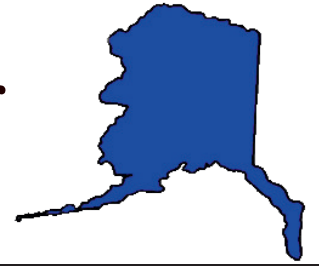




# NEVER ALONE

## Anchorage Area Newsletter

August 2016



### Tradition of the Month: Tradition 8

Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

In this tradition we say that we have no professionals. By this, we mean we have no staff psychiatrics, doctors, lawyers, or counselors. Our program works by one addict helping another. If we employ professionals in NA groups, we would destroy our unity. We are simply addicts of equal status freely helping one another.

Source: 12 Tradition Summary, na.org

[https://www.na.org/admin/include/spaw2/uploads/pdf/IDT/2012\\_12Traditions.pdf](https://www.na.org/admin/include/spaw2/uploads/pdf/IDT/2012_12Traditions.pdf)

### Welcome to the NA Newsletter!

We are currently looking for submissions. If you have stories, wisdom, humor, events, photos (No faces!), or announcements that you would like to share, please send them to: [aknanewsletter@gmail.com](mailto:aknanewsletter@gmail.com). Deadline for submission is 7 days before the end of the month.

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.

Editor: Nick B.  
Area News: Doug P.  
Head Writer: Frank Z

Newsletter Meeting:  
Monday, August 8th 6:30 at Kaladi Brothers: 6921 Brayton, Anchorage

## Upcoming Events

### AASCNA Business Meeting

The AASC Meeting is typically held the 1st Monday of the Month. Anyone is welcome to attend

Peggy's Airport Café  
1675 East 5th Avenue  
(Across from Merrill Field)

### Campvention

August 5-7th  
Soldotna, AK

Alaska Christian Retreat  
37925 Deville Rd.

FUN! FELLOWSHIP! FOOD!  
First Come, First Serve  
Annette R. 907-690-6247

### Eagle River BBQ Potluck

August 5th, 6pm  
Eagle River, AK

Joy Lutheran  
10111 Eagle River Loop

Hot dogs and hamburgers are provided. Please bring a side dish to share

### World Unity Day!

AASCNA activities subcommittee is planning a morning event on September 3rd, 2016. Details will be forthcoming!



## Area Service News for July

An AASC quorum met on July 11<sup>th</sup> at Peggys Café

**Treasurer News:** Groups donated \$356 at the July meeting (unofficially). Area expenses for July are \$466, which includes the \$200 annual Post Office Box rent. In round numbers, expenses exceeded income by about \$110 this month.

After the July deposit, the Area bank balance is \$2652, which is \$1152 above our prudent reserve.

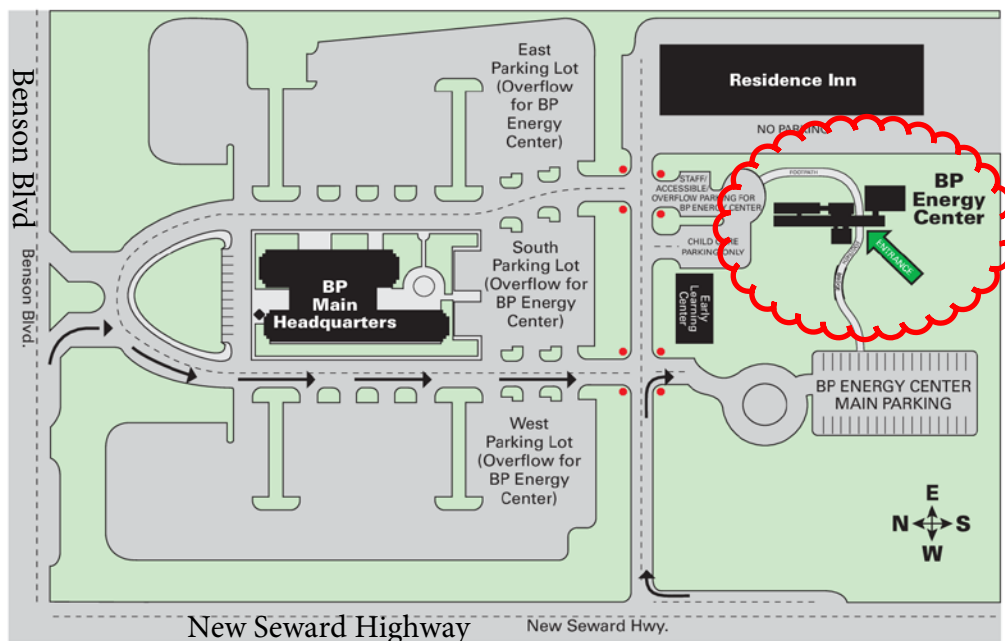
**Donation to NA World Services and Alaska Regional Service Committee:** Area has not made a donation to NAWS or ARSC in some time. Motions to forward 1% of the AASC bank balance monthly to both ARSC and NAWS passed in November and December of 2008. The donations were probably suspended when the Area bank balance fell below prudent reserve some couple of years ago. We are above the prudent reserve now.

**Literature Motion (old business):** The motion that (i) the Literature subcommittee bring (some) literature to Area for sale, and (ii) not make any orders under \$500 (in order to save 15% on the larger order) – *PASSED* with strong majority (9-1-2).

## Area Meets at new Digs in September

On September 12, Anchorage Area meeting place will move from Peggy's to the **BP ENERGY CENTER**. Note the cloud below.

Map to BP Energy Center  
900 E. Benson Blvd., Anchorage, AK  
(907) 743-4270





## Regional NEWS:

The Alaska Regional Service Committee met on June 25th.

Region is inviting nominations for standing subcommittees and Alternate Regional Delegate. These are two-year terms. Clean time and service requirements are as follows:

Public Information	2-years of service at the Area level, 5-yrs clean
Literature	2-years of service at the Area level, 5-yrs clean
Hospitals & Institutions	2-years of service at the Area level, 5-yrs clean
Alternate Regional Delegate	2 years of Regional Service, 7-yrs clean.

*The election process works as follows: A group brings a nomination to Area in August. Groups vote on the nominee at the following meeting. The nomination is then brought to the next Regional meeting (October). Nomination then goes back to the other Area groups for vote. Area votes the decision of their groups at the next Regional meeting in December or January.*

## Post Conference Report and Presentation

The Alternate RD, Frank P, reported that he would provide a conference summary at our Convention in September (in Fairbanks). The RD, Tony L, submitted a 29-page conference report. NAWWS News provides a shorter report of the conference business. (See <http://na.org/?ID=reports-nawsnews-nawsmain>) Most importantly, the conference participants adopted the Traditions Book, “**Guiding Principles: The Spirit of Our Traditions**”, which will be available in October this year.

## Regional New Business:

**Golden Heart Area brought motion** to fund the ARD to the annual Western States Zonal Forum: That ARSC fund travel and hotel for the ARD to attend the annual WSZF meeting if there are sufficient funds. The budget would be \$1000.

Justification: The WSZF is an opportunity for the ARD to build relationships with other Regions in the WSZF and learn in the course of observing and participating at the meeting. During the conference years, the WSZF prepares our delegate team to better assist with the CAR workshops.

Financial Impact: There are sufficient funds in the ARSC bank account to fund the ARD to the WSZF for the next couple of years. On the other hand, a better evaluation might include the annual revenue over expenditures for the last few years.

Year	2012	2013	2014	2015	2016
<b>Revenue</b>	\$7,181	\$8,701	\$5,910	\$2,120	\$5,893
<b>Expenses</b>	\$7,745	\$4,250	\$8,551	\$5,657	\$5,137
<b>Annual Balance</b>	(\$564)	\$4,450	(\$2,642)	(\$3,537)	

It is difficult to predict the 2016 revenue – expense balance. 2013 balance was positive, but 2012, 2014, and 2015 were negative. ON the other hand, currently, there is positive balance in the ARSC bank account. The bank account has been propped up not by annual revenues over the last few years but from the 2011 convention, which earned \$13,557.

**Regional Guidelines Revision Review** – The Draft ARSC Guideline Revision are out for review and comment. A revision copy of “Draft Guidelines” are located on the Regional page of AKNA.org and in the June 25, 2016 Regional minutes. [http://www.akna.org/region/documents/ARSC\\_Guidelines%20draft%206-25-16.pdf](http://www.akna.org/region/documents/ARSC_Guidelines%20draft%206-25-16.pdf)

# The Meaning of our Symbol

(Part 2 of a 5-part Series) By Frank Z.

Jimmy K struggling with his drug addiction until he achieved permanent and complete abstinence from all drugs in Alcoholics Anonymous on Groundhog Day, February 2, 1950. He and a few other drug addicts who had met in AA started holding a series of independent meetings for drug addicts, beginning 17 August 1953. The first documented recovery meeting of Narcotics Anonymous was held on 5 October 1953 in Southern California. Jimmy K work selflessly and passionately for NA including writing some of our literature and it was he who is he who is said to have designed the symbol (later modified by the WSC). One of the top, prominent sides of the four-sided pyramid being the side that's designated "self". It is one of the sides of the pyramid which rise from the base to its top, the point of "freedom."

The Twelve Steps of NA help us focus on self. In the very first step, we must admit to ourselves that we are powerless over our addiction. The first step toward self-acceptance is acceptance of our addiction. We must accept our disease and all the troubles that it brings us before we can accept ourselves as human beings. When we fully concede to our innermost self that we are powerless over our addiction, we have taken a big step in our recovery. The most effective means of achieving self-acceptance is through applying the Twelve Steps of recovery.

Coming into NA with self-loathing, self-pity, extreme self-conciseness and self-obsession, coupled with drug obsession, leaves no room or time for concern for others. Working the steps with a sponsor, learning how to live in the community of NA and seeing the example of others further along in their spiritual journey have causes a genuine altruistic shift, making one to be OK with one's self. It builds self-confidence and, as a result, concern for others. With the knowledge of the tools and of our story of how we recovered (or are recovering) gives us a real ability to help others.

Self-acceptance permits balance in our recovery. We no longer have to look for the approval of others because we are satisfied with being ourselves. We are free to gratefully emphasize our assets, to humbly move away from our defects, and to become the best recovering addicts and human beings we can be. When we accept ourselves as we are, we acknowledge that we are OK, that we are not perfect and that we can improve.

IP #12 "The Triangle of Self -obsession"

NA White Booklet, "What can I Do"?

IP # 19 "Self-acceptance"

[http://www.greaterlosangelesna.org/who\\_was\\_jimmy\\_k.htm](http://www.greaterlosangelesna.org/who_was_jimmy_k.htm)

