

RECYCLE THIS NEWSLETTER
After reading, return it to the Rack

NEVER ALONE



Anchorage Area NA Newsletter March 2013

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 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 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— MARCH 4, 2013

Secretary's Email: aascnasecretary@gmail.com

Anchorage Area met in regular session March 4, 2013.

Treasurer, Josh, provided the 12 month report, which indicated that our net income/expenditures for the year is -\$58.63. That is a pretty balanced expenditure. The bank balance is \$3,628, which is \$2128 over the \$1500 prudent reserve.

Old Business from last month:

- The motion that Anchorage Area host the 2014 Regional Convention passed with strong support. This motion will now be introduced at Region to be sent back to the other Areas for a vote.
- The vote to approve the Regional budget passed with strong support. Our Regional Committee Member will now vote this with other Areas at the next Regional meeting. (The biggest variable at Region is if we have a quorum and/or if the Areas voted the business at their respective meetings.)
- The vote for Dennis A, nominated by Kenai Area, for Regional PI, passed with strong support. Our RCM will take this vote back to Region.
- The vote to waive the rule that Subcommittee Chair nominees have to be physically present so Debbie S could be nominated for H&I chair passed. It was not unanimous.

New Business

- **Groups brought nominations** for all positions except newsletter. H&I has three candidates. See Below.

- Clean and Serene brought a motion to **amend the Newsletter section of the Guidelines**. See page 2 for the full draft.
- 907 Recovery brought a motion to **add Web servant section to our Guidelines**.

NOMINATIONS

- Walk Your Talk nominated **Elsworth as Regional Committee Member**. It is Els second term.
- Walk Your Talk also nominated **Carol as Alternate RCM**. It is Carol's 2nd term.
- **Jeffrey W was nominated for Public Information**. This is a second term for Jeffrey
- **Charlotte D was nominated for literature**. This is a second term for Charlotte.

- There were two nominees for **Activities Chair**
 - ◇ Sisters in the Solution nominated **Sasha for Activities Chair**. (*Sasha Withdrew her nomination*)
 - ◇ Walk Your Talk nominated **Tony L for Activities Chair**



- There were three (3) nominations for H&I :
 - ◇ **Debbie S, current Chair**, was nominated by the Out and About for H&I Chair.
 - ◇ **Ashe, current V. Chair**, was nominated by Sisters in Solution for H&I Chair.
 - ◇ **Linda G, former panel leader**, was nominated by Frozen Chosen for H&I Chair.

(continued from page 1) We only plan to run the “qualifications” statement for the H&I and the Activities Chair candidates because the rest have served all or part of a term.

H&I Chair Nominee Qualifications:



Debbie S. H&I Chair qualifications

My clean date is 11/29/91. I have a working knowledge of the 12 steps, traditions, & concepts. I was elected by the fellowship for H&I chair in January, 2013.

Continuing as your H&I Chairperson would be very important to me and good for the H&I Committee. I love our message of H&I “I can’t, We can”. Please consider my willingness to be a strong leader and to follow our guidelines as best I can.

I have a Sponsor/Sponsees. I am currently Treasurer for my home group. I was Vice Chair for H&I for 8 months. I have experience with Convention Programming and merchandise and have done various workshop. I have been a GSR. I started 2 NA meetings. I have been Area Chair and Area Vice Chair.

Thank you for letting me be of service. With much gratitude
Debbie S

Ash A, H&I Chair Qualifications

I am Ash A. and I am an addict. As of today 03-04-13 I have two years four months twelve days clean. I have a home group, The Burning Desire, and have been the group service representative for just over two years. I have been the coffee maker for just under a year. I have a sponsor, and am working steps actively. I sponsor other men. I have been in service since I have been clean. I serve on H&I, PI, and Activities. I was of service on the

convention merchandise committee of 2012.

I have also done a lot of twelve traditions and twelve concepts presentations. I also was apart of the committee that studied and rewrote the Anchorage Area Service Committee Guidelines motion for nine months. I will do the best I can to keep a clear Narcotics Anonymous message. I would like to Thank You all the nomination.

In Loving Service,
Ash A.

Linda G, H&I Chair Qualifications

My name is Linda and I am an addict and my home group is the Frozen Chosen and my clean date is June 2, 2008.

I have a working knowledge of the 12 Steps and 12 Traditions of Narcotics Anonymous; currently, I am working the 12 Traditions with my sponsor. I also work with other addicts.

My service commitments have been as follows:

- 3 years on the newsletter committee
- 1 year chairing the newsletter committee
- H&I panel leader since my clean date
- Currently, I am the treasurer for my home group.

I would like to close with my deepest expression of gratitude to all of you who provide loving service to the program of Narcotics Anonymous, it is my hope that the spirit of unity continues to be our ultimate spiritual practice when doing any kind of service work, that we always remember to be loving and kind first when stepping into any position of service especially one of a trusted leadership role and that I always remember that in spirit of unity, it is there that I find ... we are one.

Tony L, Activities Chair Nomination

I am an active member of NA with 20 years clean. I have been GSR 6 times. I have been H&I Chair twice and am currently holding down a panel at Anchorage East. What really makes me qualified is my work on Convention: as Chair, Merchandise, Hospitality, Hotels, etc.



H&I Book Drive

Members and Groups may donate Basic Texts, or other NA Literature to any of the H&I Committee or bring them to the 3rd Thursday of the month Committee meeting.



Any questions, please call Kevin H, the H&I Literature Coordinator @ 223-1265.

Clean and Serene brought a motion to amend our Area Guidelines by adding the following to Section 10, part 5 “Newsletter”:

Newsletter Mission Statement

The Newsletter mission is to serve and unify our community by:

- i. Providing a means for members to share their recovery through the written word;
- ii. Supplying a venue for members to voice an opinion tempered by kindness and respect;
- iii. Communicating Area and Regional news so that our members and groups may be more informed;
- iv. Reporting about events and recognizing service contributions so that our members may better find fulfillment in service.

Newsletter Committee is mindful that a “a conscience

fed on ignorance is an ineffective conscience, incapable of providing reliable guidance” – Concept 8.

THE INTENT of this motion is to provide some guidance to newsletter committee about what types of material they might include in the newsletter.

Part ii incorporates Concept 9 – *All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision-making processes.*

Part iii reflects Concept 8 -- *Our service structure depends on the integrity and effectiveness of our communication.*

Part iv, “recognizing service contributions” derives from NA World Services Mission Statement -- *Every member, inspired by the gift of recovery, experiences spiritual growth and fulfillment through service.*



The 907 Recovery Group of NA brought a motion to create a Web servant Subcommittee.

“AASC Web servant Position

(a) **Description:** The Area Web servant position is a subcommittee of AASC, which reports to AASC. The subcommittee is responsible for updating the Anchorage Area portion of the Regional website and may include members, assistants, and technicians. The Area Web servant ensures that the most current information is available to members of Narcotics Anonymous and other interested persons. Although technical skills are necessary to update the website, the purpose of the Web servant is to ensure current information is updated for public access. Term limits do not apply to this position”

(Note that the rest of this proposed guideline amendment is appended to the electronic version of the newsletter on the web page. It includes *Qualifications, Responsibilities, etc*)

INTENT: It is the intent of this motion to establish and describe a Web servant subcommittee within the AASC Guidelines.



NA in Abu Dhabi

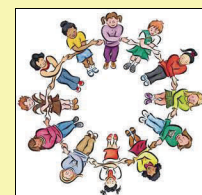
Chris Yo recently visited family in the City of Abu Dhabi, which is located in the United Arab Emirates. Abu Dhabi faces the Persian

well grounded addict might do — he called the local United Arab Emirate NA hotline and asked for the nearest meeting—he talked to a live addict. Chris could not find the meeting so after his third call, the NA hotline tender, roused another member to



Circle of Sisters by Mandy

Over this St. Patrick's weekend, the annual Circle of Sisters celebrated their 16th year, in Tulsa, Oklahoma. Circle of Sisters is an all women's Narcotics Anonymous convention held in a different state every year. Women came from many areas of the world, from Canada to Bermuda to celebrate women in recovery. What an experience this was to be able go on mini vacation with some of my sisters in the program and my sponsor. The entire convention had many workshops and several speakers that touched on issues that as addicts, we go through in our recovery.



My highlight at the convention was a workshop called “We are never alone”. An addict named Faye from Texas spoke about the loneliness. She spoke about the feeling of being alone and the feeling of complete loneliness even when in a room full of people. This touched on my heart to the core. I grabbed a hold of every word she said like I did when I went to my very first meeting in Narcotics Anonymous. Sometimes it's not about picking up dope; often in my recovery it's about feelings, living life on life's terms and trusting my Higher Power to get me through the loneliness and surrendering my will. She read the solution out of the Basic Text, that to lose the feelings of loneliness is a continued conscious contact with a Higher Power.

Overall I had a beautiful time with my girls in recovery and was also able to hear a clear message of recovery. This is a worldwide fellowship and we're united with our addiction and our recovery.

pick Chris up and give him a ride.

Chris said the meeting was in English with occasional Arabic. Chris found home away from home.

Wow, what service: phone lines, give a ride, meeting. Oh the meeting is the *Hope Meeting* on Tuesdays and Friday nights in Abu Dhabi. For more info, call the hot line on the United Arab Emirates NA web page.

Kudos to the addicts in Abu Dhabi.

From Entitlement to Surrender

The Indians of old use to count coup, by how well they could steal from their enemies. And, I, being a Tlingit, stole just about everything I could get my hands on to help support my habit, from boosting to robbing banks and back to boosting. I believed society owed it to me for a crappy childhood and just being stuck on this planet.



I used drugs to run away, only I couldn't run away from myself for very long at a time. I've been to meetings, meetings, meetings and more meetings – AA, NA, CA, MA. I've been in five in-patient treatment centers, six out-patient treatments, and federal prison for a few years and now I'm sitting in a halfway house for the third winter in a row. Finally, I'm wore out. I give up! Drugs won; I'm not

willing to pay the price anymore.

Now, what am I gonna do? I got nothing else to lose. I reached out for help and am now doing the unthinkable! I admit I am powerless. I know the unmanageability of my life. All the self searching and trusting the process, ask HP for help via the 12 Steps of Narcotics Anonymous. A loving member of NA brought me a How & Why book and a workbook. I got my hands on a Basic Text during an NA meeting brought in by H&I committee member (I promised to pay for it later). I just completed my 6th Step with my sponsor. We talk and laugh (can you dig it?) I laugh! For the first time, I'm going after this recovery thing to the best of my present ability. From self pity and fear to gratitude and trust.

Thanks, NA,
Jimmy R.





MARK YOUR CALENDER — EVENTS



Public Information Training Notice

THREE IN ONE TRAINING ON
APRIL 7TH @ 4:30 P.M. AT PEGGY'S
Training Session include:

- Booth Attendants,
- Phone Line Volunteers
- NA Presenters.



H&I ORIENTATION

APRIL 18TH AT 7:30 PM (when committee mtg over)
AT WINGS AND THINGS (36th and Arctic)
Carry the message of freedom to those who cannot get to meetings.

PROM NIGHT

(hosted by the Frozen Chosen)

A Night on the Town Hollywood Style

Saturday, April 27 at 6 pm to whenever
Cross Point Church



Want to get involved? The Prom committee meets every Sunday at the Alano Club following the noon meeting (about 1:45p). There is a "no clean time requirement" and service is very much appreciated. Or call Amanda M (365-9419) or Catelyn (744-0774).

Group Report: Prom Fund Raiser

The Prom Fund Raiser was a fun event that made enough money to host the prom at the Crosspoint Church. The late afternoon gig included our own, Geoff, as speaker, a favorite dish cook off, and a service and whatever auction.

Cook off winners included: **3rd Place** — Catelyn's Potato Soup, **2nd Place** — Sage's family Chicken Broccoli casserole, and **1st Place** — Karen's Bean Soup.



Frozen appreciates the following contributions that help make the Prom Possible:

- Tarot reading, energy balance, art (Joe S)
- bake-a-pie (Beulah)
- Massage (Kami)
- Dry wall/Painting service (Tom)
- Babysitting (Diedre)
- Car mechanic service (Sean)
- NA Art Piece, and Free-style
- 3 rooms of carpet (Kenny)
- Oil Change (Patrick)
- House cleaning (Melissa)
- Eyebrow wax (Catelyn)
- And anyone newsletter missed!



Thanks to our outgoing Area Servants!

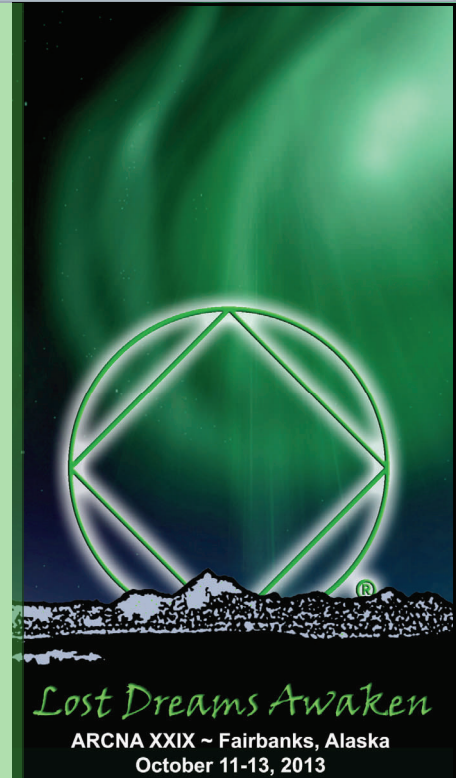
- **Melissa C**, thanks for mixing it up for Activities. Let our Area Members hear you: "It is a committee, not a committee of one!" "Groups need participate."
- **Doug P**, Newsletter — Thanks to the never-say-die committee of Mandy and Derrick. Impossible otherwise!

NA FEBRUARY—MARCH BIRTHDAYS

- Susan H — March 13, 27 years
- Allen H — March 16, 1 year
- Dave L — February 28, 17 yrs
- Valorie H — March 13, 1 year
- Jeff James — Feb 28, 27 years
- Jaime — September 15, 18 months
- Doug P — February 29, 17 years
- Wanda — March 11, 2 years
- Bonnie M — March 21, 20 years
- Summer — March 15, 9 years



ALASKA REGIONAL CONVENTION 29
Selects **LOGO** for LOST DREAMS AWAKEN
Credit to Anne H.



Report: Round About Hosts Sponsor Shop

March 17th, the Round About hosted a Sponsorship / Service workshop. There were treatment center clients too numerous to count and our own not-been-clean too long members who showed up.

The panel consisted of Ronnie, Terry, Craig, and Tricia on Sponsorship and Casey and Sandy on Service. The panel shared their strength, experience and hope.

There was plenty of food. Round about bought the Pizza. Jobear made the rice and curry. Others pitched in with cake and goodies. Thank you.

One has to hand it to Round About for pushing the envelope for recovery. **THANKS**



The 907 Recovery Group of NA makes a motion to amend the guidelines to include a Webservant Subcommittee. (i) "Webservant" would be included in the list of standing subcommittees in Section IX, part 1 of the Area Guidelines. (ii) The Webservant position description, qualifications, and duties, as shown below, would be included as Article X, Section 6 in the Area Guidelines.

1. AASC Webservant Position

(a) Description: The Area Webservant position is a subcommittee of AASC, which reports to AASC. The subcommittee is responsible for updating the Anchorage Area portion of the Regional website and may include members, assistants, and technicians. The Area Webservant ensures that the most current information is available to members of Narcotics Anonymous and other interested persons. Although technical skills are necessary to update the website, the purpose of the Webservant is to ensure current information is updated for public access. Term limits do not apply to this position.

(b) Personal Qualifications:

- Two years or more of continuous abstinence from all drugs
- An understanding of or a commitment to learning and upholding the Twelve Traditions and Twelve Concepts of NA Service
- Willingness and ability to fulfill the responsibilities of the position
- Willing to become familiar with Public Relations Handbook chapter 10, "Internet Technology".
- Adopt an attitude to promote unity within AASC and throughout the service area.

(c) Technical Qualifications:

- Has internet access and email
- Ability to use a computer, Microsoft Office, Adobe Reader, and web designer tools
- Ability to use file transfer tools to upload files to the web server
- Convert documents to Adobe PDF's

(d) Responsibilities:

- Update the Anchorage Area portion of the Regional website, <http://www.akna.org/areas/anchorage>
- Communicate and coordinate with the Regional Webservant, Anchorage Area Service Committee, and other interested persons
- Provide a written monthly report to the Area Secretary. Regular attendance at Area meetings is required.
- Upload area service minutes, meeting schedules, newsletters, treasurer reports, and contact information
- Organize the webpage for area service minutes, meeting schedules, newsletters, treasurer reports, and contact information

(e) Legal:

- Anonymity – The Webservant is tasked with ensuring the anonymity of individuals is protected. Personal information is not posted without the prior knowledge and consent of members.
- Release of Information – When deemed appropriate by the Webservant, a Release of Information will be required prior to posting certain sensitive information.
- Copyright – The Webservant guards against copyright infringement of others' intellectual work. Additionally, the Webservant protects the copyright of the website.

INTENT: It is the intent of this motion to establish and describe a Webservant subcommittee within the Anchorage Area Service Committee Guidelines.

COST: There are no costs associated with passing or not this motion.