

**Anchorage Area NA  
Newsletter  
June 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 its contributors, not N.A. as a whole.

Newsletter Committee  
Members

Chair/Editor: Doug P  
Staff Writer: Derek W  
Distribution: Open

**Never Alone Newsletter  
Committee meets Wed at 6pm at  
Kaladis on Brayton Drive**

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



**ANCHORAGE AREA MEETING — MAY 7**

Secretary Report: Please note that our Secretary has a new email:

**AASCNASECRETARY@GMAIL.COM**

Anchorage Area met June 4. News includes:

- Area welcomed the Group *Road to Recovery* to Area membership. *Road* has been on the schedule for some time. Members wanted to be sure it would last before signing up to Area. Regulars to the meeting voted to take the plunge. *Road to Recovery* meets from 2 to 3 pm every Tuesday and Thursday, at 315 Price Street in North Mountain View (downstairs in the Boys and Girls Club)
- The motion requiring the H&I to follow the *NA World Services H&I Guidelines* passed 8 for, 5 opposed, and 2 abstained, which is to say, it passed by a vote.
- Treasurer announced there is a \$2,763 bank balance which is up from the May bank balance \$2393. Treasurer also anticipates the ACS phone bill to go down to \$82, which will be a relief – the monthly ACS phone payment was \$291.97.

**ALASKA REGIONAL SERVICE COMMITTEE NEWS FROM MAY 22<sup>ND</sup> MEETING**

**Region needs nominations for Public Information, H&I, Literature, Alternate Regional Delegate, and Vice Chair.** Per the guidelines, elections for the standing subcommittee chair positions and ARD are scheduled for the Regional meeting in October, which will be held at the Regional Convention this year. The Vice Chair position is also vacant.

The qualifications are as follows:

- PI, H&I & Literature – 5 years of clean time and 2 years of Area level service.
- Alternate Delegate – 7 years clean time and 2 years of Regional level service.
- Vice Chair – 7 years clean and 1 year of Regional level service.

Per the 4<sup>th</sup> Concept, it is important to pick our leaders carefully, but, in any case, let's pick them.

The H&I guideline introduced by Anchorage Area last October still awaits confirmation. By all rights, it should pass in July at the next regional meeting. Please do not let that hold up your group's H&I Nomination. Region has been inviting H&I nominations for the last year without any H&I provision in our Guidelines.

**The Golden Heart Area won its bid to host 2013 Convention.** Vote was unanimous.

The next regional meeting is July 21 at 2 pm during the GH Blowout, at St Nicholas Catholic Church in North Pole.

The Alaska Regional Service Committee is looking to the Alaska fellowship for guidance on the services that they want provided. Kathy W, the Regional Committee Chair has tagged Alan M to head up the Regional Inventory ad hoc committee. To this end, Alan is planning on holding meetings in each Area — at the Kenai Campvention, at the Golden Heart Blowout, and the Rally in the Valley. Juneau meeting information will be forthcoming. The ad hoc committee will present inventory findings at the Regional Committee meeting at the Convention in October.

You can email input to Alan M, [sparky1547@gmail.com](mailto:sparky1547@gmail.com), or send it to our RCM Ellsworth, [eaw333@gmail.com](mailto:eaw333@gmail.com). Phone numbers for both servants are in the Anchorage meeting schedule.

The inventory questions, a starting point for this work, can be found at [AKNA.org](http://AKNA.org) on the Regional page. Some but not all questions are as follows:

1. *What do you see as the Region’s primary purpose?*
2. *What are the 3 most important things the Region can do to help you reach addicts who still suffer?*
3. *Are you aware of the specific services provided by the Alaska Region to support each of its member Areas?*
4. *Does your RCM regularly report back to the Area on activities within the Region?*
5. *What is the best way for the Region and World Services to get information to you concerning NA?*
6. *Have you ever attended a Regional Service Committee meeting? Why or why not?*
7. *What is the role of the Regional Delegate in our Region?*
8. *Are you aware the Region has a Public Information subcommittee?*
  - What are the services this subcommittee should provide?
  - In what ways can we improve this subcommittee?
  - Did you know that Outreach is part of the Regional PI Subcommittee?

Other issues we want to address are (i) NA’s public image in Alaska, and (ii) how to better support our groups in providing NA services. We have a lot to do and we need to identify and prioritize to make inroads on our Alaskan needs. Again, to see more go to [AKNA.org](http://AKNA.org), the Regional page.

**Group News**

**Out and About SUPER Speaker SLAM** —  
Event will include speakers, poems, and songs.  
When: **2nd Weekend of July**  
Where: **Alano Club.**

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**Out and About Speaker Slam:** June 22nd, 7:30 pm to 9:30 pm.  
The message, food, and fun — a 1-stop shop.

**New Meeting — 2nd to NoMan,**  
A Basic Text Study, Women’s meeting  
**When:** 3 pm on Sundays  
**Where:** Dry Dock

**Member Contribution**

<p style="text-align: center;"><b>I will die clean</b></p> <p>This is a way of life, It is a downward spiral The pain, The guilt, It feels so final. An Emptiness inside my soul, I know will fade with another bowl. A pill, a prick, These feelings I won't let stick.</p> <p>I'm running at a deadly pace, Afraid to look myself in the face. Every worry, every pain, at times I know my life's insane.</p> <p>Head full of fellowship,</p>	<p>Body full of poison. Why do I keep doing this? I know I know better, But I can find no reason.</p> <p>So here I come, Once again. Broken, damaged, Full of sin.</p> <p>With open arms, I am received. I'm told that I am loved, That I'm not as bad as I perceived.</p> <p>Live one day at a time, they say. Of those using friends-STAY AWAY. Get a sponsor,</p>	<p>Work the steps. One day I too will be serene.</p> <p>So I'll do this deal, And day by day, Learn how to feel. I'll work on my defects, I'll make my amends.</p> <p>I've got my higher power -And it's mine, not yours. My spiritual journey, Has just begun.</p> <p>One day, I'll die clean, Of this I'll make sure.</p> <p>Jes K.</p>
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**H&I MEETING:** H&I is looking for members to carry the message into treatment centers and correctional facilities.

We meet at 7 pm on the 3rd Thursday of the month.

There is an **Orientation after the regular meeting** for those interested in this service. People need 6 months clean to be a panel member with H&I.

- **Where:** Wings & Things in the mall located at 36<sup>th</sup> and Arctic
- **Next Meeting:** June 21 at 7:00 pm

**PI SUBCOMMITTEE:** You are invited PI's next planning meeting on **July 15th at Peggy's at 6:30 pm** (a Sunday).

**ANCHORAGE AREA ACTIVITIES:** The Activities Committee meets at **6:30 pm on the 2nd and 4th Weds of each month** at Kaladis Coffee Shop on Brayton Drive.

**Thanks to all Activities Committee Member for Memorial Weekend Picnic FUN.** Particular thanks go to Gabe for cooking and Alan M and John T for helping out. We want to thank all of the Groups and members for bringing food, and for showing up to make this a successful event.

#### AN INTERVIEW WITH LINDA T, A MEMBER FROM SWEDEN

Linda T is the alternate delegate from Sweden. The Swedish delegates were seated next to Robert and I on Tuesday of the World Conference.

Linda seemed like she was having a good time in between conference sessions. The dollar must be a little weak against the Swedish Krona because she loaded up on Converse tennis shoes, which were "a much better deal in southern California than in Sweden". Linda consented to an interview for our Anchorage Newsletter.

**What brought you to NA?** I heard about NA from friends while I was in a treatment center. They took me to my first NA meetings.

**What did you find attractive about your first few meetings or when you first came to NA?** Well, it was good to get out of treatment. I liked the atmosphere at the meetings.

**What City or Town were these meetings in?** The meetings were in Norrköping, on the east coast of Sweden. I had relocated from the west coast to Norrköping for treatment.

**Did you go 90 meetings in 90 days?** No. In the beginning, I went to two meetings per week. I was in treatment for a year and that is all that I could do.

**What meetings did you go to in your early recovery?** I went to evening meetings. The meeting I attended met five (5) days per week and was called, "Vi Tillfrisknar" or "We Do Recover". It was a Step Study or Literature study meeting. On Saturday evenings, there was the VIP group, which was a "tag" meeting. (I did not get the word she used.)

**What gave you hope you could stay clean?** When I cleaned up, I cleaned up for family. I worked on shame and guilt, which kept me from relapse. Then I knew I was not supposed to be in active addiction. After a while, I realized that (maybe) I could do this.

**What is your clean date?** April 24<sup>th</sup>, 2005. I went to treatment and was introduced to meetings in 2002, but I relapsed.

**What is your service background?** When I returned to the program 7 years ago, I re-dedicated myself to the program. I wanted to be involved. I became a GSR at my home group. Later, I became secretary of my Area. It is called the "Ostgötna" Area and had 9 groups. Sometime later I stepped into the RCM role to our Region, the Stockholm Region of NA. It includes 14 Areas. At 5 years clean my sponsor encouraged me to go for the ARD, which worked out and is why I am here.

**Do you have a sponsor? What role has a sponsor had in your recovery?** My Sponsor has played a huge role in my recovery. She was not my first sponsor. My recovery really took off when I worked steps with her.

**What was the most important factor for you to stay clean in your early recovery?** My dedication to going to meetings, service work, and working the steps. I think working the steps was most important. Also, I am lucky because NA is strong in Sweden. Also, working with sponsees is very important.

**What has been the most difficult part of your time in early recovery?** Hmm, identifying emotions and expressing emotions.

**What was your drug of choice.** "Amphetamine."

**Do you have a home group? What is it?** Actually, I am shopping for a home group. I moved back to the west coast in September 2011. The place I live, Jörlanda, is too small for meetings. But I go in Gothenburg and Stenungsund. They are part of the Western Area, in Swedish: Västra Distriktet, which has its own website [www.navastra.org](http://www.navastra.org). I think there is good recovery in our Area, many meetings to choose from. Meetings are different between Gothenburg, a big city and Stenungsund, which is a small town.

**Thank you Linda.**



## MARK YOUR CALENDER — EVENTS



### Anchorage **SUMMER SOLSTICE CAMPOUT**

Where: **Eklutna Lake** (amphitheater on the right before the public camping area)

When: **June 23 to 24** (Saturday and Sunday).

Contact: **Activities Committee** for more info



### Juneau **NA CRUISE SHIP SPEAKER MEEING**

The Juneau Fellowship is hosting a speaker meeting of members visiting from points down south on the NA Cruise ship. Speakers will be from the Cruise Ship

- When: **AUGUST 28th, Tuesday**
- Where: More To Be Revealed
- Contact Robert G—907.957.4318



### **KENAI CAMPVENTION**

- **Date:** July 27 – 29
- **Place:** the Alaska Christian Retreat facility. Very low cost accommodations.
- Kenai Area is hosting Public Relations and H&I **Workshops**.
- Region (Alan M) is hosting **Regional inventory** workshop
- For **directions** contact AKNA.org /events.



### **GOLDEN HEART BLOWOUT**

**Date:** July 20 to 22

**NA Contact:** Dennard H. 907-978-5600

**For Info, go to:** [www.akna.org/events](http://www.akna.org/events)

**Campground Info:** Chena Lake Recreation Area, 3780 Laurance Road, North Pole, AK

**Park Office** — 907-488-1655



### **4th Annual RALLY IN THE VALLEY**

**When:** JULY 6, 7, and 8.

**Where:** Matanuska River Park, Mile 17 Old Glenn Highway. Camping fee is \$10. \$15 for power hook up

**Fri:** Speaker at 7 pm. Coffee and dessert.

**Sat:** Volley Ball, Round-the-Clock Campfire mtgs  
Dinner and Speaker at 7pm

**Sun:** Breakfast and 11 am Speaker

### **Rally continued...**

*Supervised Child activity at All Meetings!*

**You can help by RSVP** — We can't reserve camp sites but we are going to get there early and grab spots so if you will commit to being there, let us know ahead of time and we will hold your spot so we can all be together (Even better if you can get camp funds to Rally Committee:

**Text RSVP to Eileen (444-0545) or Jeff W (884-0451) or Renee.**

Hosted by the Valley Fellowship!



### **Convention Committee News**

#### **REGISTRATION IS ON**

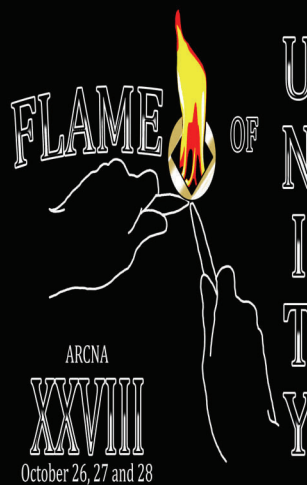
*The Registration Packets are out!*. This is an important milestone for the full Convention Committee. The Hotel has been selected and the catered events have been negotiated.

You should start to see Registration Forms at various home groups. Give your completed package and check to Charlotte, Peter, or Cory.

**Registration Raffle** — Convention entertainment is raffling a full Registration Package at **\$5 per chance**. Get your tickets from any Convention Committee member — Rick M, Terri H, Kathy W, Catelyn, and DJ to name a few. Drawing is August 12 — need not be present to win.

**To help out with Registration contact Charlotte at 268-7730.**

The Convention Committee meets next **on June 25 at 6:30 pm, a Monday, at Peggy's Café.**



### **Convention Fund Raiser**

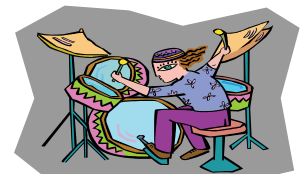
#### **NA Gone Crazy**

**Where:** St Patrick's Hall

**When:** July 14, **6:30 Pm**

**Entry Fee:** \$15 at the door

- Dinner
- NA Meeting
- Dance with Live Music



### **CONVENTION DATE:**

**Date:** October 26, 27, and 28th

**Where:** Millennium Hotel in Anchorage