

Anchorage Area NA
Newsletter

2011 September

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.

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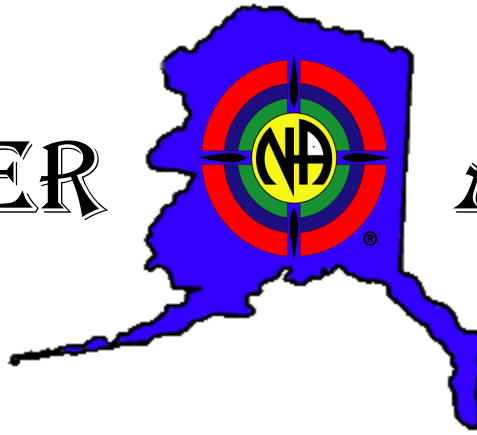
Wiley

Never Alone Newsletter
Committee meets Tuesdays,
11am, at the Alano Club, 3103
Spenard Rd.

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

NEVER



ALONE

The 9th Step

Step 9 states, "We made direct amends to such people wherever possible, except when to do so would injure them or others."

Ooooooieeee.....Making amends....admitting my wrongs...and correcting my behavior!?!? This was a humbling step for me. I don't like to admit when I'm wrong, how about you? However, the Narcotics Anonymous Basic Text states "This step should NOT be avoided. If we do we are reserving a place in our program for relapse."

This is an action step. I know personally, for the amends that I owed, I couldn't simply walk up to the person and say, "Hey, I stole, lied and cheated you, sorry, my bad." Amends is about admitting our wrongs and correcting the behavior. The Basic Text also states "We try to remember that when we make amends, we are doing it for ourselves. Instead of feeling guilty and remorseful, we feel relieved about our past." To me, this means that I am making amends to free myself from the wreckage of my past. I am powerless as far as whether or not my amends are accepted. Sometimes sorry is not enough, especially since I've said it so many times in the past.

Basic Text states, "Sometimes, the only amend we can make is to stay clean. We owe it to ourselves and our loved ones." My actions speak louder than my words and that is where correcting my behavior comes in. This is when I make living amends. By living my life different and showing that I am changing.

This was such a powerful step for me. Well, they all have been. But this step made me humble, it helped me to realize the harm that I had caused and gave me an opportunity to make up for it. I live this step every day and will for the rest of my life.

In Loving Service,
Melissa C.

SLOGANS

Forgiveness is a beautiful thing; breathtaking miracles may take time, yet come easier with acceptance.

Feelings are sometimes great, sometimes simple, sometimes painful, even paralyzing in the moment, and sometimes without definition. Feelings will not kill me—Getting loaded will.

Don't quit before the miracle happens.

Love anyway. Love and kindness.

Did you know...

The first NA meeting in Anchorage was called The Rush group.

Quote of the month:

We accept that it was our actions that caused our negative attitude. Step Nine helps us with our guilt and helps others with their anger. Sometimes the only amend we can make is to stay clean. We owe it to ourselves and our loved ones.

Step Nine, Narcotics Anonymous, Basic Text, Sixth edition, Copyright © 2008. Narcotics Anonymous World Services, Inc. All Rights Reserved.

Tradition 9

The 9th Tradition goes like this, “NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.”

In this addicts opinion that is pretty easy to understand so I'm not going to take the time to break it down. I would rather focus on why I am grateful for this tradition.

I believe that without this tradition, and ones like, that the rooms of Narcotics Anonymous would not be so inviting. Imagine if you will, a scenario where NA has, say, a president...and a vice and maybe a manager for every meeting. Then maybe security guards and a designated coffee person, predetermined speakers...who knows where it would go from there. To me that sounds a lot like a treatment center, or even a job, and I couldn't see myself opening up to someone on a power trip, or asking “just the coffee maker” to sponsor me. I sure wouldn't want to be one of the addicts struggling to be the president or managers best friend. And come to think of it, we would probably need to create new meetings in order for us addicts to deal with the stress of attending these “organized” NA meeting and functions.

So, I thank my HP for the traditions of Narcotics Anonymous and for all that they do for me every day in every way.

Dana

COMING soon...

Maui Mystery Dinner...



Be on the lookout for clues to this upcoming activities event.

Interview with past Convention Speakers - Catelyn

Celebrating 50yrs clean with my great GRANDSPONSER BOB B. AUG 12 I just got back in town from South Carolina from a Convention with Raymond. Getting ready for the World Convention and still taking care of my mom. Lot's of friends coming here to the World.

— Jimmy Jam



NA GAZETTE

Amends by John C.



Above & Beyond

Donna & Dennis A.

Franko B.

Kacee L.

Andrea M.

Jeff J.

Michael L.

Know someone who has gone above and beyond for recovery! Nominate them by emailing us at anchoragenanewsletter@yahoo.com

Who says...

Match up the names with the sayings.

“Hi Family...”

Melissa

“Amazing...”

Richard
AKA Mugley

“Die m**** f****

Joe (corner)

before you pick up!”

“Thanks for letting me
puke.”

Ronnie

“Take...”

Sandy

Dear NA:

Q: What do you do when you don't feel like you can talk to your sponsor?

A: A sponsor/sponsee relationship is built on honesty and trust. It is important that we are able to be completely open and honest with our sponsors and they with us. There was a point that I didn't feel comfortable speaking with my sponsor about something that was going on in my personal life. It was my own fear of opening up that kept me from being honest with them. It wasn't anything that my sponsor had done that made me not want to open up. Once I overcame my fear, I was able to be honest about what I was feeling and our relationship grew stronger. So if we feel as if we can't be honest with our sponsor then we should take a look at is it us, or is it them? If we're holding back because we don't feel like we can be honest with them then maybe it's time to find a sponsor that we are comfortable speaking to openly. We are responsible for our own recovery.

Got a question you would like answered by the NA guru? Send your questions to anchoragenanewsletter@yahoo.com OR drop it off in the newsletter envelope on the board at Round About.



Clean Date
Anniversaries...

Sheri M. celebrates **90**
days Sept. 3rd.

Nicole M. celebrates **9**
months Sept. 5th.

Terry S. celebrates **20**
years on Sept. 18th.

Lorena celebrates **60 days**
Sept. 20th.

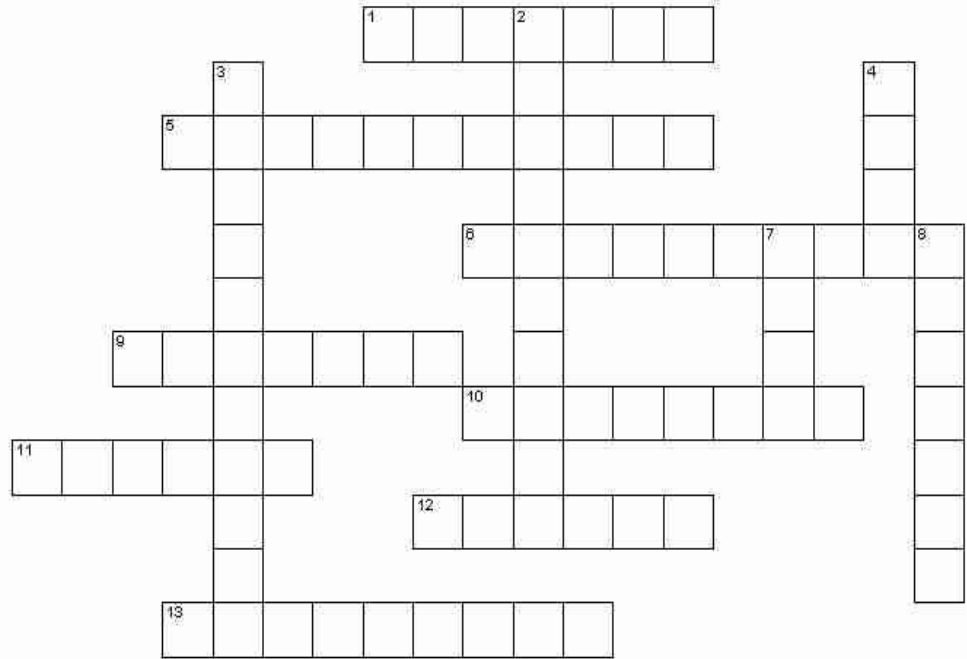
Terry Sh. celebrates **27**
years! Clean since 1984!

NEW MEETING!!!

Back to Basics meets
10-11:15pm Mondays
through Thursdays at
The Crosspoint Church,
1920 W. Dimond Blvd.
#K.

NEW MEETING!!!

Step 9



Across

- 1 takes us from awareness of our wrongs to growing freedom
- 5 needed to do this step
- 6 what is put into practice from the previous steps
- 9 means to stop feeling anger or resentment against
- 10 our _____ increases as we face the people we have harmed
- 11 this is an _____ step
- 12 we made direct _____
- 13 another word for "thankfulness"

Down

- 2 a way to give and not take
- 3 god of our understanding
- 4 as a result of working step nine we are _____ to live in the present
- 7 wreckage of the _____
- 8 who we share step 9 with

Read Step 9 in "It Works How and Why" to get the answers if you are stumped! Pages 84-95.

Show your support! These meetings need support and your message of recovery!

Nothing in the Windows meets Saturdays and Sundays, 4-5pm at The Alano Club, 3103 Spenard Rd. **NEEDS SUPPORT!**

Little Girls Grow Up meets Mondays and Thursdays, 7-8pm at Crosspoint Church, 1920 W. Dimond Blvd. #K. Women's meeting.

Childcare available. Take bus #7.

Recovery Connection meets Fridays, 5:30-6:30pm at 13th and Gambell. **NEEDS SUPPORT!**

Walk Your Talk meets Mondays-Saturdays, noon-1pm at Baptist Church, 1200 E. 27th Ave. **NEW DAY—Saturday**

Out and About meets Fridays, 7:30-8:30pm at The Alano Club, 3103 Spenard Rd. **NEW TIME—No Break**