



# Never Alone

October 2016

The Anchorage Area NA Newsletter

## Being Of Service

By Arlene L.

My name is Arlene and I'm an addict. My clean date is 04/06/01. I'm grateful to say, I have always had a service commitment. As a result of the cobwebs clearing and sponsor direction I came to see it as vital to our the health of our recovery community. Being new to NA, my first service commitments were at the home group level. They varied from coffee maker to GSR, Secretary and Treasurer, sometimes I served as all of them at one once. The hardest part was to let go of some commitments in the spirit of rotation. My Sponsor told me it would be ok. NA isn't going to die without me. "What?!" I thought. However, I will die a slow and painful death without NA...

After getting a few more 24 hours, my service commitments advanced to meet the clean time requirements for

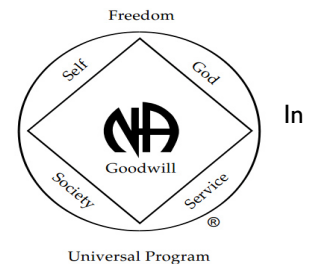
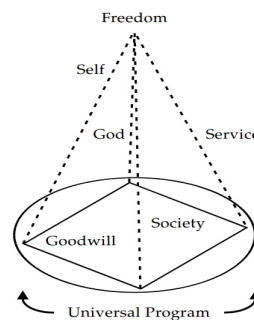
other service committees. There were times I had too many service commitments and burned out. So I stuck to just my home group commitments for awhile. I have learned that balance is the key for everyone's well-being and I didn't have to be on every committee. Currently my service commitments are Treasurer for my Home Group, and at the Regional level, Anchorage Regional Committee Member (RCM). I show up for Anchorage Activities whenever I can.

In the last Never Alone Newsletter Frank Z. wrote about the meaning of our NA symbol and the importance of being of service to our NA fellowship. Doug P. spoke briefly at the Sep 12<sup>th</sup>, 2016 Anchorage Area about lack thereof. Every month my report to Anchorage Area is about all the positions that are vacant at the Regional level, but lack of interest prevails. *So, my question is, how do we change that?*

(continued on page 3)

## The Meaning of our NA symbol

-The Importance of Society- (Part 4 of 5) By Frank Z



### so ci e ty (noun)

The aggregate of people living together in a more or less ordered community.

An organization or club formed for a particular purpose or activity.

Society, one side of our NA pyramid symbol, describes who we are as a group. We are a close-knit community with a very specific purpose. The history of how we became a society is quite interesting.

1933, the U.S. Public Health Service Hospital in Lexington, Kentucky, part of the Lexington, Kentucky Federal Prison system, started a program for drug addicts, non residents were allowed to attend.

In 1947, a man named Houston, who recovered in another well-known Fellowship, believed that their 12-Steps could work for addicts. He had talked to a person who had just been out of that Public Health Service Hospital in Lexington and he thought he saw a way that he could help them. (continued on page 2)

## The Meaning of our NA symbol

-The Importance of Society– continued

Then Houston talked to a Dr. Victor Vogel who was the main, or principal, doctor behind the Lexington Hospital. Houston convinced him that these 12 Steps could work for addicts and offered to help start a group at the hospital. The first meeting of that group was held after which they continued their weekly meetings for more than twenty years, well into the late Sixties. They called themselves the Narco Group and at other times, they also adopted the name Addicts Anonymous.

Early in 1947, at the Lexington, Kentucky group, a man came to Lexington for his 7<sup>th</sup> trip ( he did get clean and stayed clean in 1949). He started attending the Narco groups. After spending six-months there, he returned to New York City. There he hooked-up with someone else who, quietly on the side, had apparently been a moving force in the devel-

opment of what later became today's Narcotics Anonymous. Her name was Major Dorothy Barry, a Major in the Salvation Army. She was committed to helping poor people, street people, and particularly addicts so she help start a 12-Step NA group. They started it in the New York Federal Prison System and called it Narcotics Anonymous. We don't know what happened to it; it seemed to have disappeared shortly thereafter.

In 1948 in Fort Worth, Texas the Federal Narcotics Farm adopted the Lexington model. The Lexington model at that point had become the 12-Steps with the word drugs changed in the First Step. Beginning sometime around July 1953, Jimmy K refers to NA in our Basic Text.

Groups were called various names – Narcotics Anonymous,

Narco Groups, and Addicts Anonymous. They were fairly independent of each other; however, all were people who were just striving to help each other.

All of these groups saw benefits in the 12-steps used in a liquid version of our program. No doubt these independent groups helped many people and laid the foundations of our fellowship; however, what they were lacking was common **society**. It gives me a special kind of peace when I travel or when people visit us from various places, that we are one fellowship with the same literature, the same steps and part of the same **society**. There are groups all over the world that are basically the same, that have not lost their individuality or autonomy. Groups are varied and different enough to find a meeting that "fits" even in our own community, but at the core of who we are, we are all one **society**.



Anchorage Area of NA  
Helpline: 907-277-5483

**ARCNA XXXII**

**OCTOBER 28 THRU 30<sup>TH</sup>, 2016**

**Bear Lodge @ Wedgewood Resort**

Address: 325 Wedgewood Dr, Fairbanks, AK 99701

Phone: (907) 450-2142

# Being Of Service

continued

(Continued from Front Page)....

Whose place is it to convey to our recovery community about filling these positions? How do we fill each vacant service commitment to our fellowship, whether they are newcomers, long timers or some timers? How do we get members to show up and commit to service work and send an alternate when one cannot make their commitment? How many are there in our fellowship in Anchorage? Do we have at least 200 to 300 addicts? Currently we have 16 Groups in Anchorage, 4 Groups in Wasilla, 1 Group in Palmer, 1 Group in Eagle River, Anchorage GSF and Valley GSF. Only a few from each Group make it to the Sub-Committee meetings H&I, PI, Activities, and now Newsletter.

Here are service commitments at the **Home Group** Level to be filled by each Group with no clean time requirements: Do each of your Home Groups have a loving servant for each position?

GSR

Alternate GSR

Secretary

Treasurer

Activities

H&I

PI

Newsletter

Here are service commitments at the **Anchorage Area Service Committee** level with clean time requirements:

Chair	5 years clean, 2 years of Area level service
Vice-Chair	4 years clean, minimum of 2 years of service and 1 year at Area level
Secretary	2 years clean, minimum of 1 year of service and 6 months at Area level
Treasurer	5 years clean, minimum of 2 years of service and 1 year at Area level

Here are service commitments at the **Alaska Regional Service Committee** level with clean time requirements:

Vice-Chairperson	7 years clean, 1 year of Regional Service
Treasurer	5 years clean, 2 years Regional or Area level service
Public Information	5 years clean, 2 years Area level service
Literature	5 years clean, 2 years Area

In May 2016 I received a Change Maker award for service to our fellowship and my community. I feel it is my honor and duty to live up to this commitment, and my responsibility to step up to make a change. However, like my recovery, I cannot do it alone. It will take 185 of us to fill these positions. Our fellowship needs all of us, so no addict, any addict need not die from the horrors of addiction. Our community needs to know we can become and are productive members of society through service and that we really do recover! Please!!! I can't, we can.

In the spirit of unity, in loving kindness, and in who we serve and why,

Arlene L.

New NA traditions book  
**“OUR GUIDING PRINCIPLES”**

comes out in October. Literature will be working on getting copies for sale!



The Next AASC Meeting is  
 Monday October 3rd at the  
 BP energy center. Anyone is  
 welcome to attend.

BP energy center  
 900 E Benson Blvd  
 Look for the sign!



## Area Service News and Notes!

### Treasury Notes

Area expenses for July were \$432, which included paying the annual post office box fees (\$257). Groups donated \$476 at the August meeting, which at least exceeded expenses – Keep it up Groups! Treasury balance was \$2231 at the beginning of the meeting (or \$2631 if you include the group donations.)

### Passing on Funds to NAWS and Region

Area groups approved resuming the practice of donating 1% of our AASC monthly bank balance to NA World Services and Alaska Region. Area had suspended the practice when our balance dropped below the \$1500 prudent reserve. Groups voted on it as a housekeeping measure because the motion had previously been approved. This will be paid quarterly.

### Old Business

Regional nominations were approved by the Groups:

- Doug P for Chair of *Regional* Public Information Subcommittee;
- Alan Mc for Alternate Regional Delegate.

Next, Arlene, RCM (that is who represents Anchorage Area at Region) will bring these nominations to the Alaska Regional Service Committee. The other Areas in Alaska vote on them.

Valley H&I Literature Motion: Groups approved the motion to provide Valley H&I a \$50 per month literature stipend. It increases the monthly H&I budget from \$100 to \$150 per month. Valley H&I is growing and this will provide them with some literature.

### New Business

Area Nominations Due for AREA CHAIR, VICE CHAIR, TREASURER, and SECRETARY.

In light of the fact that the Guidelines allows servants to do two terms:

- Frank Z is willing to do another term as Area Treasurer
- Mellissa is willing to do another term as Area Secretary.
- Doug P is willing to do another term as Area Vice Chair.

### Motion To Buy New Literature:

-A motion was made that \$250 be provided to the Literature Committee to buy \$250 worth of the new Traditions book: Guiding Principles, The Spirit of Our Traditions

-Motion was made by NA Way, with a second by Round About.

*Financial Impact of the Motion:* There should be no financial impact since books will be sold and the funds returned to Area.

-[According to the NAWS literature page, the new book can only be pre-ordered by the case. A case of 24 hard cover is \$264. **Perhaps Groups should be prepared to approve \$264**, because it is either a case for \$264, or nothing as far as pre-orders go.]

## Area Service News and Notes Continued!

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### Draft Regional Guidelines Revision -- Review and Comment

A meeting on the Draft Regional Guidelines was held at the Brayton Drive Kaladis on September 17<sup>th</sup>. There were minor revisions to the draft submittals. For instance, the Vice Chair rather than Alternate Delegate is now tasked with policy or guideline responsibility (Vice Chair is in Roberts Rules the parliamentarian – the rule keeper). Also there was effort around revising responsibilities of the Secretary.

There was lack of consensus on the convention guidelines. Just to frame this discussion:

- Convention committee is a Regional subcommittee, and celebrates recovery and raises funds on behalf of Alaska Region of NA.
- Conventions are held in Anchorage, Fairbanks, and Kenai, alternating every other year in Anchorage.
- The host Area elects the Convention Subcommittee Chair.
- The Convention Chair is accountable to the Region.

In the proposed revision to the guidelines, the convention committee Chair would be directly accountable to the Area but would continue to report to Region. The pros and cons to this are:

Pro:

- Typically Region meets too infrequently (quarterly) to know what progress the convention is making, much less to do anything about it.
- If Region is going to delegate hosting the convention and selecting a Chair to the Area, then it seems proper to make the Chair and the committee accountable to the Area.
- Area Activities and Convention would coordinate their respective fundraisers, which best serves, the Area and the Region.

Con:

- The Region is very invested in the Regional Convention and wants the Convention Chair reporting at the quarterly meetings. This is an opportunity for all the Areas to ask questions such as when, where, and how much is the convention going to be.

The Regional guidelines ad hoc subcommittee chair seeks the Anchorage Area guidance on this matter. What does your Group think: *The Convention sub-committee should be accountable to the Convention Host Area? Yes or No?*

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## REGIONAL BUSINESS

**Region is still inviting nominations for Chair of the following subcommittees:**

- Literature Chair                      2-years of service at the Area level, 5-yrs clean
- Hospitals & Institutions            2-years of service at the Area level, 5-yrs clean

And, because the position is vacant,

- Regional Vice Chair                2-years of service at the Region level, 7-yrs clean

October 2016

## Literature Committee Report

Hello Family!

The Literature Committee would like to say that it's been an honor and privilege being able to serve this part year, carrying the message of hope and encouragement to the addict who still suffers. Our goal has been to distribute literature in this way via H&I, PI, and the various groups throughout the Anchorage bowl and its surrounding area.

As the Literature Committee chair, I want to thank the committee members for their hard work in reaching out, each in their special way. That has made my job very easy and a pleasure

Special thanks to: Morgan D., Nikki D., and Amy U.

In Loving Service,

The Literature Committee




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## Activities Committee Report

The Activities Committee would like to thank the Anchorage Area for their on-going support and for the opportunity to serve. We enjoyed a really good turn-out at the recent Unity Days event! A special "Thank You" goes to all who attended and helped out. In an effort to create unity between Anchorage and the Valley, the Activities Committee is planning a Bonfire Speaker Meeting on October 8 at 5:00 pm at the Knik River Bridge. This event will include a speaker meeting, bonfire and resentment burning. Everyone is encouraged to attend! Plans are underway for our annual Thanksgiving Feast. Definitely make plans to attend as it's always a fun-filled family event with great food and wonderful fellowship. Our hard working committee members are Jen B., Michelle Z., Rob T., Britney D., Charlie D., Zack S, Arlene L., Peter P., Victorious S. and several others who have worked humbly in the background.




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## Western Service Learning Day-

Lou Ann P. and Doug P. attended the Western Service Learning Days three years ago, and it was a great learning experience. It is independent of the Western States Zonal Forum, but many of the same Regions participate in the WSLD. Joe C. has attended this event, maybe it was in Portland, OR, and he has been a Public Information dude ever since.



San Diego Imperial Counties  
Region of Narcotics Anonymous

**WSLD XXX**

**October 21-23, 2016**

San Diego, California

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# Area Service News and Notes Continued!

## Electronic Participation at Area – Sharing Session Discussion

It was asked in the Sharing Session if Valley groups might participate at Area via some virtual means such as Skype or Go To Meeting. The BP Energy Center affords us equipment to facilitate virtual participation.

It seems to be a matter of what degree of participation:

1. Should we facilitate virtual participation by the fellowship using BP Energy Center hardware and software such as Skype or some electronic method?
2. Should we allow nominations via Skype like format? For all nominees or only nominees who live in the valley?
3. Should we allow the Valley to vote on old business motions and elections via Skype like format?
4. Should we allow all groups to vote on old business and elections via Skype like format?
5. Should we allow subcommittee Chairs to participate electronically?

It is interesting but challenging once we open the door to virtual. Participation by more voices improves our group conscience – we have more perspectives. At the same time, a Valley fellowship has a means to bring the voice of all the Valley groups to the Area by means of their GSF representative, which our guidelines allow to proxy the Valley groups.

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## H&I Committee

The news from H&I is that panel support is thin. Listed below are a list of the Anchorage Service Committee H&I commitments and their panel leaders.

- |  |                      |
|--|----------------------|
| • Anchorage CC West                      | Craig O              |
| • Anchorage CC East                      | Tony L               |
| • Clitheroe Residential Ctr              | Dave L               |
| • Clitheroe Women                        | Amy U                |
| • Genesis House                          | Anthony B            |
| • Hiland Mountain CC                     | Victorious           |
| • SARP (Salvation Army Recovery Program) | Pious H              |
| • Glennwood Halfway House                | Ryan C               |
| • Goose Creek CC                         | Valley H&I Committee |

At Anchorage Complex Craig O and Tony L have been the panel leaders for years with minimal to no relief. Hiland Mountain has recently rebooted its panel with Michael P reaching out to the institution, and Victorious carrying the message.

**If interested in H&I, please contact the following for a clearance application:**

***Doug P ([doug\\_poage@yahoo.com](mailto:doug_poage@yahoo.com)) for Anchorage Jail***

***Michael P (310-7476) for Hiland Mountain.***

On the NA side, one needs to have 6 months clean to meet the H&I minimum qualifications. On the state of Alaska side, one needs to have been released or “on the outside” for 3 years without any pending court cases to obtain clearance.