

NEVER ALONE



ICU—I See You

Issue:
JULY/2014

RECOVERY

In recovery we learn to surrender to the process, to the program, and ultimately to a power greater than ourselves.

Living Clean—pg.48.

I had to go to Houston Texas on an Emergency. My mother was terminally ill and not able to dialyze because of an infection. The infection was so bad from a bedsore which she obtained through the negligence of a nursing home. She was fluid overloaded and things were looking like she was not going to make it. There was a tug on my heart when the nursing staff at St.Lukes hospital turned my mother and I saw the flesh had completely deteriorated down to the bone on the side of her leg. My heart was shattered, yet, I had to smile for my mother's sake. I had to nourish her sense of well-being. Then I had to nourish mine. My heart couldn't take it.

I have learned over the years to find meetings where ever I go. So from Austin, Texas to Idaho to Georgia, and Houston, Texas, I go. I called the NA hotline and they gave me a number. Within 30 minutes I was at a meeting. Two people came to pick me up, a man and a woman. They taught me how to catch the train and the bus and where to get off and on. From that point on I made it on my own. They opened their arms and gave me so much moral support that I began to cry, asking my higher power what I had done to deserve all of this. The room was full of people who looked like me, they were from my home state, they sounded like me; they were me. So many of them had significant amounts of clean time and some of their stories were off the chain.

There is one thing that stands out to me and that was the ICU ward. That is where the newcomers sit. You know the "I see you". Which is probably what I needed at first instead of trying to blend in and act like I had it.

- Wanda

Know of an NA event in the Alaska Region that's not listed?

To have it posted, email it to us at:

webservant@akna.org

PLEASE INCLUDE: Date and time of event, FULL address of event location, event host and area, suggested donation for event, and flyer.

Limit flyer size to 200KB.

Newsletter Subcommittee meets at **6pm** on the **FIRST** and **LAST Thursday** every month UPSTAIRS at the Alano Club. This month we will be meeting on July 10th. All are welcome, and there is no clean time requirement. Help distribute, plan upcoming issues, get the word out and spread the message of recovery!

Contact Amber @ 907-351-6887 if you have any questions.

VISIT
AKNA.ORG
FOR A FULL
LIST OF
UPCOMING
ACTIVITES

ACTIVITIES

RALLY IN THE VALLEY 2014 July 4th at noon to July 6th at noon

Hosted by Mat-Su Area of Narcotics Anonymous.

Friday 6pm Potluck Dinner & 7pm Speaker meeting—Saturday 6pm Dinner (\$5.00 donation please), 7pm Speaker & 10pm Resentments Burning—Sunday 10am Breakfast & 11am Speaker meeting. Logo T-shirts will be for sale. Please contact Jeff W. to pre-order

Matanuska River Park Campground Tent Campsites \$15.00 per night; RV parking \$25.00.

No Reserved Camp Spots - First Come, First Serve

Matanuska River Park at Mile 17.5 Old Glenn Highway. Take Glenn Hwy to Palmer. Turn right on E. Arctic Avenue (which turns into the Old Glenn Hwy). Drive approximately 2 miles. Campground is on the left just after the Palmer Memorial Park. Campground offers tent and RV spaces, water, flush toilets, hot showers, covered pavilions with electricity, picnic tables, a playground & a volleyball court. Contact Jeff W. (907) 884-0451

Fairbanks Blow Out— July 18-20

Chena Lakes, River Park Camp Ground, Fairbanks Alaska. Hosted by Fairbanks Area of Narcotics Anonymous. There will be a Regional Committee meeting on July 19th @ 2pm. Contact Nancy B. (907) 799-1690 for more info.

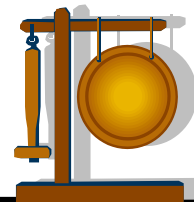
Kenai Campvention— August 1-3

Alaska Christian Retreat. Mile 89 Sterling Hwy. 37925 Deville Rd. Soldotna, AK. Hosted by Kenai Peninsula Area of Narcotics Anonymous. NO DOGS. Tents, meals, cabins. Pre-reg. \$20/\$25 day of. Rooms/Tents \$30/\$10 per night. Meals extra. For a FULL LIST of the Schedule of Events view flyer on akna.org. Contact Victoria L. (907) 420-0661 or (209) 327-6406 for more info.

SUPPORT THE GONG SHOW

The Gong Show meets Mondays—Thursdays @ 6pm at the Alano Club.

Come support one of the oldest meetings in town. Will you get gonged?



A MORNING PRAYER

So far today, God, I have done alright. I haven't gossiped. I haven't lost my temper and I haven't been greedy, grumpy, nasty, selfish or over-indulgent. I haven't told anyone to mind their own business and stay out of mine. I am really glad about all of that. But in a few minutes, God, I am going to get out of bed and from then on, I'm probably going to need a lot of help.

“Take my will and my life. Guide me in my recovery. Show me how to live clean.”

Adapted by: The Coffee Maker