

Anchorage Area NA
Newsletter

January 2012

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 for newsletters.

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

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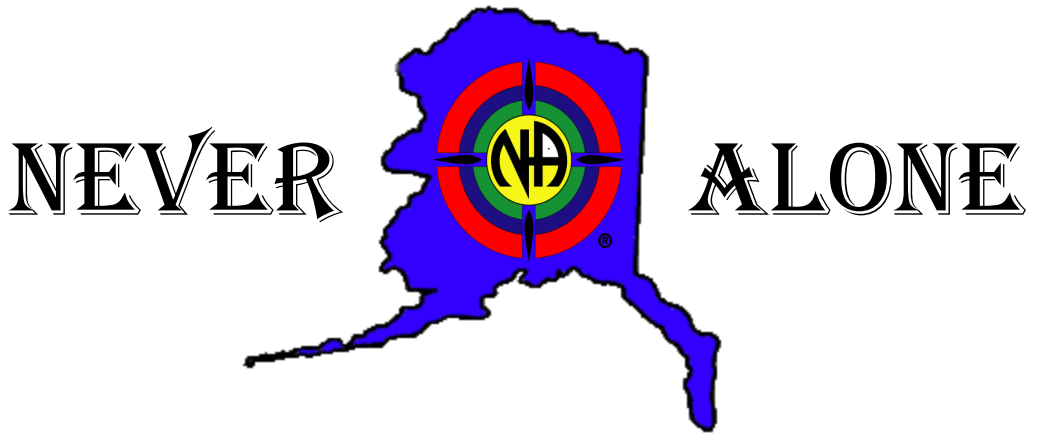
Never Alone Newsletter Committee meets Sundays at noon, upstairs at the Alano Club, 3103 Spenard Rd.

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

Deadline to submit to the February Never Alone Newsletter is January 22nd.



An Introduction to the NAWS *Service System Project*

I first heard about the *Service System Project* at our Alaska Assembly last April, when Robert G, our Regional Delegate, gave a presentation on the topic. Later, Howie W. gave me a hard copy of "Service System Proposals" which he'd downloaded and printed (<http://www.na.org/?ID=servsys>) from World. I carefully read the proposal and with this preparation, attended a service system workshop including question and answer session at this years NA Convention in San Diego.

Briefly, the draft service committee project proposal would affect the local, regional and world service structure. The **Area Service Committee** would be replaced by the **Group Service Unit (GSU)** and the **Local Service Unit (LSU)**.

The LSU would most resemble our current Area structure. The LSU would oversee routine services and projects consisting of H&I, Phonelines, Public Relations projects, literature, meeting schedules etc. The LSU would conduct Area business and likewise the LSU would forward an RCM to Region.

The GSU would provide:

- Informal training and mentoring;
- Welcoming and outreach to new groups;
- Orientation and introduction to service (service literature, traditions, concepts, etc.)
- Discussion of group issues;
- Information sharing (e.g., upcoming events, LSU activities, NAWS issues)

The *Service System Project* emphasizes that the GSU would be a "neighborhood" body, smaller and less formal than the LSU. The GSU might meet less frequently than the LSU such as quarterly instead of monthly.

The service system proposal provides a couple of options on how the GSU would be folded into the revised service structure. The GSU might be an alignment like groups such as groups in Spenard.

Upon reading the March 2011 draft *Service System Proposals*, I had a hard time seeing the purpose of the local level changes – the proposals seemed complicated and unworkable. At the Convention workshop I heard similar complaints and resistance.

Essentially, the *Service System Project* is a response to struggles observed within our service areas. These struggles include apathy, disunity, communication problems, difficulties with our public image, and challenges delivering basic services (e.g., help lines that don't get answered). The 2008 World Service Conference unanimously adopted a 2-cycle (four-year) service system project. The 2010 conference, while unanimously reaffirming the project, sent a message, "slow down", by extending the project another conference cycle to 2014.

It is notable that Thursday Night Dynamite has stepped up to host GSR training over the next few months. This service is what the Group Service Unit would provide, as stated above, "informal training and mentoring". The Mat-Su Valley groups formed a GSU of sorts to put on the 2011 Rally-in-the-Valley – a neighborhood entertainment service committee.

SLOGANS

Step Twelve has a paradoxical aspect in that the more we help other, the more we help ourselves.

It is absolutely none of our business to decide who is ready to hear the message of recovery and who is not.

Only through the practice of these principles in our daily life can we hope to achieve the spiritual growth necessary to maintain our reprieve from the disease of addiction.

It is on the path paved with these Steps that our future journey begins.

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Quote of the month:

Even in silence, the voice of our gratitude does not go unheard. It speaks most clearly as we walk the path of recovery, selflessly giving to those we meet along the way.

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NAWS Service System Project...continued

We will no doubt see *Service System Project* action items on the 2012 NA World conference agenda. There will be a discussion of the affects of the *Service System Project* on Regions and World in next months issue.

By Doug P, Alaska's ARD

Dynamite Thursday Night

is sponsoring an informal Anchorage Area Service Committee Narcotics Anonymous (AASCNA) Guideline Discussion Group and Dessert Potluck

Come join us January 5th and January 26th for coffee and dessert

EVERYONE IS WELCOME AND ENCOURAGED TO ATTEND!

For more info contact Alan M @ 764-0999 or Terri B. @ 349-9707

Did you know... The Basic text was published in 1983.

AREA NEWS

Area News

Dynamite Thursday Night's motion to add a position of Web servant passed 14:1:1.

There was frustration from some of the members at the failure of our executive committee to propose an Area Web Servant. It was commented that there are occasional lapses by the Regional PI to post items in a timely manner to AKNA.org and that the position is necessary. The problem is that the motion does not adequately describe the position – is Web servant part of the Area PI committee? Is it its own subcommittee? What are the qualifications? It appears that the Motion is more a *resolution* to establish Web Servant. It remains to draft an amendment to the Area Guidelines, which would create a position of a Web Servant. Guideline amendments are due in March for vote in April! Who will get busy?

Doug P. brought up Learning Days, their importance, expenses, and definition – it was proposed that the GSRs ask their groups what they want to do with it, also that H&I, PI, and Activities sit down to discuss it together.

Sam R., proposed that, if all groups were ready to vote on Regional Convention Committee Chair, we could proceed. As one group was not ready to vote, it was determined that nominations are now considered closed, and voting will occur in January 2012, as originally planned.

Action Items

Vote on motion to amend the Alaska Region Guidelines to create a Regional H&I subcommittee. If passed by Anchorage Area, the motion will be forwarded to the Alaska Region. See attached motion including intent.

Vote on motion seeking \$500 from Anchorage Area to fund a Learning Days in Anchorage this Spring. See attached motion including intent.

Vote for Convention Chair – Rick M or Dena J.

Online and certain printed copies of full January Area Motions are on page 5.

Check akna.org for a full report and Convention Chair nomination qualifications.

Hold onto your hats...

What's up with our meetings???

.....why are almost all the Narcotics Anonymous meetings in the Anchorage Bowl of the same plain chip, tasteless and inevitably boring variety. "Can someone please read who, what, why, how, how to (traditions) just for today." On top of that lets have a couple of the same members go to every meeting on the schedule, everyday, and tell us the same announcements, every day, day after day, in a one hour meeting. ...take up five minutes in every meeting talking about some function that's going to happen six months from now is really more important than addicts sharing with one another (sarcasm).

Think about this...

25% - That is the typical amount of time in a one hour meeting dedicated to reading our so called "necessary" readings. Fifteen minutes. Yes **25%**. One quarter of the amount of our time together, reading out loud like kindergarteners in a circle. Are there any magazines to read or colored placemats to play with during this time while we're waiting for the meeting to start? Have you noticed how many people show up late to meetings regularly? Ever ask yourself why?

In a standard one hour meeting a person who shares for five minutes takes up around **10%** of the meeting with their share. So with the 'usual' readings and the chair person sharing, we're looking at the meeting being 1/3 over already and often it's like it hasn't even started, not to mention we haven't even gotten to the announcements yet!

I write this not to share with you a message of total contempt for our meetings or how they are held and who shares what and for how long...no, that's not it. The point is to talk about that big pink elephant in the room called **complacency** and **boredom**; 2 killers of addicts seeking recovery.

Where is the creativity? Where is the diversity in our meetings that keeps it fresh and new?

I recognize and give props to the speaker jam folks putting together some new stuff, and to other meetings that remove the opportunity for the typical 'Joe Schmo' to share endlessly about upcoming NA announcements. I appreciate the couple of newer meetings that have broken away from the 'Pillar Approved' format of the typical NA meeting and incorporated new readings into their formats. With this diversification it makes sitting in an A-typical Narcotics Anonymous meeting more bearable for the truly unique and restless among us....or should I just say the everyday normal addict.

This recovery thing is ours. We get to make it our own. We don't have to settle for the same cookie cutter format. That doesn't mean we have to or want to or should attempt to re-create the wheel. There are benefits to having meetings structured the way they are, but it really should not be the status quo just because that's how everyone else does it. I'd challenge you who read this to consider updating your format to include more of the addict speaking and less of the addict reading. Our basic texts says a meeting happens when two or more addicts get together to share their recovery. "Sharing their recovery" may mean speaking of our 'own' experience, strength and hope. If I want to read the basic text I'll go curl up in a ball in my beddie-bie and read it with my Higher Power.

Signed, Anonymous....obviously J

I've felt. They understand that I have an addict in my brain. If I were to tell a counselor that I had an anything in my brain that talked to me, they would probably think that I was crazy. I understand this disease because I have this disease. That is why I can best understand and help another addict, because I myself am an addict.

Got a question you would like answered by the NA guru?

Send your questions to anchoragenewsletter@yahoo.com **OR** drop it off in the newsletter envelope on the board at Round About **OR** bring it to one of our Newsletter Subcommittee meetings, Sundays at noon, upstairs at the Alano Club!

NA Birthdays

Glen B. 1/07/04

Dena J. 1/27/97

Got an NA birthday? Let Melissa know!

Above & Beyond

A big round of thanks and appreciation to all those who supported the Thanksgiving Narathon—some names that stand out:

Ash
Brenden
Angelo
Shannon
Allen H.
Dena J.

Dear NA:

Q: You say that one addict get best understand and help another addict. Why is this?

A: This is my experience. When I was in treatment, my counselor was somebody that had studied this disease from a book. I found myself tuning them out because I felt that they had no idea why I did the things I did or why I felt the way I felt. When I came to NA I met people that had done the things I've done, felt the things



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.

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NEW YEARS NARATHON!

325 E. 3rd Ave. (Freedom Frog)
Starts Dec. 31st @ 6pm to Jan. 1st @ 6am.

HAPPY NEW YEAR

Upcoming Activities

NA Birthday is coming up soon! Feb. 3rd @ St. Patrick's Church. Italian dinner and recovery. How much better can it get? Buy your tickets now!

11th Concept

The Narcotics Anonymous 11th Concept : NA funds are to be used to further our primary purpose, and must be managed responsibly.

The principles behind the 11th concept are prudence, and accountability. Funds in NA are limited and the service body entrusted with the use of those funds has to prioritize their use responsibly. "Clear frank communication from our service structure ..." is the best way to assure our groups that we are furthering the goals of NA as a whole. Communication allows the groups to best prioritize what activities and projects we fund.

How does this Concept differ from the 7th Tradition? The 7th Tradition calls on our groups to be fully self-supporting which protects the integrity of our message. On the other hand, the service structure is not fully self-supporting but rather gets its support from the Groups.

"Accountability is an essential aspect of responsible NA financial management".

When the members of Narcotics Anonymous provide groups, committees, offices and convention with funds, our service structure is responsible to account for how those funds are used. Regular financial reports, open books, and periodic audits of NA accounts, as described in the various guides developed for NA treasurers, help our members be sure their contributions are being used well, and help our services remain financially accountable to those they serve. Consistent financial records help us make realistic spending plans for the future service activities. Reprinted from "Narcotics Anonymous". Copyright © 1988. Narcotics Anonymous World Services, Inc. All Rights Reserved.

Little Girls Grow Up Women's Meeting



IS HOSTING ITS SECOND BREAKFAST MEETING!

BACON, EGGS, PANCAKES & COFFEE

WHEN: Saturday, December 31st

BREAKFAST: 9-10am

MEETING: 10-11am

WHERE: CROSSPOINT, 1920 W. DIAMOND BLVD. #K



PLEASE COME AND SUPPORT THIS AWESOME WOMEN'S MEETING. THERE IS AMAZING FELLOWSHIP AND GREAT RECOVERY TO BE HAD BY ALL WOMEN THAT ATTEND!

Friday Night Speaker Jam



January 13th 7:30-10pm @ The Alano Club

Hosted by Out and About meeting of Narcotics Anonymous

Free food event! Fun, Music, Fellowship!

FYI

The Maui Murder Mystery is on hold until further notice...more will be revealed...

AREA NEWS additional (for online and personal prints)

MOTION TO CREATE A REGIONAL H&I SUBCOMMITTEE (due Jan 2011)

Motion 1: Clean and Serene moves to amend the Alaska Regional Guidelines by adding a Hospitals and Institution provision to the guidelines, as included on the next page. This motion, if approved would be forwarded to ARSC for discussion and to be sent back to the other Areas for approval.

The intent of the motion is:

- Provide a training and information resource for Alaska areas;
- Set forth duties and responsibilities of a regional H&I subcommittee;
- Reach addicts in institutions un-served by Area H&I subcommittees;
- Distribute literature to institutions while seeking that institutions provide literature where possible; and,
- Create point of contact with the state of Alaska for the purpose of facilitating access to incarcerated addicts.

Cost of the motion would vary from year to year depending on the budget approved biannually at Region. Most recently H&I budget was \$1000 per year.

The draft guidelines are a compilation of our ARSC H&I past practice, and other regional guidelines including Pacific Cascades as derived from resource information available on the NAWS web page.

The guidelines might be inserted as part "XI" of the guidelines, moving the "Budget" to part "XII" but will not be finally worked out until adopted.

Draft Guideline Amendment:

Regional HOSPITALS AND INSTITUTIONS

Function of H&I:

- Is a resource for members, Groups, and Areas in their H&I efforts by providing workshops, literature, information, and other materials necessary to better carry the message.
- Provides a forum or pooling place for Area H&I Subcommittees to share their experience, strength, and hope.
- Maintains an updated listing of all appropriate facilities within the region and records which ones are served by which Area subcommittee and the type of services that are being performed.
- Conducts presentations in facilities that are not served by an Area subcommittee.
- Orders and distributes literature to appropriate facilities as budget allows. Communicates with institutions to encourage facility purchase of literature.
- Conducts workshops to address and/or work on problems the member Areas are experiencing or to discuss new methods of H&I work.
- Develops biannual budget.
- Maintains communication with NAWS so that member Areas may be informed of its activities. Compiles and maintains files of all pertinent information and input from NAWS, and Regional and Area H&I committees.
- Performs any other activities that benefit the H&I efforts within the Alaska Region.
- Attends the Western Service Learning Days (when budgeted)
- Attends Area H&I workshops and committee meetings where possible.
- Coordinates and is responsible for all work done by ARSC H&I subcommittee."

Continued on Page 6 

AREA NEWS additional (for online and personal prints)

MOTION TO FUND A LEARNING DAYS (due Jan 2011)

Motion 2 Clean and Serene makes a motion that the Anchorage Area appropriate up to \$500 for an all subcommittee Learning Days event. The approximate costs are \$300 for a venue, \$100 for food, and \$100 for copying and other distribution charges. We recommend that the Anchorage Area Activities committee be responsible for the venue and food and that the remaining \$100 be distributed as the Anchorage Area sees fit to help offset copying and other distribution costs for the various subcommittees.

Intent: An Anchorage Area Learning Days Event is necessary at least annually to help better prepare our area to carry the message. It is time for another event and the current budget of Anchorage Area subcommittees does not allow for the costs associated with this event. This money, if approved will insure that a Learning Days Event can be planned in the very near future by the subcommittees. [Seconded by NA Way]

CONVENTION CHAIR NOMINATIONS (VOTE due Jan 2011)

***Qualifications:**

Dena J. – I am truly humbled to be nominated for Convention Chair and I feel that it is my time to step-up to service in an area that I am truly excited about and start giving back what was freely given to me.

I am accepting the Nomination for 2012 Narcotics Anonymous Convention Committee Chair.

Clean Date is: January 27, 1997. I attend meetings regularly. I started off as Coffee maker, greeter, became secretary, treasurer and GSR all at group levels, I have a sponsor and sponsees and work with them on regular basis. Been on several Convention Sub-committees in Registration, Merchandising, Entertainment and also served as Entertainment Chair for Convention. I do have a working knowledge of the 12 Concepts, 12 Steps & 12 Traditions of Narcotics Anonymous. I have experience in management and finance. I help run a successful paving company with my husband and have great experience in working with others. Yes I am gone for a few months, but I know I will have a committee in place that can be completely trusted and Skype is available and phones. Please know that I am very grateful to be given this opportunity. ILS, Dena J.

Rick M. – My name is Rick and I'm an addict. Thank you for the nomination. I would love to serve as chair for this committee. My qualifications are as follows. I have been clean for over 18 years. My clean date is 12/13/1992 I have a sponsor and I sponsor several men. I actively work and live the steps as well as the traditions. My home group is the Walk Your Talk which meets Monday through Saturday. I am active in H&I and facilitate the Anchorage Jail East meeting on Wednesday nights. I have had several service positions, GCR, RCM, Secretary, Treasurer, several ad-hoc and Subcommittee Chairs as well as Area Chair. I also Chaired a committee for the 17 annual Camp Recovery in Eugene Oregon in 2003. This was a three day campout convention with about 250 to 300 addicts that required about 10 months of planning. I believe I have the leadership skills this position requires. If elected I would consider it a great honor and would do my best to adhere to the Concepts and Traditions of Narcotics Anonymous. In Loving Service, Rick M.

Thank you Doug P. for organizing this important information for this in this months newsletter. Although we were not able to print pages 5 and 6 in the January regular print (cost) we are able to send this edition out via online and email prints.

Happy New Year-
ILS Amber