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After reading, return it to the Rack

NEVER ALONE

Anchorage Area NA Newsletter December, 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 weds 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 — DECEMBER, 2012

Secretary's Email: aascnasecretary@gmail.com

Anchorage Area Service Committee met in regular session on December 3.

The motion on whether or not to place the web servant as its own standing subcommittee or under Public information was voted on. A seven to five vote, with some abstaining, put the Web servant as its own standing subcommittee. There was some confusion surrounding the vote when a member asked for clarification concerning some verbiage in the original motion, and stated that his group would like to change their vote, with the new information given. The vote had already been taken at that point and the chair decided to allow the vote to stand. With minor grievance, Area service carried on in the usual manner and business was conducted swiftly. Debbie S. and Ashley A. were nominated for H & I chairperson. Look for qualification within. The Morning After Group made a motion that Area give the H & I committee \$220 for 20 new NA books to start there NA book drive.

It is H&I's assessment that there is a great need for NA literature on the shelves of treatment, halfway houses, and other recovery facilities, and a book drive is an excellent way of providing the needed literature. H&I is asking all members to donate used books or monies to their committee for this reason.

Also an 'in house' vote was taken at Area that posed the question, "Should we continue with the tradition and concept portion of the area service meeting, or discontinue it as it has cycled through all twelve at this point?" As a side note, the 12 traditions and 12 concepts informational presentation has been going on at Area for the last year. Each month two of our members present one tradition and once concept each to all present including GSRs, Area service officers, and others. Their presentation is supposed to be five minutes or less. Some members who participate in this presentation are happy with the knowledge they receive and get to present, while others have reasons for it not necessarily being a part of Area Service, but more a learning day's event

Anchorage Area News (continued)

or non-business related. Others have personal reasons for making Area one hour, as there are families and such to be with. The vote was taken and was a tie with 6 yea's and 6 nays. The chair person, Sean C broke the tie with, "Who wants to do the first Tradition and first Concept next month?!" (The Chair rarely votes, but does in the event of a tie.)

For knowledge of how Area Service operates, please refer to the Area Service guidelines (located at AKNA.org under "Areas") and the *Guide to Local Service* by NA World Services. Better still, come to area and see it first hand and be a "part of". You do not need to be a GSR or on a sub-committee or executive committee to attend. See you there!

Regional News

- ◆ The bi-annual Budget Committee is drafting the next two year budget. It will be out for review next month..
- ◆ Eagle River Bob is reviewing insurance policy with Dennis A who is chair of the Liability Insurance Ad Hoc Subcommittee.
- ◆ Our Regional Secretary resigned recently so current regional vacancies include (i) Secretary, (ii) Public Information, and (iii), Literature.
- ◆ Next Regional meeting will be in January.



WCNA 35: WCNA 35, 29 August – 1 September 2013

Philadelphia, Pennsylvania, USA

“THE JOURNEY CONTINUES”



We are delighted to report that registration and hotel packages are on sale! We are offering early bird registration for \$79 through 31 January 2013. We hope that members avail themselves of the hotel packages we've made available. We did our best to contract with hotels that seem to meet members' needs as illustrated through the San Diego World Convention where we experienced hotel attrition. Since we would like members to use our hotels, we will be holding *three drawings for three free room nights* to members who book their reservation in these hotels by the early bird registration deadline. Since the hotels for this convention are close to the convention center, we will not be offering busing to members for meetings.

Once the early bird registration deadline passes, registration will be \$89 from February through July; onsite registration will be \$99. As a reminder, WCNA 35 will be a registration-required event. We hope that

you will register early which will save you money that you may want to target for entertainment or an excursion around Philadelphia. Our entertainment contracts are nearly all in place; we are under contract for Blues and Jazz Luncheons and are finalizing entertainment for Saturday evening.. Visit www.na.org/wcna for updates.

Traditions Book Project:

We have started gathering your ideas about what this book should look like with a session profile that has been used at fellowship workshops. This can be found at www.na.org/traditions. We want this book to answer the needs of the fellowship; we need your participation to make that possible. Please send your experiences and source material to worldboard@na.org or use the online form for your workshop results: www.na.org/traditions. Early next year, we will be initiating a Traditions Discussion Board.

[For more World information, Go to NAW'S News at www.na.org/?ID=reports-nawsnews-nawsmain]



H&I News

H&I meets on the 3rd Thursday of the month at Wing & Things at 36th and Arctic — come on down and get your orientation.

H&I supports the following Institutional panels. Debbie S. is pro-temp H&I subcommittee chair. *Contact any of the following panel leaders to get involved!*

- Akeela House — Sasha
- Anchorage Jail East — Tony L.
- Cordova Ctr — Doug, pro temp
- Anchorage Jail West — Craig O
- Hiland Mountain — Susan S
- SARP— Ash A
- Reflections — Judy
- Parkview — Jobear
- Clitheroe — Jack and Eric

H&I Literature Drive

H&I is requesting members and groups to donate NA books for addicts. Many of those we reach out to have no literature. Have an old book? — we can put it to good use! Any of those above can take books!



Anchorage Jail Panel Request for Help

H&I needs help with Anchorage Jail East and West.

Tony L and Craig O, the panel leaders for Anchorage Jail West and East respectively, could use some help with coverage. Members with clearance at this time consists of one other member — very very thin coverage indeed.



Please contact Doug at 244-6030 for an Anchorage Jail Clearance Application. You may also use the newsletter email.

The clearance process works as follows: (i) fill out Anchorage Jail clearance application and give the application to the H&I Committee. (ii) H&I forwards the application to Anchorage Jail for Clearance. (iii) Anchorage Jail evaluates the clearance application — this can take 2 months. (iv) when you are approved, you meet with Anchorage Jail security for a badge and sign conditions, (v) carry message to incarcerated addicts.

Pokai Bay Meeting

Lou Ann and I recently went to the Thursday night meeting of NA in Pokai Bay Beach Park in Waianae, on the western side of Oahu. Actually the name of the meeting on the Hawaiian regional schedule is “Kaimi Na'auao” meeting, which from what I Googled means “Searching for Truth of” meeting of NA. However, we have always thought of it as the “the Thursday night Pokai Bay meeting of NA” or “This is my Cherry Home Group” meeting of NA because members frequently say that during introductions. But “searching for truth” is cool too.

The Pokai meeting is an outdoor meeting which meets from 8 pm to 9:30 pm and one hears the sound of surf in the background. Last month, there were 15 to 25 members gathered in a circle, some on blankets, some sitting on the ground, and some, like us, were in collapsible canvas chairs. The meeting had grown since we had been 3 years ago. That night there was rain, there were 4 of us, including Lou Ann and I, and the meeting was held under the eave of the bathroom facility. The meeting opened with

the Serenity Prayer and closed with the NA 3rd Step Prayer.

The night we were there, a woman with two years was the speaker. She was clean from Meth. She said a lot in the 30 minute share. What struck me was her saying, “I have my Auntie’s and my Mother’s respect”. I was tuned in because that’s cool to get the respect we crave. However, she turned it on its head by saying, “I respect my Mother for what she does for my family”, and “I respect my Aunt, and my boss for what they do”. It reminded me of the St Francis prayer, in the vein of “let me not seek to be understood, but to understand...” only about respect instead of understanding. Others shared after her.



Another thing, it was 65 degrees and there were a few folks shivering. Not me. Not a bit. If you are ever in Waianae of an evening, Pokai Bay has an NA meeting on Thursday and Friday nights.

My program, Your program, The Program

MY PROGRAM:

- ◆ Attend meetings regularly (daily for the most part)
- ◆ Work the steps with a sponsor or NA member on paper, learn to practice the principles of each step in daily life. Acceptance, trust, faith, etc.
- ◆ Reach out to the newcomer and make him or her feel as welcome as possible. Answer any questions they may have about Narcotics Anonymous and how it might benefit them to become a member and learn to live clean through the steps.
- ◆ Chair meetings, speak in meetings, listen when other people are speaking in meetings
- ◆ Do NA service work. If the meeting stacks chairs at the end, stack a few chairs. If the meeting asks for help cleaning up afterwards, be mindful and lend a hand from time to time, attend home group business meetings and participate at the group level, pay attention to what is happening at the Area Service level and vote when there are motions to be voted on. Participate with sub-committees. My method; take small bites. There will always be service work to do. Don't get overwhelmed and do too much at once. Make firm commitments to the service work I decide to participate in and in this way build integrity for myself and in others eyes.
- ◆ Sponsor other NA members. It's a privilege to be a sponsor. It can also be time consuming. It's ok to limit the amount of actual sponsees one might have. Every person that asks me to sponsor them deserve an equal amount of sponsor time and devotion. It's worth

the energy and time, to give back what was freely given to me.

- ◆ Tell the truth about what is going on in life, leaving nothing unsaid. Secrets still keep me sick, no matter how much time I have or how strong a program I think I'm working.
- ◆ Be nice to other members and strive to correct problems and disagreements quickly. One of the hardest parts of being an NA member is sticking around in the face of problems, broken friendship's and intimate relationships. My sponsor is quick to point out that the depth of my personal relationships with other members and other earthlings is what I'm willing to invest in them. I can't cry or whine for weeks and months on end without eventually owning my part and cleaning my side of the street. If, I want to recover that is. Hardship within the rooms of NA can kill addicts. Addicts who are unwilling to own their part and move into a spiritual place of grace and humility are in bad company, and heading towards relapse. If you can't help an addict, don't hurt an addict.
- ◆ Build on existing relationships
- ◆ Attend meetings for one purpose. Recovery from addiction
- ◆ Read NA literature, follow sponsor suggestions and suggestions spoken aloud in NA meetings.

YOUR PROGRAM: Fill in the blank

THE PROGRAM: Narcotics Anonymous – self, service, fellowship, unity, freedom.

Derek



MARK YOUR CALENDER — EVENTS



Alaska Regional
Convention 29 (2013)

THEME CONTEST WINNER

Congratulation to

Beulah (Tony) S

For

LOST DREAMS

“Lost Dreams Awaken” comes from the Basic Text in the Chapter *We Do Recover*, on page 91. It is also in the June 9th reading of Just for Today.

Now Announcing the

Alaska Regional Convention 29 (2013)

LOGO CONTEST

- Logo must be based on the Theme “Lost Dreams Awaken”
- Submit by **January 31st, 2013**
- Submit to **ARCNA29@AKNA.org**
(or Webservant@AKNA.org)



New Years Narathon/Event



Location: John Thomas Bldg
(3rd and Cordova)

Tentatively scheduled from:
**6 pm New Years Eve to 3 am
New Years**

MEETINGS ON THE THEME:

OUT WITH THE OLD and IN WITH THE NEW

Activities

All are invited to the Activity Planning meetings on the **2nd and 4th Weds of the month**. We will need some folks to help with the Xmas and New Years Na-

NA NOVEMBER—DECEMBER

BIRTHDAYS

- ♦ Marie — 13 years, Dec 17
- ♦ Trisha — 4 years, Dec 18
- ♦ Debbie S—21 yrs, Nov 29
- ♦ Corry C — 10 yrs, Nov 28
- ♦ Craig O — 24 yrs, Nov 25
- ♦ Harry R — 33 yrs, Nov 7
- ♦ Jimmy B — 24 yrs, Nov 19
- ♦ Chris M — 21 yrs, Nov 21
- ♦ Brandon D — 2 yrs, Dec 19
- ♦ Nicole K — 1 yr, Dec 15



Correction: Sean C had 10 years on Nov 19 rather than Nov 17.

Out & About Hosts
December 28 @ Alano Club

DOORS OPEN @ 7 PM

**Free Food!
Door Prizes**

FRIDAY NIGHT SPEAKER JAM



Xmas Narathon

2 pm Xmas Eve to 2 pm
Xmas Day,



Location: John Thomas Bldg
(3rd and Cordova)

Note: There is an ongoing toy drive for the kids and gift exchange for adults.

(Narathon would go longer, but there just are not enough human resources to cover at this time.)

Our Anniversary Gig

“It will either be a ball/gala event or mardi gras masquerade party”. Planning has just begun. Not yet scheduled.



rathon / events — no clean time required! Also we will definitely need some help with the Gala Anniversary event.

Melissa — 529-7255