



Ho ho ho! This 4 step is quite the Naughty list!!

Never Alone

December 2016

The Anchorage Area 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: aknewsletter@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 NAVS 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

If you interested in working on the newsletter contact Nick B @ 907-202-1108. Meeting dates are varied.



Lou Ann and I recently made a trip to Trieste, Italy. There is no NA meeting in Trieste; the NAVS meeting locator app had the nearest meeting in Ljubljana, Slovenia. We left Trieste by bus to Sezana, just over the Slovenian – Italian border and took the 2+ hour train to Ljubljana (pronounced “Lubiana”). Our first business was to hook up with our Air B&B host, which took a couple of hours. We had wifi at the apartment, but the wifi translator was not work, so we showed the meeting information (on the Slovenian NA web site) to our host to translate (not without some anxiety since now they would know their guests were addicts.) No worry, she just promptly explained we were going to be late even by bus, and offered us a ride.

We were dropped off on a street corner at the meeting address some 15 minutes early. We did not know



NA Slovenija

-By Doug P.

which side of the street it was on but we guessed the church (actually it was the other side). A short time later some folks telegraphed their membership by a bag with the NA Public Relations logo on it. These were our peeps! Meeting opened promptly at 18h. There were 8 including us.



The Tuesday NA Ljubljana meeting does not have a name. None of the Slovenian meetings have names, but are known by day of the week/ time and location. Tuesday is a closed meeting. (The Monday meeting is open to “relatives, friends, physicians, therapists, social workers ...”, quoting from a translation of the schedule.)

The Tuesday meeting format is a literature study. The Group was on Step 1 of the Step Working Guide. One of the question is read, members respond (share), and then a second question is read. (Questions 54 and 55 were read). There was

really no “hard” literature; everyone read along on his/her phone.

One of the members translated some of what was shared with us (mostly me because Lou Ann is a little hearing impaired). It was very accommodating and inclusive. We each shared, though I have no sense who understood what. (Slovenia is more English friendly than Italia, because, as it was explained to us, English is an regular part of Slovenian school curriculum.) It was an excellent meeting. (To me it was a kind of meditation on coming alive out of the ashes of our addiction, and the birth of integrity.)

We took a group picture afterward of us standing together and talked. Igor, one of the members explained that Slovenia is part of the Adriatic Region that includes Croatia, Albania, Montenegro, Bosnia and possibly Serbia and or Macedonia. They do not have much to do with the Italian Region, but get support from England. It is a young fellowship. The only meetings in Slovenia are in Ljubljana.

The Adriatic Region has a Winter Convention on January 20 – 22, 2017 in Ljubljana. The theme is “MIRACLES HAPPEN!”

What is Narcotics Anonymous World Services?

What is Narcotics Anonymous World Services?

All of the efforts of Narcotics Anonymous are inspired by the primary purpose of our groups. Upon this common ground we stand committed.

On a recent trip to southern California, my wife and I were warmly welcomed at a local meeting. Members offered help with our questions ranging from what meetings to attend in the area to what other activities we might enjoy. Having a passion for recovery and recovery related activities, it was suggested that we visit NAWS. Being fairly close to the headquarters in Chatsworth and having the extra time, it sounded like fun to us. We were told to look for a friend who worked at the front desk and were guaranteed that we would receive a warm welcome. (I probably needed that assurance.) We were told that Jimmy K's home with the "Illegal Add-On Shed" was nearby where he packed boxes of literature to send. I was fascinated!

Upon our arrival, a lady emerged from behind her desk, gave my wife and me a big hug and a warm welcome. She said, "Welcome to Narcotics Anonymous World." She asked if we would like to take a tour and then called another addict out to show us around. Following another round of hugs, we were off. In addition to the people and warm welcome, the next thing that caught my attention was the first printing press Jimmy K used to

print the first literature. I nearly cried just thinking about the countless lives that this unassuming antique printer helped to save. I soon realized that this was no ordinary museum tour! We marched through banners from World Conferences and shelves with pallets of books - - books printed in 49 languages and being mailed to some of our 139 countries where we are meeting. We were lead through the modern, computerized printing room, a sharp contrast to the unassuming antique printer located in the entryway. Once again, everybody with whom we came in contact



stopped what they were doing, greeted us with hugs, welcomed us and visited a short time before returning to work, just as I would expect our employed "special workers" to do. At this time, I ask if everyone who worked there was an addict. I was told that everyone who talks to or comes in contact with the addict public is, in fact, an addict. When I thanked them, they made it clear this was their job and not their service to NA. Cool job! We also met with people working on other aspects of

keeping us in literature, from those taking book orders to those working on translations in 16 new languages. One of the biggest God Shots came near the end of the tour. I rounded the corner to see the original NA group symbol drawn by Jimmy K in colored pencil. With its humble beginning, it was framed, water stained, and proudly displayed. Again, I got a little choked up thinking about how seeing this was the perfect reward for my recent interest in our symbol.

What is Narcotics Anonymous World Services? It is a building located at 19737 Nordhoff Place in Chatsworth, California. Like many other buildings in the area, it is full of people doing office and warehouse work, packing books and literature into boxes, driving forklifts, sitting in front of computer screens and taking orders from all over the world -- like many office and warehouse workers. However, from the moment I walked in, I realized that this is no ordinary building and these are not ordinary people. This is a place where some kind of miracle happens; these are my people, my brothers and sisters doing more than just a job. Much like doctors, nurses and teachers who are doing more than a job, they are involved in something along the lines of a Higher Calling. The people with whom I came in contact are also doing more than a job. They give us the tools we need to meet together for the therapeutic value of one addict to help another.

-By Frank Z.

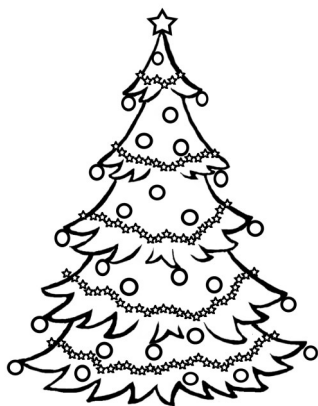
Area Service News and Notes!

New NA traditions book
"OUR GUIDING PRINCIPLES"
Is out and available from your area literature rep!



The AASC Meeting is 1st Monday of the month at the BP energy center. Anyone is welcome to attend. January's will be held on Jan 9 due to the holiday.

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



Treasury Notes

Groups donated \$440 at the August meeting (includes Eagle River donation which would be turned over to the treasurer after the meeting). The \$440 is somewhat over the average monthly donation from the groups of \$418.29. The group 7th brought the bank balance up to \$2617, which is \$1117 over our prudent reserve.

Old Business

Old Business

- Frank Z was elected as Treasurer for a second term.
- Melissa C was elected Secretary for a second term.

Group Action Items for December 2016

I. Groups need to vote on the Following Area Officers:

Note to Groups -- Please complete the Area Poll on the Regional Guidelines, which is attached to the end of the newsletter.

- **Ash A for Area Chair.**

Qualifications

"I have been clean for 6 years my clean date is 10/20/2010. I have a sponsor, a home group, and I am familiar with the 12 steps, 12 traditions, and 12 concepts. I have been a coffee maker in many groups. I help start three new groups that are still going on in one form or another. I have been a GSR for 2 years, I have been a H&I chairman for 2 1/2 years, I have been an H&I panel leader for 2 years, I have served on every committee in various forms and fashions. Thank you for the consideration."

- **Doug P for Area Vice Chair**

Qualifications

"I have 20 years clean, which exceeds the 4 year minimum. I have over 2 years of Area Service, which includes GSR, Newsletter Chair, and RCM besides other service and commitments.

I want to serve Anchorage Area groups including the Valley groups in carrying the message of freedom from active addiction. As Vice Chair, I believe it is my role to support the panel leaders and the GSRs.

I have a home group, which is *Clean and Serene*. I have a sponsor.

I look forward to learning and growing in the course of doing this service."

Area Service News and Notes!

Group Action Items Continued....

Area needs to Vote for Regional Officers:

Alternate Regional Delegate. There are two candidates: Alan Mc from Anchorage and David S from Fairbanks:

- **Alan Mc** (For Alternate Regional Delegate)

"My Clean date: 2-17-91.

I have served at every group position for multiple terms at multiple groups. I have served in the following ALASKA REGIONAL positions: Regional chair 1 term, vice chair 1 term, convention chair 1 term, and the convention activities chair 1 term. I have served in the following ANCHORAGE AREA positions: Area Chair 1 term, Vice chair 2 terms, area RCM 4 terms, activities committee member 4 terms, Anchorage area PI committee member 1 term, and been an Anchorage H and I panel leader 1 term.

I've participated in sub committees to write the area guidelines, re-write the guide lines for the anchorage area, write the Alaska regional guidelines, plan and conduct various learning days, CAR workshops, budget discussions, I've led group inventories and area inventories.

I have a sponsor and actively work steps, I sponsor addicts in recovery, I have a working knowledge of the 12 traditions and the 12 concepts and I am familiar with the guide to local service."

- **David S** (for Alternate Regional Delegate)

"My service history" includes: ARCNA 32 Convention Chair (2016), RCM for Golden Heart Area (2015), Convention Information Chair for ARCNA 29 (2013), Entertainment Chair for ARCNA 21 (2005), and GSR for Basic Meeting.

"I am willing to attend all meetings at the Regional level and all WSC and Zonal forums that I am able." Years of working in Human Services have given me the ability to deliver information in a concise and clear manner. As well as experience working with challenging individuals. This is necessary to keep members informed and interested in NA service at all levels.

"I have an NA Sponser. I have a working knowledge of the 12 Steps, Traditions, Concepts, and A Guide to Local Service. I attend meetings 5 to 7 days per week. I am finishing up as Regional Convention Chair and look forward to the challenge of this position. I embezzled funds in 1989 from an NA RSO office on a relapse. I paid it back in 1989."

For Regional Public Information Chair:

- **Doug P**

(Doug P is running unopposed for Regional PI, and Anchorage brought his nomination, so we omit re-printing it here in the interest of space and time.)

For Regional H&I Chair

- **Audry from Kenai**

"My name is Audrey M. and I was recently nominated for the Hospitals & Institutions Chair position at the Regional level of service. I am honored to be considered for this position. My qualifications are as follows:

I have served as the H&I Chair on our Area Service Committee here on the Kenai Peninsula for 2 terms.

During my terms of service, our committee implemented a local annual Learning Day event to help educate the members of our area about what service is, what it means to be of service to NA, the different ways to be of service, what it is each service committee does, as well as how service affects personal recovery and the lives of those we serve.

In the last 3 years, with Learning Day and other activities and outreach, our committee has successfully grown from approximately 3 members to a consistent 10 or more attending our monthly committee meetings. We have also grown in the number of people we have that have completed orientation.

I have assisted the committee in reaching out to other institutions so that we can carry our message to other addicts that may not have access to Narcotics Anonymous. When I began service in H&I, our committee was doing H&I presentations in 2 facilities (once each week per facility). We are now successfully carrying the message into 4 facilities with multiple presentations each week in multiple facilities.

After being approached by the staff at a facility, for approximately 1 year, the Kenai Area H&I Committee facilitated and maintained an H&I presentation at a treatment facility in the Anchorage area.

I've served in other positions in NA including serving on other committees, was the chair of our annual Campvention event, as well as service at the group level since coming into the program.

My clean date is April 11, 2013.

I do my very best to apply the Traditions in all that I do inside and outside of the rooms of Narcotics Anonymous and with every service position that I've held thus far. If I am selected for this position, I will take the commitment seriously, apply the Traditions and the Concepts to the best of my ability, stay open minded and teachable, and will follow the guidelines as they are laid out for this position."

Area Service News and Notes!

Group Action Items Continued....

Area needs to vote on the nomination for Regional Treasurer

- **Shanon D for Regional Treasurer**

"I am writing to accept a nomination for the Region Treasurer position.

I meet the clean time and minimum service commitment requirements to accept this role. My clean date is January 3, 1988. Currently Clean & Serene in Anchorage is my home group. I have been active in Anchorage area and region service since June 2012 serving as the Region and Anchorage area Web servant under the supervision of Region Public Information and Region Chair. My service responsibility is to be active with updating the Alaska Region's website, which includes updating event calendar; convention page; and all areas' information to include meeting schedules, newsletters to inform the Alaska membership and public of Alaska Narcotics Anonymous.

In addition to being clean and serving the Alaska NA community I have a sponsor and have worked the 12 steps. I meet with two to three men regularly to remain accountable in my own actions with how I live and make decisions regularly so that I can maintain a heart of service. Coincidentally with working the 12 steps I also actively sponsor several men from time to time.

I believe I will benefit the Alaska Region in the position of Treasurer for the upcoming term. Since the expenses and budget tracking of this position include using Excel, I believe I am well suited to serving the fellowship in this capacity. I have lots of experience using Excel spreadsheets".

Area Motion by *Our Gratitude Speaks* with Friendly amendment by *Clean and Serene*:

The motion is to print schedules monthly (in stead of every other month) only making changes as required. There should be no impact on cost because half the number of schedules would be printed every month as are printed every other month now.

The purpose of the motion is to keep the schedule more current and up to date.

REGIONAL BUSINESS

Regional Guidelines Revision Draft – *Please complete the Poll on Revisions to the Regional Guidelines.*

Anchorage and Kenai Area members have reviewed the draft revision to the Regional Guidelines, and there has been conversations with Golden Heart members about it. There are a number of proposed changes about which the guideline ad hoc committee is seeking advice from the fellowship.

We are taking this poll of the groups to dial in the revisions. Essentially voting is as follows:

“Yea” – this means “we are in favor of it” or “Pro”

“OK” – maybe it does not please us, but we can live with this.

“No” – this means “we are against it”

Also there is a “Comment” line. Any comment is welcome.

Region Inviting Nomination:

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

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

Anchorage NA Helpline: 907-277-5483

December 2016

T-Shirt Logo Contest - Project Primary Purpose

Kenai Area's Mark M is the Logo Contest winner for Project Primary Purpose, a project to raise funds to buy Basic Texts for incarcerated addicts. Region will now proceed with producing and selling tee shirts.



Thanksgiving Narathon

Thank you to everyone who attended our Thanksgiving Narathon. & our yummy dinner. We had about 150 members attend the Narathon meetings over the ~2 day activity. The active members of the activities sub-committee were fantastic, and I'd like to thank everyone for the service. In particular, we'd like to thank all of the groups and individual members who donated food, money, shared their stories, or chaired a Narathon meeting. We look forward to seeing you again at the Christmas Narathon.



SAVE THE DATE:

NA in Alaska Anniversary Celebration will be Saturday February 4, 2017 at St. Anthony's Church

AREA POLL on Changes to the Regional Guidelines

Regional Service Committee

Part i, Part 8 – Conditions of Nomination(s)

Subpart a (iii) introduces a provision to approve waiving clean time. The language is as follows:

“RSC should not waive clean time unless there is unanimous approval to waive the clean time.”

We do not have a provision for waiving clean time. Kenai suggested this provision.

Yea,
OK, can live with this change
No,

Comment: _____

Part I, Part 6 – regarding groups that are not within an Area, The following provision gives groups the means to make a motion at the ARSC meeting.

“Groups outside of “Areas” may be heard, but do not vote. Chair may introduce a motion on behalf of Group or Groups that are geographically outside of an existing Area. Such a motion would still require a second and would be treated like any other motion.”ⁱ

Groups outside of Areas do not have a voting presence. They can speak but cannot introduce a motion. This gives them that ability.

Yea,
OK, can live with this change,
No

Comment: _____

Part I, Part 11 – Removal from the ARSC Quorum. In the course of reviewing the Guidelines, Kenai has “would like to see this part I (11) guideline removed”. This is what it reads now:

“If an Area is not represented at two consecutive ARSC meetings then they cannot vote at the next RSC meeting in which they are present.

The reason for this motion is the quorum count is important to getting business done. If there are 4 Areas and only 3 show up, then they are saddled with achieving unanimity to get anything done.

Kenai, in a spirit of unity and cooperation, would like it to read:

“If an area is not represented at two consecutive ARSC meetings, the Chair or Vice chair will contact the area and open a line of communication as to why no RCM has been present and determine if the Area needs help in reestablishing itself back into the Region.”

A compromise is as follows:

“If an Area is not represented at two consecutive ARSC meetings then they cannot vote at the next ARSC meeting in which they are present. In this event, the Chair (or someone designated by the Chair) is tasked with reaching out to the Area to determine why the Area is not participating at Region, and what assistance the Region might provide to help the Area to reestablish itself in the Region. The Chair would provide a brief report of this effort at the next Regional meeting.”

Yea,
OK, can live with this change,
No

Comment: _____

Convention Guidelines

The full section of the Draft Convention Section of the Guidelines is reprinted below. Other elements of this section are either standard practice or have been overtly adopted by ARSC.

A. Part 3 – **Should the guidelines state that we should have convention in the Fall?**

“Convention shall be held in September, October or November each year.”

Some have responded the Fall convention is traditionally in the Fall and like it. Another recalls a time when we had a convention in the Spring, and 2 years ago we had a hotels and hospitality chair advocating for a Spring Convention. Since Region typically has a convention every year, it would complicate the seed money and timing to have the event in Spring.

- Yea,
- OK, can live with this change,
- No

Comment: _____

B. Part 6 – **This section includes the current practice of an Area electing the Convention Chair.**

“The host Area shall elect the Convention Chair who meets the qualifications set out in part (7)(v) and (7)(vi) of these guidelines. At the same time, the host Area may remove a Convention Chair by a 2/3 vote of the host Area groups.”

The provision to remove the chair has been added. Since the Area elects the Chair, this gives the host Area the ability to remove the chair by 2/3 majority of the Area groups.

- Yea,
- OK, can live with this change
- No

Comment: _____

C. Part 7 and 9 – **Should the Convention Chair be accountable to the Area and the Region?**

“Part 7 -- The convention chair is accountable to the host Area and the ARSC”.

The rest of the Part 7 section is a justification: “While the convention is a Regional event, the host Area is in the best position to respond to Convention committee needs and issues as they arise, monitor Convention progress, and coordinate Convention events with local Area events. Also, the ARSC is less able to respond because it meets less frequently than the host Area, and it is possible the RCMs would need to take decisions back to their Areas, which would further delay ARSC response”.

Part 9 just expands on how the convention Chair would be accountable.

- Yea,
- OK, can live with this change
- No

Comment: _____

XII. CONVENTION SUB-COMMITTEE *DRAFT*

1. Use the approved WSO Convention Guidelines. -The purpose of the ARSC Convention is to celebrate recovery. This purpose does not override NA's primary purpose. ⁱⁱ
2. Convention subcommittee is a subcommittee of the ARSC.
3. **Convention shall be held in September, October or November each year** ⁱⁱⁱ
4. Convention is hosted in turn annually as follows: Kenai, Anchorage (2017), Golden Heart, and Anchorage, and Kenai, etc. ^{iv}
5. Annually, at the October meeting, the next year's Host Area should commit to hosting the convention. If the Area whose turn it is to host in the cycle declines to host, then the next Area in turn shall have opportunity to host, unless Golden Heart or Kenai decline to host, in which case Kenai or Golden Heart may elect to host instead of Anchorage, who would have just hosted. ^v
6. **The host Area shall elect the Convention Chair who meets the qualifications set out in part (7)(v) and (7)(vi) of these guidelines. At the same time, the host Area may remove a Convention Chair by a 2/3 vote of the host Area groups.**
7. **The convention chair is accountable to the host Area and the ARSC.** While the convention is a Regional event, the host Area is in the best position to respond to Convention committee needs and issues as they arise, monitor Convention progress, and coordinate Convention events with local Area events. On the other hand, the ARSC is less able to respond because it meets less frequently than the host Area, and the possible need by RCMs to take decisions back to their Areas delays ARSC response time further.
8. The Convention Chair (or designee) shall provide a report to the ARSC on behalf of the Convention Committee at its regularly scheduled meeting.
9. **The Convention Chair (or designee) shall attend the host Area committee meetings and update the host Area committee on convention planning and progress, and to coordinate activities. The host Area groups (fellowship) shall support the convention committee by providing the human resources and ideas necessary to put on the convention.**
10. The ARSC shall provide the convention seed money to host the convention. This is maintained in the Convention bank account, which typically does not change between conventions.
11. Convention chair (or designee) will submit a Convention report and transfer all funds in excess of the seed money to the ARSC treasurer within 45 days of the Convention. If the Convention earned no proceeds above the seed money, the ARSC will make the seed money whole for the next convention committee.

^{iv} This was adopted by resolution in 2014.

^v Sometimes the smaller Areas are not up to hosting a convention. If Anchorage has just hosted the convention, then it is appropriate to hold it elsewhere the following year, so if GH declines, it should go to Kenai or vice versa.