



Never Alone

Anchorage Area NA Newsletter

September 2019 Issue

We are currently looking for submissions!!

If you have stories, wisdom, humor, events, photos (No faces!), or announcements you would like to share, please submit them to neveraloneneewsletter907@gmail.com. Deadline for submissions is the 15th of the month.

The purpose of this newsletter is to keep Anchorage Area Narcotics Anonymous members informed of the events and happenings in our fellowship. Every attempt is made to adhere to NAWS guidelines for newsletters. The content contained herein expresses the views and knowledge of it's contributors, not NA as a whole.

If you are interested in working on the newsletter contact Amy U @ 907-952-5939. Subcommittee meetings are held the Saturday after area at Kaladi Brother's Spenard at 5:00 PM.

Amy U (Clean Date 12-15-2013)

My clean date is December 15, 2013 and I'm grateful to be in recovery and a proud member of Narcotics Anonymous. After writing this newsletter and sharing other's experience, strength and hope for almost two years, I thought it was time to share my own story.

I was born into a family of addicts, as many of us are. I spent my childhood searching for love and positive attention from my family members but always fell short. In high school, I moved to a new town and started using as a way to "fit in." By the end of 2013 I found myself homeless, hopeless and suicidal. Then one day in mid-December, as I sat and prayed for a way out, I used for the very last time.

My prayers were answered when I found myself in a treatment center. It was there I was introduced to Narcotics Anonymous. I remember attending H&I meetings in the facility I was at and hoping that one day I might be able to help people in much the same way. I heard from women who had been through many of the same things I had. They were accomplishing things they never imagined they would. I saw the light in these women's eyes and the joy in their hearts and was inspired. I heard all the clichés like "Keep coming back," "90 in 90," and "We'll love you until you can love yourself."

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Anchorage NA Helpline: 907-277-5483

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I decided before my graduation from treatment that I'd follow that advice along with, "The first thing you should do after you leave treatment is go to a meeting." I walked, rode the bus and asked for rides to get to and home from every single meeting I could get to. I put the same effort into my recovery as I had chasing my high. I was shy and reserved but I eventually found someone who was accomplishing things I wanted to accomplish, so I asked her to sponsor me.

In my first year, I walked through some really hard things. I had a relationship fail, lost a job and got one of my children back. I managed to get through all those things without using; all the while learning from my mistakes. I learned to depend on my sponsor and others in the program because I trusted they knew better than I did about making decisions for the time being. With time that began to change. Even after all this time, I still consult with my sponsor regularly for guidance.

The rooms of NA and the people in them have become my sanctuary. The safe place I can go when I'm lonely, hurting or happy. I've learned to walk through feelings which I thought would kill me, share my success with humility and give back to a community of people who love me genuinely. I came here with serious codependency issues, now I've grown into an independent woman who no longer fears being alone. You guys have taught me to love and respect myself which, in turn, has taught other people how to treat me.

Service is near and dear to my heart because without the service of those before me, I wouldn't have this place where I belong. I learned early in recovery to get a home group and be of service to that home group. I learned later on about Area service and was given the opportunity to utilize my leadership skills to be a voice in the Anchorage area. This year, I've been blessed with the opportunity to be a part of the Alaska Convention Committee and although it's had its challenges, I'm grateful for all I've learned.

The connection I have with other addicts is strong and I love seeing people succeed. Truth is, if I hadn't found this program, I have no idea where I'd be today. I'm one of those hope to die addicts who could have been another statistic but today I'm a mother, an employee, a friend, a sister, a daughter, a sponsor, a productive member of society who gives back what was so freely given to me without question with the knowledge that "No addict, anywhere, need die from the horrors of addiction."

ILS,

Amy U

Upcoming events!!

<i>What</i>	<i>When</i>	<i>Where</i>	<i>How Much</i>
Convention Fundraiser Movie Night & Chili Cookoff	September 21, 2019 4 PM - 9 PM	Central Lutheran Church Anchorage	Suggested Donation \$10
Alaska Regional Convention of Narcotics Anonymous XXXV	October 11-13, 2019	Sheraton Hotel, Anchorage	\$145 Full Package \$50 Registration Only

Convention Subcommittees are in need of people to be of service!!!

We only keep what we have by giving it away!

Come get involved!!!!