

**RECYCLE THIS NEWSLETTER**  
After reading, return it to the Rack



**Anchorage Area NA  
Newsletter  
August 20, 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 NA as a whole.

Newsletter Committee  
Members

Chair/Editor: Doug P  
Staff Writer: Derek W  
Contributor: Mandie G

**Never Alone Newsletter  
Committee meets most Thrs 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](mailto:anchoragenanewsletter@yahoo.com)

**ANCHORAGE AREA MEETING — JULY 2**

Secretary's Email: [AASCNASECRETARY@GMAIL.COM](mailto:AASCNASECRETARY@GMAIL.COM)

Anchorage Area Service Committee met in regular session on August 6. Fifteen (15) of 23 GSRs were in attendance. No groups from the Valley were present.

The bank balance this month is down \$893.27 from the ending balance last month (\$2757.44) for a current balance of \$1,864.17. This balance is skewed by the fact that there was a large literature purchase (\$1404.23) but only \$444.25 in literature proceeds. Literature is a wash except for the \$200 per month literature budget that goes to the H&I and PI subcommittees. In light of that \$200, expenditures exceeded revenue by \$133.29 for the month. Though we can anticipate a bounce in revenues from the additional literature sales next month, the revenue-less-expense trend is downward.

Jack is stepping down as PI Chair citing spiritual un-fitness. It brings to mind the old adage, "Better recovery-based service than service-based recovery". Of course that does not stop most of us. God bless you Jack! We love you!

V. Chair Alan called a meeting of subcommittee chairs to plan the Learning Days / Unity Day Celebration. The meeting was held on August 8th at Kaladis. See the Learning Days announcement on page 4 for the agenda which was a result of this meeting.

RCM Ellsworth reported Lou Ann's Regional literature nomination by Kenai (See Regional news), formation of the Regional liability insurance ad hoc work group, and that the Valley wants its own spot on the Web Page.

**New AASC Business**

- Walk Your Talk nominated Mandy from Kenai as Regional PI. (no qualifications submitted as yet.)
- Walk Your Talk nominated Tony L as Alternate Regional Delegate. (no qualifications submitted as yet. Tony L was the 2006, 2008, and 2010 Regional Delegate. )

**Web servant Guideline Ad Hoc Subcommittee Findings**

Saturday August 4, the Web Servant Guidelines ad hoc subcommittee held their second meeting to work out a recommendation to the Anchorage Area. Rick M (ad hoc chair), Josh, Maike, Doug, and Lou Ann were in attendance. There were two prominent issues: (i) clean time, and (ii) structure/accountability.

There were three (3) clean time periods under discussion. There was 5 years, which was obviously designed to protect the fellowship from misuse of such a public platform as the web page. There was 2 years, which is the current clean time requirement for most AASC Subcommittee Chairs. And there was 6 months, as proposed by the AASC Web Servant pro temp. After some discussion, the committee agreed that web servant have a minimum of 2 years clean.

The alternatives for structure were (i) web servant within the PI subcommittee and (ii) web servant as a standing subcommittee chair. After considerable discussion, there was consensus that the position would be web servant as subcommittee. Accessibility by and accountability to the AASC proved important.

As a nod to keeping someone with web servant special skills in the position, it was decided to make the position a 2-year term and exempt it from term limits. Be ready for a motion in September.

### AASC Funds and Activities

In February of 2011, the AASC reserves were so low that a freeze on all expenditures (except our meeting schedules, phone line and storage rent) was enacted until a 3-month prudent reserve could be built up. The AASC also formed a Fiscal Ad Hoc Subcommittee to make recommendations to avoid a repeat event. The ad hoc findings included the following:

- Reduce PI and H&I budgets from \$250 per month to \$100 per month (\$250 was simply unsustainable);
- Reduce the cost of the ACS phone lines — too high at over \$200 per month.
- Publish meeting schedules every other month instead of monthly.
- Host two AASC fund raising events per year.

Of these recommendations, all but the last, “host two AASC fund raising events each year” have been implemented. In June 2011, *Little Girls Grow Up* hosted a comedy show night and raised \$900 for AASC. Though there was an uptick in group donations after the freeze, the *Little Girls* donation allowed AASC to resume ordinary Area business. (The phone lines Yellow Page ad cost, about \$150 per month, just expired.)

Several years ago, the Anchorage fellowship decided what events it wanted. This list included Anniversary

party, Memorial Day Picnic, Solstice Campout, probably Halloween, and the three Narathons. The fiscal ad hoc committee suggested including two fund raisers to this list. One of these would be (i) the Anniversary gig in January or February, and the other would have been (ii) an event in the Fall, possibly coupled with a Learning Days.

It does a disservice to our subcommittees not to *clearly describe what we want them to do* (from essay on 3rd Concept). Our Activities events take a lot of planning and work to be successful. It is too much burden to saddle the committee with taking the pulse of the Area and deciding which events to do in addition to actually doing the events.. If our fellowship or the Activities subcommittee, identified other needs, we could do those with fellowship approval.

Perhaps the time is right to amend the Activities guidelines to provide that subcommittee the guidance it deserves. Such should include a provision to include a couple of fund raisers each year. Even after the fiscal prudence we have implemented over the last year, expenditures exceeded revenue this month. And the upcoming events, the narathons, do not make money. Our core value, our primary purpose, is not about money but we need to maintain means to carry the message.

First, we members need to bump our giving. Second, a couple of fund raisers per year would go a long way to maintaining H&I, Public Relations, and essential overhead.

### Alaska Regional Service Committee Meeting

The Alaska Regional Service Committee met in regular session on July 21, 2012. There was a quorum of RCMs including Shawn B from Juneau, Donna A from Kenai, Ellsworth from Anchorage, and Tabby S from Golden Heart.

There was some scuttlebutt from the Rally-in-the-Valley that the Golden Heart H&I had no literature — and the question was posed, “what could/should Region do about it?”. Tabby, the GH Regional Committee Member, had not heard anything at her own GH Area meeting or otherwise, so issue was tabled.

Juneau reported they are busy planning the NA Cruise Ship speakers’ meeting for August 28th (see announcement on page 4 of this newsletter for details.) Three members from the NA Cruise Ship will speak. Also, Juneau gave up its Friday night meeting.

Kenai reported that there are PI opportunities and that the Kodiak meetings are not happening. Anchorage reported that an H&I Subcommittee Chair nomination is in the works. GH reported that it is busy making subcommittee assignments for the 2013 Convention Committee.

Literature reported that:

- Living Clean: The Journey Continues will be released during the Fall/Winter 2012.
- *2011 Membership Survey* is due to come out in August or September.
- *An Introduction to NA Meetings* is slated to become Fellowship Approved Informational Pamphlet. This means it will go through an input and review by our members, which draft will be subject to fellowship approval (vote) at the 2014 conference.
- Look forward to development of a Traditions Work Book during the next two cycles (“cycles” are the 2-year periods between World Conferences, held in May on even years). Said book project will go through a couple of input and revision drafts ending in a final draft approval form scheduled for fellowship approval at the 2016 conference.
- E-Books, Basic Text, It Works How and Why, and Sponsorship are scheduled to come out this summer 2012.
- Special hand-numbered limited quantity collector’s edition of Just for Today commemorating 2 million copies is coming out in Summer 2012.

**(ARSC Meeting News continued)**

Regarding Regional Inventory Ad Hoc subcommittee activity, Alan M, Chair pro temp, met with Golden Heart and Kenai Area members and discussed desires and perceptions of Region. Anchorage Area members will participate in this dialogue at the upcoming September 1 Learning Days.

**Regional Old Business**

1. The H&I Guidelines (introduced October 2011) passed: 3 pros to 1 abstention (GH). Kathy volunteered to fold the newly adopted H&I guidelines into our Regional Guidelines as she has the latest Guidelines in Word.
2. Kenai Area nominated Lou Ann P for Literature Subcommittee Chair. (Anchorage Area Groups need to vote on this. This vote will be collected at the October Area meeting.)
3. Anchorage Area nominated Rick M for Regional H&I Chair. Other Areas will need to vote on Rick.

**Regional New Business**

1. The Mat Su Valley fellowship wants dedicated space on the AKNA.org web page. This was tabled to let Anchorage Area discuss this with Mat Su groups.
2. Kenai raised the idea of ARSC buying Liability Insurance for our Region. An ad hoc committee consisting of Dennis A (Kenai), Donna A (Kenai), Doug P, and Lou Ann P was formed. Chair position will probably go to Dennis because he had done the preliminary homework.

**Bringing Junior to the Rooms**

By Mandie G

I know the struggles and stress that being a single mom has on a person. Add changing my entire life through NA including working the steps, sponsor, doing service and fellowshipping, and life can be overwhelming. It's so much more than "just not picking up", although, some days that is the best that I can do.

So I was inspired to share some thoughts and experience on being a parent in Narcotics Anonymous. I get that being a parent is a sensitive subject and everyone has their own parenting style and everyone has something to say about it. Just remember, a spiritual principal is, being open-minded...

Meetings are an important key for me in staying clean. At a meeting I listen to things that members say that will help keep me clean and sane that day. Meetings give me a dose of serenity. Through someone else honestly sharing their experience strength and hope, I gain some recovery and knowledge.

Bringing my daughter to meetings was a breeze when I first started coming and she was still a baby. I brought a diaper bag with things that would quiet her if she started to freak out including diapers, bottle, pacifier and a clean toy. The struggle started when she became mobile and started talking. When my daughter is bored, tired or hungry she lets me know and so I pack snacks and coloring books. Of course she has her favorite Angry Birds on the phone. I have left a meeting when my daughter is acting crazy like the two year old she is; if I'm unable to hear what is being said, then neither can the addict sitting next to me.

The most difficult tool to use is asking for help. When I ask another NA or family member to watch my daughter for an hour, while I go to meeting I am so GRATEFUL! Parents know the difference in a meeting when their kids are there and when their kids aren't. I just get more out of

the meeting!

The women's meeting, "The Little Girls Grow Up" is kid friendly including children's play area and nursery and I have always felt completely comfortable bringing my kid there. I am a new mom and I get worried when I don't have my eyes on my daughter at most times. At "Little Girls Grow Up", mothers take turns every 15 minutes watching the kids in the playroom so that everyone gets a chance to enjoy the meeting without all the distractions of one's screaming, crying, and/or demanding child.

The Clean and Serene meeting is also making mild changes in their set-up in order to better accommodate the noise and distractions with the growing number of parents with kids coming to the Sunday night meeting. The meeting circle was reduced from 12 to 4 tables, which moved the kid zone to the south end of the hall (instead of front and center) and put members closer together to make it easier to hear each other share.

Staying clean isn't easy and neither is being a parent and staying clean. I've had days in which I worked 10 hours, picked up the kid, made dinner and then its bed time for the kid with only a late night meeting to attend. So what do you do? I don't think dragging our kids to a 7:30 or 10 pm meeting is necessarily the answer. I've had to use other tools in order to maintain recovery and be a good mom. Calling my sponsor or other women in the program, step work or praying to HP are some other tools that were suggested to me when a meeting isn't possible.



Being a good parent is putting your child's needs above your own and that is only possible through recovery. We have all earned our seat in the rooms. Child or not, it is important that I claim my seat.



## MARK YOUR CALENDER — EVENTS



### UNITY DAY CELEBRATION AND LEARNING DAYS SATURDAY, SEPTEMBER 1

Anchorage Area will be participating in the World Wide Unity Day celebration at the Freedom Frog by providing breakfast Saturday morning from 8:30 am to 10 am. The Unity Moment occurs at 9 am when we will pause to say the serenity prayer with other Groups and Areas around the world.

Learning Days is scheduled from 10:30 am to 4 pm. The agenda includes the following:

- H&I Committee 1 hour
- Literature 30 mins
- PI and the Public Relations 1 hour
- Regional Inventory 30 mins
- Pass the Basket for Pizza*
- Newsletter 30 mins
- Anchorage Area 30 mins
- Activities Committee
  - Purpose & Organization 30 mins
  - Games and Fun 2 hours

The schedule is flexible and subject to change. Committee members will share what is important and not “just fill up the time”. It has been so long since Area had a learning days, it was decided to stick to basics.

### NA JULY BIRTHDAYS

Thanks for showing us that it works!

- Catelyn — 6 years (8-11-06)
- Eric M — 1 year (8-5-11)
- Henry J — 3 years (8-22-09)
- Jill D — 1 year (8-19-11)
- Lashonda—2 years (8-19-10)
- Casey P — 4 years (8-20-08)
- Jim See — 21 years (8-10-91)
- Rizzo — 6 years (8-10-06)
- Tamera M — 6 years (8-11-06)
- Adam B—19 years (8-10-93)
- Cosmic Patty—26 years (8-10-86)



**Want to post a Clean Time Birthday** — email [Anchoragenanewsletter@yahoo.com](mailto:Anchoragenanewsletter@yahoo.com) or contact Mandy — 764-0569. *Never Alone posts 1-year or more.*

### Juneau NA CRUISE SHIP SPEAKER MEETING

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**
- Juneau Arts and Humanities Council
- Time: 7:30 to 9 pm (tentative)
- Contact Robert G—907.957.4318

### Convention Committee REGISTRATION

Convention Subcommittee is urging members to pre-register. On line registration is available at the Convention page of AKNA.org, where it is easy to pay with “Pay Pal”. Or contact Charlotte 268-7730 for a package.

“The Convention is an adult event”. The children of members’ will be charged the \$40 registration fee in addition to any dinner or breakfast charge. The principle of self support and precedent were cited in firming up this position, which was approved unanimously at the July convention subcommittee meeting.

### CONVENTION COMMITTEE MEETINGS

Want to help out? The Convention Committee meets next **on August 26th at 6:30 pm, a Monday, at**

**Peggy’s Café.** Come on down — convention will find you a job.

### MERCHANDISE

Tammy M’s merchandise subcommittee has nearly completed quotes for convention merchandise. There will be zipped and pull-over hoodies, women’s capped sleeve t-shirts, long-sleeved t-shirts, tall coffee mugs, baseball caps. etc. Be prepared Friday or Saturday morning — will items go for sale on Thrs evening? More will be revealed. No pre-orders.



### CONVENTION DATE:

**Date:** October 26, 27, and 28th  
**Where:** Millennium Hotel in Anchorage