

Anchorage Area NA
Newsletter

March 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 it's contributors, not N.A. as a whole.

Newsletter Committee
Members

Amber N. Chair

Jack S. Member

Never Alone Newsletter

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



I.P. #15 PI and the NA Member

Carrying the NA message has been an important part of many of our members’ recovery and has helped some of us to discover and develop our abilities. The NA message of recovery can reach a great many people with your support. Participating in the PI committee gives you a chance to make a positive difference in the lives of others.

What is public information?

The role of the PI committee is to ensure that clear and accurate information about NA is available to the public. The demand for information about our fellowship is greater than ever. Being part of a committee that brings suffering addicts to our fellowship is a reward that cannot be expressed, only experienced.

What is the NA member’s responsibility?

We need to accept responsibility for our behavior in public when we identify

ourselves as NA members. This is a form of public information. Each one of us may be seen as a representative of NA to those not familiar with our program. The way in which we maintain the facilities we use for our meetings and functions also affects how the public views NA as a whole.

Another form of public information service occurs when requests are made for information or presentations about Narcotics Anonymous. When a request is made, a PI committee member should be contacted. If a committee member is unavailable, the request should be relayed to a group service representative (GSR) or area chairperson. We handle requests in this manner because each request deserves immediate and appropriate attention. When you are approached with a request, remember that this is not a personal one, but a request for Narcotics Anonymous as a whole.

What is the importance of anonymity?

This is a “we” program, and in public information the concept that “I can’t, we can” is vital. Our spiritual foundation of anonymity can be seriously damaged by members acting independently. We do not give our last names nor appear in the media as members of Narcotics Anonymous. As part of our spiritual program of recovery, we avoid self-promotion in favor of a more humble style of service. In our experience, members who become “media stars” in relationship to their membership in NA run the risk of placing the spiritual foundation of their recovery in jeopardy as well as giving the public an inaccurate perspective of recovery in NA.

How do members get involved?

Every member has a place in the public information committee. PI does value and need your input, suggestions, feedback, and participation. We openly invite you to come to a PI committee meeting. Like most service committees, PI always needs willing hands and minds.

How does the work get done?

Groups often come together to form an area service committee (ASC). Public information services are provided by a subcommittee of the ASC. The PI committee receives requests for information from many different sources, such as individuals, agencies and the media. Some of the ways we provide information to the public include:

1. Responding to requests for speakers from churches, civic organizations, schools, or the media.

CONTINUED ON PAGE 2.

SLOGANS

My head is like a bad neighborhood and I shouldn't go in there alone.

I'm not going to give anybody free rent in my head.

I used to be a hopeless dope fiend, now I'm a dopeless hope fiend.


I need to put thing in perspective because I have a disease of perception.

The quality of my recovery is proportional to the quality of my surrender.

When I'm in fear I'm not in faith.

A fear faced is a fear erased.

EXTREME BOWLING



MARCH 19TH
9-11:30PM

JEWEL LAKE BOWLING CENTER

8801 JEWEL LAKE RD.

\$14 a person, includes all games and shoes. This is an open event meaning that it is a public venue and we only have a certain amount of lanes reserved. There will not be a meeting at this activity.

Call Tami for more info at 947-8224.

IP No. 15 PI and the NA Member cont.

- 2. Developing and distributing posters, fliers, and other public service announcements to inform the public of how to reach us.
- 3. Learning days and workshops.
- 4. Mailing meeting directories, informational letters, and pamphlets to people who may come in contact with addicts.
- 5. Cooperate with a hospitals and institutions committee in overlapping projects.
- 6. Where separate phoneline or office committees do not exist, a PI committee may be responsible for operating a phoneline.

To get involved in any of these activities, talk to a GSR or someone from your local PI committee. We can't keep what we have unless we give it away. Public information committee service allows us to do just that.

Copyright © 1991 by
Narcotics Anonymous World Services, Inc.
All rights reserved.

Public Information committee is in need of members. If you would like to help spread the message please get involved. P.I. meets the Sunday after Area upstairs at Peggy's Restaurant at 6:30 pm. Call Susan S. at 227-6247 for more information.

IP No. 20 Hospitals and Institutions Service and the NA Member

Many Narcotics Anonymous members have found Hospitals and Institutions service to be an important part of their personal recovery. Our members, who actively participate in H&I service, are very important resources in our fellowship. A commitment to H&I service is one of the many ways to become involved with the NA service structure and help us feel a part of our fellowship.

We know that active addiction leads to jails, institutions, and death. Also, NA's primary purpose is to carry the message of recovery to the addict who still suffers. It is not surprising that carrying the NA message of recovery into hospitals and institutions is one of our priorities. NA members have consistently supported this belief by forming Hospitals and Institutions (H&I) committees around the world.

Still, some NA members have been reluctant to become involved in H&I service because they have never been incarcerated, arrested, or institutionalized. With our personal experience and proper preparation, all of us are uniquely qualified to carry our message of recovery. This pamphlet is intended to be a brief introduction to Narcotics Anonymous H&I service, and to encourage more members to avail themselves of this opportunity to serve.

What Is an H&I Meeting?

The purpose of an H&I meeting is to carry the message of recovery to addicts who do not have full access to regular Narcotics Anonymous meetings. H&I meetings, except for those in long-term facilities, are intended to introduce those addicts in attendance to the basics of the NA program.

In order to form a clear understanding of an H&I meeting, it is important to learn about our service structure. An H&I meeting is generally a service provided by an area service committee's H&I subcommittee. These meetings occur in hospitals, treatment centers, correctional facilities, and adolescent institutions. Rather than being an NA group, it is vital that an H&I meeting always be held under the direction of an H&I subcommittee.

How Do I Get Involved?

An area H&I subcommittee is the center for planning and organization. This is the ideal place to start getting involved! The first thing to do is to show up at an area H&I subcommittee meeting and attend an orientation for new and interested members. These orientation meetings help members become familiar with the information and clean time requirements necessary for service in H&I. At these meetings, members are selected to carry our message into facilities. Usually, the next step is to attend an H&I meeting as an observer. Through this process members gain a basic understanding of H&I service and decide on a level of involvement.

CONTINUED ON PAGE 3.

IP No. 20 Hospitals and Institutions Service
and the NA Member cont.

Why Do I Get Involved?

Hospitals and institutions service offers addicts an opportunity to demonstrate gratitude, fulfill responsibility, and share the NA message without expectations. It is also an effective tool that helps us stay clean, and keeps us coming back. The H&I message is the same as the NA message: “That an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live.”¹ The gift we share is hope and freedom from active addiction through the program of Narcotics Anonymous. Any NA member who wants to carry this message is encouraged to get involved with H&I service. There are many ways to serve in Narcotics Anonymous, and many of us have found H&I service to be the most rewarding aspect of our recovery. We hope that this pamphlet will encourage you to get involved with H&I service and experience these rewards for yourself!

Basic Text, p. 65.
Copyright © 1985, 1996 by
Narcotics Anonymous World Services, Inc.
All rights reserved.

Hospitals and Institutions committee meets the last Thursday of the month at the Westmark Restaurant at 7 pm. Call Jeff L. at 764-2219 for more information.

31 years of NA in Alaska

On Saturday March 5th Anchorage Area of NA will be hosting the 31st Anniversary of NA in Alaska at the Viking Hall (above Frozen Chozen/Dry Dock) 6pm to midnight. There will be a gourmet Italian dinner, a version of the “Love Connection” game, and speakers from Anchorage, Kenai and Fairbanks sharing on spirituality, service work and sponsorship. During the speaker meeting NA jewelry sales, a silent auction of NA merchandise and a dessert auction will be in full swing, with the winners to be called out at 9pm. 50/50 raffle tickets will be sold throughout the night, drawing for the winner is at 11pm.

The Pie in the _____ auction with an assortment of NA “characters” available to bid on starts at 8:30pm. Dancing starts at 9:30pm.

Doors open at 5:30pm so have your silent auction, desserts, NA items there by then please!

Any questions? Contact Tami M. at 947-8224.

Saturday March 5th, 6pm – midnight, Viking hall, 8141 Briarwood. Cost is \$20.

If you are interested in helping to decorate and set-up be there at 1:30pm.

Free pizza will be provided. See Melissa to get involved.

What has service work done for your recovery?

It has helped get me out of me. Finally after many years I realized that when I help others, no matter what I am doing, I am actually helping myself. I was a very selfish person and always felt that I would be taking away from me...time...on the couch, time to pout, or even obsess over my relationship. When I got tired and sick of the negative results, I decided to give of myself, follow a simple suggestion and from that time my life is filled with a lot more than I ever thought possible. Thanks to my H.P.—Tricia V.

Service work keeps me grounded in my program. It helps me reach out to the newcomer and pass on what has so freely been given to me. I was a very selfish, self centered person and anything I ever I ever did for someone else I always wanted recognition for. My NA service work gives me a chance to do for others and not seek that self centered recognition. —Jack S.



April 1st 6pm to 1am
At the
Moose Lodge in Palmer
1136 S. Cobb St.

\$5
A fundraiser for Rally in the Valley

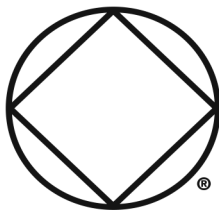
Quote of the month:

The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away.

From “What Is the Narcotics Anonymous Program?”
Reprinted from the Little White Booklet, *Narcotics Anonymous*.
© 1986 by Narcotics Anonymous World Services.

NA Birthdays

Jack S. had 18 months Jan. 29th.
Dave F. has 4 years on March 14th.



Have you got some NA information, news, a recovery related story, or an event you wish to include in next month’s newsletter?

E-mail:
anchoragenanewsletter@
yahoo.com

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 Twelve Concepts, together, help ensure that our fellowship’s service structure remains forever devoted to *service, not government*.

Twelve Concepts for NA Service
Copyright © 1989, 1990, 1991 by Narcotics Anonymous World Services, Inc. All rights reserved.

**RALLY IN THE VALLEY
CAMPOUT**



**June 10, 11,12
Matanuska River Park Camp-
ground
FREE
More will be revealed...
Fundraiser Dance April 1st
See flyer on pg. 3 for more info**

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

Second Concept

The final responsibility and authority for NA services rests with the NA groups.

The NA service structure has been created by the groups to serve the common needs of the groups. Our fellowship’s service boards and committees exist to help groups share their experience with one another, provide tools which help groups function better, attract new members to group recovery meetings, and carry the NA message further than any single group could carry it alone. Because the groups have created the service structure, they have final authority over all its affairs. By the same token, the groups also have the final responsibility for the support of all its activities. The two go hand in hand. Ideally, responsibility and authority are flip sides of the same coin; the exercise of one is also an exercise of the other.

When our groups provide the resources—conscience and ideas, people, money—needed to fulfill NA services, they also provide direction to the service structure. Let’s take a look at a few examples of how this principle works. The most important resource contributed to the service structure by an NA group is almost exclusively spiritual: its ideas and its conscience. Without the voice of the groups, the service structure may not know what kinds of services are needed, or whether the services it provides are ones the groups want. The groups provide the ideas and direction needed to guide the service structure in fulfilling its responsibilities. By voicing their needs and concerns, the groups also exercise their authority for the service structure they have created. The people who give their time to service work are a vital resource; without them, our service boards and committees would not exist, much less be able to serve. The group’s responsibility to the service structure is to elect a group service representative who will serve the best interests of the group and the entire NA Fellowship. By carefully selecting its GSR, then providing that person with regular support and guidance, the group exercises its ability to impact NA services, both directly and indirectly. In choosing a qualified GSR, then sending him or her out to serve on the group’s behalf, the group fulfills a large part of both its responsibility and authority for NA services.

Money is required to fulfill NA services. Without it, our phonelines would be closed down, our meeting lists would not be printed, there would be no NA literature to distribute, our H&I panels would go without pamphlets, and our public information workers would be unable to provide printed materials about our fellowship to the community. In the Eleventh Concept, more will be said of the use of money in fulfilling our primary purpose. The message of the Second Concept in regard to money, however, is simple: Since the groups have created the service structure to perform certain tasks, the groups are also responsible to provide the necessary funds.

So far, we’ve looked at what the Second Concept says to the NA group. This concept also speaks to the service structure. The groups have, directly or indirectly, created every one of our service boards and committees. The NA groups have, directly or indirectly, provided the resources used by those service boards and committees. The groups have established the service structure as a medium through which, together, they can better fulfill our fellowship’s primary purpose. Therefore, in all the affairs of all its elements, the service structure must carefully consider the needs and desires of the groups. The Second Concept can be seen as the groups’ way of saying to the NA service structure, “Be responsible with the spiritual, personal, and financial resources we have provided you. Seek our advice; do not ignore our direction.”

The NA groups bear the final authority in all our fellowship’s service affairs, and should be routinely consulted in all matters directly affecting them. For example, proposals to change NA’s Twelve Steps, Twelve Traditions, name, nature, or purpose should be approved directly by the groups. Conversely, if something goes wrong in the service structure, NA groups are responsible to take constructive steps to help correct the problem. Our experience shows that radical action, taken in haste, serves neither the groups nor our services well. Since change rarely occurs overnight, patience and acceptance may be called for. Nonetheless, the exercise of final authority for NA services, a vital part of the system of service established by our fellowship, is both the right and the responsibility of the groups.

Twelve Concepts for NA Service
Copyright © 1989, 1990, 1991 by Narcotics Anonymous World Services, Inc. All rights reserved. Published 1991.
Approved Edition 1992.