

Anchorage Area NA  
Newsletter

2012 February

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.

Newsletter Committee

Members

Amber Chair/Editor

Melissa Secretary

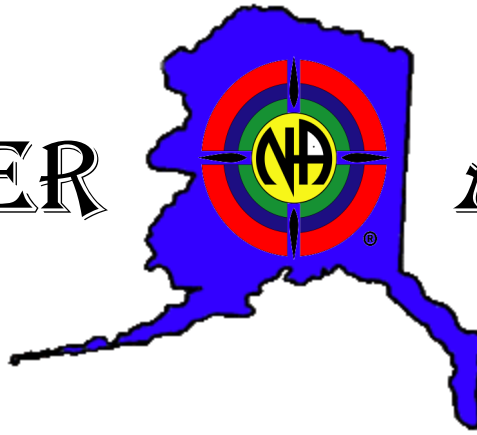
Doug P. Distribution

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

The H&I Committee is hosting an H&I Orientation after its regular meeting on Feb. 23, at 7:30 pm, Westmark Hotel *for anyone interested in preparing themselves for H&I service work.*

NEVER



ALONE

## H & I Rap

**Start with some sort of Rapper's Delight sound bite like: Hip Hop a hibby to the hibby say up jump the boogie of the rythm of the...EEERR (sound of record scratching to a halt)**



Wait a minute this is supposed to be about H&I

Yo this one is for NA (or insert event name)

If you do service in H&I put your hands in the air

If you have ever spoken for H&I, been a panel leader or helped H&I put your hands in the air

If you do service for NA get our hands in the air ...wave em around like you really care

Thank you for your service --- Yo check us out

Yo! H&I, You and I, carryin' the message to the inside

Behind the Walls, it takes some balls even justa speak helps you not freak...check us out

We got do's, we got don'ts

and with your help we're free of the wonts...check us out

Low level clearance, high level clearance it's all good just make an appearance

Many an addict clean today

Got to hear our NA message this way...check us out

Last Thursday of the month is when we meet

Just stop by and we'll show you how we greet...

H&I style....check us out

Sandy P..... I'm out

## Cajun Style Dinner!

Meet the XXVIII Convention Committee!

Speaker Meeting!

Split the Pot!

Dance to LIVE MUSIC by Blaze & Eric!

For more information:

Catelyn 744-0774 Melissa 744-5286

Friday, Feb. 10<sup>th</sup> 2012  
St. Patrick's Church –  
2111 Muldoon Road  
Doors Open: 6:00pm  
\$15 at the door

Need dessert donations!  
Call Sage @ 884-5190 if you can



## AREA NEWS

### Regional News:

GSR Assembly will be held on the first or second Saturday of April. The GSR Assembly is a gathering of GSRs from throughout the Region. They provide the conscience (consensus or vote) which the Alaskan Regional delegates carry to the 2012 world conference held in May. More will be revealed on this soon.

Conference Agenda Report, otherwise known as the CAR, can be downloaded or ordered from NA World at <http://www.na.org/?ID=conference-index>. The full price of the CAR, \$13 unbound, includes the draft copy of *Living Clean*.

Next Regional meeting is February 26<sup>th</sup> at 6:30 pm at Freedom Frog, 2<sup>nd</sup> floor at Cordova and 3<sup>rd</sup>.

### Anchorage Area News:

The motion approving the draft Regional H&I Guidelines to forward them to the Alaska Region for a vote by Region passed. (passed easily)

The motion to fund an Area Learning days with \$500 failed.

Rick M was voted in as Regional Convention Chair. Under housekeeping, Newsletter budget (\$20) was increased by \$10 to \$30 per month.

Regional Service Committee positions were announced including: Secretary, H&I and Vice Chair.

### Group News:

*Out and About* is starting a new meeting from 7:30 to 8:30 pm on Weds at the Alano Club

*Gong Show* is hosting pizza and a speaker meeting Weds January 18<sup>th</sup>, which is a quarterly event.

*Soul to Soul* serves cake at their regularly scheduled business meeting on the last Weds of the month.

## Dear NA:

**Q:** Why do we work steps?

**A:** The disease of addiction is more than just the using. There are behaviors and thought patterns that need to be addressed. To experience the true miracle of recovery, it is suggested that we work some steps. Going to meetings will carry an addict so far, but if you don't want to be clean and miserable, then it is suggested that we work some steps. Through the steps, I have learned some tools that help me to stay clean in the toughest times. I have learned about character defects and gained a conscious contact with a higher power of my understanding. I have become a better person.

Got a question for the NA Guru? Send to: [anchoragenewsletter@yahoo.com](mailto:anchoragenewsletter@yahoo.com)

## What is PI in Anchorage?

The Narcotics Anonymous message is “that an addict, any addict, can stop using, lose the desire to use and find a new way to live.” We perform public information service to increase the awareness and credibility of the NA program. We share our message openly with the public at large, with prospective members, and with professionals at treatment centers, healthcare facilities and law enforcement agencies. Establishing and maintaining a commitment to these relationships, can help us to further our primary purpose. We want to insure that people who regularly come in contact with addicts in our community will feel comfortable in recommending Narcotics Anonymous. This program works, it is free and it is available to us all.

The spiritual principles of our steps, traditions, and concepts guide us in pursuing our public relations aims and our efforts to enhance NA's public image and reputation. These principles apply to our community and service efforts as well as to the personal behavior and attitude of every individual NA member.

Our Anchorage Area Public Information subcommittee operates the Anchorage Area Helpline and updates and maintains the Anchorage Area schedule of weekly meetings. We provide information to the public by holding presentations for community and professional organizations, distributing flyers and schedules (mail-outs) and airing Public Service Announcements on radio and TV. We participate in local health fairs and the Alaska Annual School of Addictions and Behavioral Health Conference. PI cooperates with H&I and other Area subcommittees to hold learning days and workshops to educate and train our members.

If you would like to participate in the Anchorage Area Public Information subcommittee, contact one of our members or stop by during our business meeting. Anchorage PI meets on the first Sunday after the Area meeting at 6:30 pm at Peggy's Café by the Merrill Field Airport. For more information on how PI works check out the new pamphlet, “PR Basics” available online at [na.org](http://na.org) or you can ask for one from any PI subcommittee member.

-From the PI committee

“A spiritual understanding of self-acceptance is knowing that it is all right to find ourselves in pain, to have made mistakes, and to know that we are not perfect. The most effective means of achieving self-acceptance is through applying the Twelve Steps of recovery.”

IP #19: Self-Acceptance. Copyright © 1985 by Narcotics Anonymous World Services, Inc. All rights reserved.

## Men Attend Women's Meeting

Four gentlemen of our Anchorage fellowship attended the *Little Girls Grow Up* NA meeting of Narcotics Anonymous on a Thursday. This meeting is a "closed" "Women Only" NA meeting. The attendance created some drama.

At the Anchorage Area meeting, the GSR for *Little Girls Grow Up* addressed the issue. She allowed that any addict can attend any NA meeting. But it is important to respect this meeting and the regulars that go to the meeting.

Quoting from It Works How and Why, Tradition Four, "In a spirit of cooperation, we try to respect the autonomy of other groups by allowing them the freedom to carry the message in whatever manner seems best to them."

The *Little Girls* meeting is a safe place for female addicts to let down their hair, many of whom have been abused by men in and out of addiction.

One of the *Little Girl* members voiced, "I for one am perfectly willing to make a man who needs a meeting welcome – our primary purpose is the same as any other group. But *four men* at one time can cause some of our group members to head for cover, clam up, or at least change their share".

Quoting from our text again, "The vitality of NA is enhanced by each group's willingness to find its niche and fill it."

Some meetings we support by attending. Maybe some we support by not attending.

**The Newsletter needs subcommittee members! We meet every Sunday at noon, upstairs at the Alano Club. There is no clean time requirement and everyone is welcome. Some service positions you can do:**

- Help distribute newsletters to various groups
- Bring your home groups news to the subcommittee
- Announce newsletter info at meetings
- Write articles/poems/recovery related topics
- Announce and bring a list of NA birthdays to the subcommittee meeting on Sundays

## Unity NOT Enmity

Wow! The "Hold on to your Hats" article really touched a nerve when I read it... instead of unity I found enmity.

I've attended NA meetings all over the world and a constant in all of the meetings are the readings. Yes, there are times when I hear the "waaa waaa" of another addict when reading the Who, What, Why, How, 12 Traditions, Just for Today and We Do Recover, BUT, how about the newcomer, who walks into the meetings during their first 30 days and hears literally the essence of the program through these readings, because, unlike the anonymous writer of the article, they probably aren't curled up with their well-read Basic Text because they aren't ready to sit and read NA literature. The best they can do is go to a meeting, sit down and listen. And, what about the not-so-new person who is struggling with a life on life's term issue and reluctantly goes to a meeting, which uses the boring, kindergarten like "old format" readings and hears something again, maybe for the 1001 time, like "through our inability to accept personal ...creating our own problems" and has an 'ah ha' moment and leaves the meeting with a new perspective on their life.

The 4<sup>th</sup> Tradition especially encourages group autonomy and varied format. NA groups use the readings because they are effective in reaching the newcomer and carrying the message. We are NA and if a member doesn't like something about a group, they are welcome to start a new group, or attend their home group business meeting and suggest changing the current meeting format. Hoping Anonymous finds a meeting that suits their needs.

Still loving NA readings,

Lou Ann P.



## 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

SUNDAYS' STARTING-  
JANUARY 15<sup>TH</sup>  
PEGGY'S CAFÉ  
2:00 PM  
CHAIR: RICK M.  
Cell 541-954-5815  
Home 907-278-5815

Please feel welcome to participate.  
Personal recovery depends on N.A. unity  
More will be revealed.



# Narcotics Anonymous 33rd Birthday in Alaska

*You are invited to celebrate thirty-three years of  
Freedom, Hope, and Serenity in Alaska!!*

Door Prizes Italian Dinner Dance

Speaker Meeting Split the Pot Clean Time Countdown

## LOTS OF FUN!!!

Home Group Members are asked to bring Italian side dishes or desserts, Members are asked to bring fun and fellowship!!

**Where: Saint Patrick's Parish**

2111 Muldoon Rd.

**When: Saturday, Feb. 3<sup>rd</sup> 2012**

**Cost: \$15 for Dinner Tickets available!!**

Questions: Call **Rob T. 830-7628 OR Tami 947-8224**



## NA Birthday Announcements!

*Happy 2 years Melissa! 2/4/10*



Got an NA Birthday to announce? Contact Melissa @ 744-5286