recent printing of the log of policy actions available for new GSRs and should periodically distribute updated versions to all area committee participants. Because most secretaries mail minutes to area committee members, they need to keep an updated list of participants' addresses. With their committees' permission, they should mail copies of these lists once or twice a year to the World Service Office. These lists will make it possible for the WSO to provide groups, subcommittees, and administrative officers with current information pertinent to their areas of service.

### Treasurer

The area treasurer's job is critical to the committee's work. Because of the added responsibility of handling money associated with service as treasurer, it's especially important that area committees select their treasurers with care. It's recommended that areas elect people to this position who are financially secure, good at managing their personal finances, inspire the trust of the committee, and have substantial clean time. Experience in business, accounting, bookkeeping, or as a successful group treasurer is also very helpful.

The treasurer receives contributions from the groups, administers the area's checking account, pays the rent for the committee's meeting hall, reimburses officers and subcommittee chairs for their budgeted expenses, keeps careful records of all transactions, and reports on the financial condition of the area committee at each of its meetings.

### Regional Committee Members (RCMs)

Regional committee members are just that: They serve as the core of the regional service committee, a body which coordinates service forums throughout the region, is responsible for the regional convention, and conducts the regional assembly. The regional committee also serves year around as a contact point between NA world and local services by providing information on activities in neighboring areas, functions being sponsored by the regional committee, reports relevant to subcommittee affairs, and important issues being discussed at various levels of service. Both the region and its areas depend on RCMs to be well-versed in NA service practices and principles. RCMs should be closely acquainted with the Twelve Traditions and Twelve Concepts, the fundamentals of service in our fellowship. Familiarity with all published service manuals and bulletins puts the resources of the whole fellowship at the RCM's fingertips. RCMs should carefully study the reports from their own areas' groups, officers, and subcommittee chairs so that they can pass their areas' experience on to others at the regional meeting.

Most areas have two RCMs serving at any one time, one elected in odd-numbered years and the other in even years. This helps regional committees maintain a balance between experienced members and those just learning the ropes. It also ensures that a regional committee serving only three or four areas will have enough members to be able to do its work.

### A Guide to Local Services in Narcotics Anonymous

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## Frozen Chozens 7th Annual Prom Fundraiser



The Frozen Chozens Annual Prom Fundraiser kicks off with a two speaker meeting, a delicious spaghetti dinner and a double comedy show. All funds go to making the Prom (to be held April 30th) a memorable FREE event, and this years upcoming Prom theme is a black and white 1950's style "Back to the Beginning" to be held at a new location—more will be revealed.

**Come out and show your support to help to make this fundraiser a success!**

**Feb.11th, St. Patrick's Church (20th & Muldoon).**

**Doors open at 6pm.**

**\$15 suggested donation at the door.**

For more information contact Catelyn S. 744-0774 or Lori H. 529-7723.

## First Concept

*To fulfill our fellowship's primary purpose, the NA groups have joined together to create a structure which develops, coordinates, and maintains services on behalf of NA as a whole.*

Our fellowship's primary purpose is to carry the message "that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live."

One of the primary means by which that message is carried, addict to addict, is in our meetings. Recovery meetings, conducted thousands of times each day by NA groups around the world, are the most important service offered by our fellowship. However, while recovery meetings are NA's most important service, they are not the only means we have of fulfilling our fellowship's primary purpose. Other NA services attract the still-suffering addict to our meetings, carry our message to addicts in institutions, make recovery literature available, and provide opportunities for groups to share their experience with one another.

No one of these services, by itself, comes close to matching the value of group recovery meetings in carrying our message; each, however, plays its own indispensable part in the overall program devised by the NA Fellowship to fulfill its primary purpose. We can do together what we cannot accomplish separately. This is true in our personal recovery, and is equally true in our services.

In new NA communities, groups often perform basic services in addition to their meetings. But fulfillment of the full range of NA services— phone lines, H&I panels, public information work, outreach, and the rest—usually requires more people and more money than a single group can muster on its own. The degree of organization necessary to carry out such responsibilities would divert most groups from carrying the NA message in their meetings. And the lack of coordination among groups delivering various services on their own could result in duplication, confusion, and wasted resources. For these reasons, most groups do not take such responsibilities on themselves. How, then, can NA's groups ensure the fulfillment of these services? They do so by combining their resources, joining together to create a structure which develops, coordinates, and maintains those services for them, leaving the groups free to carry out their own primary responsibility.

Twelve Concepts for NA Service NA Fellowship-approved literature.

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### What are "Concepts"?

Narcotics Anonymous, as a fellowship, is defined by its principles. Our Twelve Steps detail our program for personal recovery. Our Twelve Traditions relate experience that can help NA groups maintain their unity. And our Twelve Concepts are guiding principles for our service structure. The concepts summarize the hard-won experience of our fellowship's first forty years with such things as responsibility, authority, delegation, leadership, accountability, spiritual guidance, participation, communication, open-mindedness, fairness, and finances. The Twelve Concepts, together, help ensure that our fellowship's service structure remains forever devoted to *service, not government*.

Twelve Concepts for NA Service

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### Quote of the month:

**In recovery, we find that surrender involves letting go of our reservations about recovery and being willing to try a different approach to living life.**

*From It Works How and Why, Step One, page 6.*

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The Never  
Alone Newslet-  
ter NEEDS  
committee  
members and/or  
input, stories,  
words from  
**YOU!**

Do *you* have an idea for  
next month?

Send it to  
anchoragenewsletter@  
yahoo.com

OR call/text 907-351-  
6887!

## We Do Recover

When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do?

There seems to be this alternative: either go on as best we can to the bitter ends—jails, institutions or death—or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all.

This is a simple spiritual—not religious—program, known as Narcotics Anonymous.

Reprinted from the White Booklet, *Narcotics Anonymous*. © 1986 by Narcotics Anonymous World Services, Inc., PO Box 9999, Van Nuys, CA 91409

### What does *surrender* mean to you?

Surrender of course is one of those words that meant a negative thing to me when I first started coming around. It meant giving up, or getting beat by something or someone, now it means walking through whatever fear I'm experiencing (another word I now know the meaning of) so I can experience the lesson or spiritual enlightenment I am privy to because of the act of surrender. Surrender: to stop my old way of thinking to learn a new thought. Alan H.

When self will has me backed into a corner, I finally surrender and give up the fight. Almost immediately I feel peace and serenity wash over me and I always wonder why it takes me so long to remember to give it up. Debbie S.

Surrender for me meant that I quit fighting, let it go to my HP, and joined the winning team! Tami M.

No longer do I need to Fight. It the moment just before i make a decision to turn my will over and then Let HIM. Catelyn S.

For me, surrender is to stop fighting GOD. Once this was accomplished things that were capable of improving did and those that we re not didn't. In each case I was able to deal with the results. Mike P.

Surrender for me meant knowing that I had to give up on my old way of life that obviously wasn't working for me. I had to give up all my old ways of acting and thinking and trying a new way to live with someone (My HP) in charge besides me. Jack S.

Surrender to me is finally realizing I have been beaten! I've fought the wrong fight and lost unequivocally, and the only possible path to redemption is complete and total surrender so that i might live! This is by far the hardest concept of recovery I ever had to grasp, but grasp it I have and as a result have a life I never even remotely dreamed possible. Thanks to my HP and the 12 Steps. Mark C.

Surrender once represented weakness to me. Since I have been working the steps and learning to reach out to others and ask for help I see now that is a sign of strength. I can't do it alone and I'm becoming okay with that reality. It's not all about me and my way. After surrendering to God and the NA way I get to receive solutions that work. That's powerful...NOT WEAK! Marcy M.

I have tried every way possible. Then there was nothing else to do but to surrender and relief came in the form of freedom from self. Terry H.

Thank you everyone who sent in a response!