



# Recovery Herald

## CAMPVENTION, THEN AND NOW

**E**very year since I can remember, we have had an amazing event known by many as “Kenai Campvention”. It’s a time where we all gather and celebrate with a weekend of fun, fellowship, unity, and love. Many people from all over the state gather to share in this event, which has been hosted by the Kenai Peninsula Area for 8 years.

### History of Campvention

Prior to 2005 the Anchorage fellowship created a campout which was held at the Isaac Walton Park for many years. In 2005 the region decided to use the campout as an outreach to touch the many addicts who suffered on the peninsula. Between that simple choice in the regions decision to try and reach addicts, and the few addicts on our peninsula who caught wind of the event, the seed of campvention was born.

### In the Early Days

The Kenai Peninsula hosted its first ever campvention in 2006 at the Diamond M Ranch. The theme was “Hooked on Recovery”. Each registration packet was complete with a little gold panning plate, a fish hook, and a refrigerator magnet. Primarily

people slept in tents, and somewhere along the way the fellowship managed to get into trouble for being too loud after curfew. “The kitchen was small, but we managed”, said Christy; who was the treasurer the first few years of Campvention. It was apparent that bigger accommodations would be needed.

### A Seasoned Event

In 2007 the Alaska Christian Retreat facility became the home of Campvention. We have used their facilities now for 6 years. Since setting up camp, our fellowship has grown, and the experiences expressed have been life changing. Our members share countless stories with one another. Newcomers are welcomed in partaking in the service of NA, and getting a taste of what it feels like to be a member of such a wonderful fellowship. Lines are blurred and for a few days we all get to escape together into our own little village of experience, strength and hope.

Interviewed: Christy, Mandy, Donna, Tanya, Taddie, and Desirea

Interviewers: Brett & Heidi

~Written by Heidi K.



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### SPECIAL POINTS OF INTEREST

- Campvention Schedule
- Around NA
- Business and Committee Meetings
- Service Positions
- Milestones



## LIVING THE PROGRAM

Honesty, open-mindedness and willingness, are the three basic factors of Narcotics Anonymous. Addicts can go to meetings, talk to newcomers and stay clean, without living the program. What does it mean to truly live the program? A question that is brought up all to often, though revealed by simply reading the literature provided.

It can be debated with fellow addicts until the end of time. After reading the literature addicts can plainly see that acceptance is a huge part of the program. It makes way for living in today and living life on life's terms. Acceptance leads to a happy, joyous and free life. Having a higher power only strengthens recovery, that power in knowing everything is going to work out in the end is a great feeling. Surrendering to the will of a higher power of your understanding as well as the program is most definitely living the program of Narcotics Anonymous.

Honesty with ones self and sponsor gives addicts room to grow and find themselves to be the person our higher power has destined us to be, an honest program is a working program. As one of the key principles in NA, this cannot be overlooked. Open-mindedness and willingness are traits most aren't too familiar with in the beginning. In order to excel in this program, addicts must learn these, and fast. "Chase your recovery like you chased your disease" a phrase often said at meetings, most addicts try to live by this suggestion. Willingness comes into play whenever a suggestion is taken.

Living the program can seem difficult at first; as soon as the steps are taken it gets a little bit easier. Getting the wheels of recovery rolling is always hardest, but just like anything, practice makes perfect! As long as addicts do the things suggested, talk to a sponsor and live the principles of the program, we can stay clean, together!

~Jeff G., NA member

*The whole world looks different. Where before we had no reason to hope, we now have every reason to expect a dramatic difference in our lives.* ~ It Works p. 24

## CLARITY STATEMENT

We are presented with a dilemma; when NA members identify themselves as addicts and alcoholics, or talk about living clean and sober, the clarity of the NA message is blurred. To speak in this manner suggests that there are two diseases, that one drug is somehow separate from the rest, requiring special recognition.

Narcotics anonymous makes no distinction between drugs. Our identification as addicts is all-inclusive, which allows us to concentrate on our similarities, not our differences.

~Extract from NA World Services  
Board of Trustees Bulletin # 13

## TO MY DISEASE

W

here do I even begin...? Let me start

by saying I'm so glad we ended up taking a break from each other for the past few months. I really needed it. I've been given a chance to take a look at the dynamics & patterns of our relationship, and how you have been affecting my life since we first met when I was a little girl... so many memories. It used to be "How do I love thee", now it's "How do you kill me" - let me count the ways.

I thought we already did this. I thought we parted for good over 8 years ago. But you never left completely. The fucked up thing is, I didn't even know it was you again until it was too late. You looked different, not so intense. It was so easy for me to pretend that it wasn't you, that I was done with you forever. But you never left. You stayed with me, hidden quietly in the background, always there...waiting. My friends would tell me they saw you & I thought THEY were crazy. I wish I would have listened. Instead, I shut out the people that really loved me.

I am so tired of your lies. You always tell me that things will be better. That you won't hurt me anymore. That you love me & everything will be OK. Don't get me wrong, we've had some moments of pure bliss. Ecstasy. Euphoria. When

everything feels perfect, just as it is. I know I loved you for a reason. Sometimes you were the only thing I lived for. You kept me safe. But at the same time, you have been trying to kill me since the beginning. Sometimes it was drastic & intense, sometimes painfully slow.

The good times were so rare recently. The pain you inflict on me is too much to bear. You cut me too deep. You left me cold & dirty, hopeless & bleeding. Curled up in a corner... wishing for the end.

Well, the end has come - for you and I. I know you will always be a part of me & I KNOW you will be around, trying to creep back into my life. Hiding in closets & under rugs. Waiting for an opportunity to get me back.

But I have something powerful. Something you will never know. I have surrendered to truth, love, honesty, forgiveness, and hope. I have an ARMY of warriors in my corner now. Never Alone, Never Again. Today I stand tall, with Grace. I am willing to fight. I deserve to live, FREE. Proud, beautiful, happy, courageous, strong. I will dance. I will sing. I will breathe.

I will fight.

~ Lotus, NA Member



### **Awareness**

To hear the whisper of the summer sun,  
And listen to the song of a bird...

To feel accomplished from a job well done,  
To appreciate a genuine kind word...

To see a dirty-faced child, smile spread across its cheeks.  
To enjoy walking out in the wild,  
To heed when the days turn to weeks...

To be present in the now of a day,  
To be the main character in my own story...

This is the easier softer way...  
And today I choose to bask in His glory!

*~Tamera M., NA Member*

### HOW IT WORKS

Often we act in ways that are contrary to our values, yet we expect others to live up to our standards. For instance we may find ourselves flinching when we hear others gossiping about someone. Following such an occurrence, we are likely to be self-righteous— until we catch ourselves doing the very same thing. Other situations can occur when we become supercritical or others. For example, we may have a tendency to have high expectations of others; however, we have a variety of excuses at hand for why these standards don't apply to us! If we find ourselves in the midst of the such moral uncertainty, we can use the principles of the Tenth Step to provide more clarity.

*~P. 100, It Works*

**CHECK IT OUT—  
ADDITIONAL ACTIVITIES  
INFORMATION**

Places to find specifics about events:

- Activities binders; which are located at every home group
- Kenai 907 Facebook page; you click the events tab located at the top of the screen
- Never Alone 907 Facebook page.
- Regional Events Page: [www.akna.org/events](http://www.akna.org/events)

**OUR TRUSTED SERVANTS**

**Executive Committee**

- Chair: Annette B.
- Vice Chair: Donna A.
- Secretary: Jodi L.
- RCM: Danny M.
- RCM Alt: Rick E.
- Literature: Victoria L.

**Committee Chairs**

- H & I: Todd M.
- Activities: Heidi K.
- PI: Mandy H.

**GSRs**

- DHF: Mike R.
- It Works: Danny M.
- Clean Machine: Donna A.
- Twisted Sisters: Cheyenne M.
- PJ Meeting: Libby
- This One: Todd M.
- SOS: Spring L.

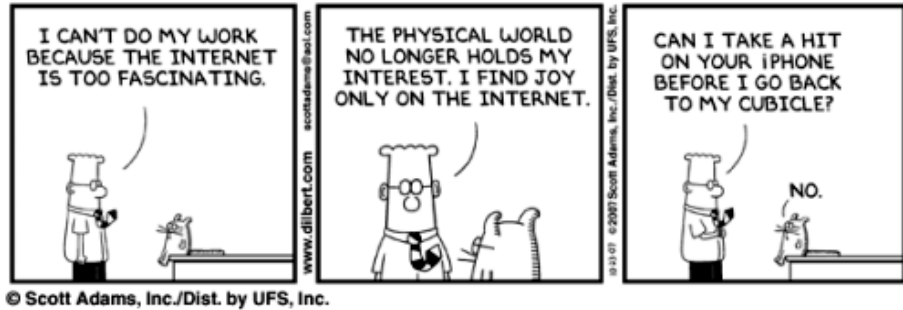
**THANK YOU**

I am writing this letter to thank the Kenai Area Group(s) of Narcotics Anonymous for sponsoring the 2013 Spring Fling ~ Rockin' in Recovery" in April of this year. I was invited by Heidi K. to share my story at the Speaker Jam Saturday evening. It was a wonderful opportunity to return to my beloved Peninsula where I spent ten years clean, and I jumped at the chance. I cannot express adequately, in words, how overwhelming it is to watch the growth of the NA fellowship in the area. In 2001 when I moved to Soldotna, NA was small and not well sup-

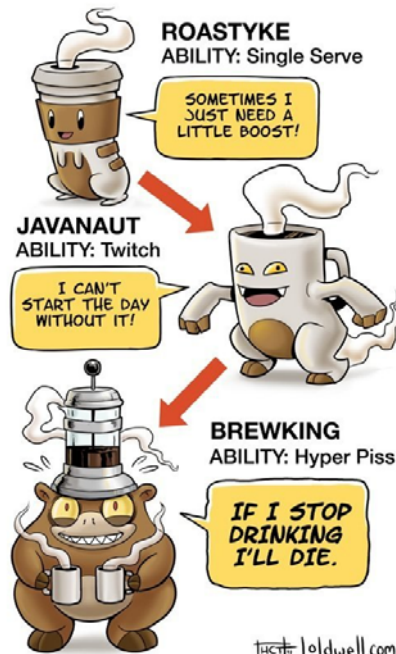
ported. I am proud to be able to say I witnessed the dedication and fortitude of several key members who managed to get the ball rolling. You know who you are and I consider these the most cherished and valued friendships I have ever been honored to maintain. I realize that it hasn't always been easy, I have strong opinions, glaring defects and well...just flat attitude. You have loved me and tolerated me through many tantrums and full blown rantings. Many of you have even been bold enough to tell me to sit

*-Continued on pg. 7*

**ON THE LIGHTER SIDE**



**Evolution  
OF A COFFEE ADDICT**



Researchers have discovered that chocolate produces some of the same reactions in the brain as marijuana... The researchers also discovered other similarities between the two, but can't remember what they are. ~Matt Lauer on NBC's Today show, August 22

Did you hear there's a new 12-step program for people who talk too much? It's called on-and-on-anon!

Service is like wetting your pants—everyone sees it, but you're the one that feels the warmth!

The man was in no shape to drive, so he wisely left his car parked and walked home. As he was walking unsteadily along, he was stopped by a policeman. "What are you doing out here at 2 a.m.?" asked the officer. "I'm going to a lecture." The cop asked, "Who is going to give a lecture at this hour?" "My wife," said the man.

## BUSINESS MEETINGS

**Area Meeting**– First Saturday of the month at 5pm, Methodist Church

**DHF**- First Thursday of Month at 8pm, Methodist Church

**Clean Machine**– Last Wednesday of Month at 8pm, Hospital

**Twisted Sisters**– Last Sunday of the month at 5pm, URS Club

**PJ Meeting**– Last Saturday of the Month at 11am, URS Club

**It Works**– As needed

**This One**- As needed

**S.O.S.**– First Tuesday of the Month at 730pm, Hospital

**NA on the Bay**– First Friday of the month at 730pm, Refuge Chapel

## COMMITTEE MEETINGS

**H&I (Hospitals & Institutions)**– First Sunday of the month at 530pm, URS Club

**PI (Public Information)**– Last Sunday of the month at 530pm, URS Club

**Activities**- Second and Fourth Sunday of every month, at 2pm, URS Club (**Revised meeting schedule for June & July**)

**Newsletter**– Third Saturday of the Month at 2pm, Kenai Public Library



*"What I have to remember, personally, is that I'm here, and possibly all of you are here, because of people who'll never be here. The newcomer is the life blood of this organization, always has been, always will be."*

*~ Jimmy K.*

## AROUND NA

### AROUND THE AREA

#### Campvention Schedule

**Friday, July 26**

3:00pm Registration Opens  
6:00pm-7:00pm Dinner  
7:30pm-9:00pm Speaker Jam

**Saturday, July 27**

12:00am-1:00am Midnight Meeting  
8:30am-9:45am Morning Meditation & Breakfast  
10:00am-11:00am Youth in Recovery Topic Meeting  
11:15am-11:45am Laughter Yoga  
12:00pm-1:30pm Lunch & Speaker Meeting  
1:30pm-2:30pm Family Time  
2:30pm-3:00pm Group Picture & Clean Time Countdown  
3:00pm-4:30pm Sponsorship Panel Meeting  
5:00pm-6:00pm H&I Workshop  
6:15pm-7:30pm Dinner  
7:30pm-9:00pm Raffle, Split the Pot & Auction  
11:00pm-12:00am Resentment Bonfire

**Sunday, July 28**

8:00am-9:00am Morning Meeting  
9:00am-10:00am Breakfast  
10:00am-11:00am Speaker Meeting  
11:30am-12:30pm Cleanup & Check Out

### AROUND THE REGION

Website: [www.akna.org](http://www.akna.org)

**ARCNA XXIX**

October 11-13, 2013 in Fairbanks

### AROUND THE WORLD

Website: [www.na.org](http://www.na.org)

**WCNA 35 in Philadelphia**

August 29, 2013 – September 1, 2013



## MY EVOLVING JOURNEY WITH THE 12 STEPS

When I first got clean I was beat up on the inside not to mention the damage I caused on the outside. But the stuff that was unseen by others is what kept me in a state of hopelessness. When I was sick and tired of hurting myself and every one I cared about, and tired of endless bouts of jail time, something happened, I became willing... I hadn't tried that route yet and decided to give it a go. And with the help of my sponsor I began my journey with the steps. I was tied up so tight inside and in so much pain, that when it came to the first step, (the admitting), that was way easier then how I felt at that time. My first set of steps were pretty much raw feelings and actions of a broken life, and the freedom I felt after working them to the best of my ability at that time, was more than I could ever have imagined. They introduced me to myself for the first time. I'm not saying that I liked who I met at first, but with my sponsors guidance, honesty, open mindedness, and willingness, I could look at the person in the mirror with something other than disgust. They introduced me to a kinder more loving God then I believed in before, who helped me

and gave me the strength to go on, through the diversity of these raw feelings I was experiencing, and helped me change my perception. Now I wasn't blind to my part, so not looking at my part from there on out was now a choice that I had. I could blame everyone else and be miserable, or I could work on changing me, and in turn get some degree of relief. My choice and I didn't always choose the relief. As a result of working the steps, having a continuous contact with this new loving higher power, calling my sponsor on a regular basis, going to meetings, and some service (helping others), my life got way better. I picked up my career that I lost in the grips of my disease; I started gaining the trust of my children again, so many things happened, good and seemingly bad. Recovery helped me stay in gratitude through both. And then something unimaginable happened. My beautiful grandson passed away. I felt as though the ground beneath me fell away and I was consumed with grief, how was I going to go on?

-Continued on pg. 7

*“Each group should be autonomous, except in matters affecting other groups or NA as a whole.” -Tradition 4*



## SEARCH 4 RECOVERY

### STEP TWO

T H E N R D L U O C B T S  
Q Y T I N A S C D J B T F  
C O R N S E M A C I C W Y  
Y S T E P T W O H M X P C  
E D J W A G R E A T E R S  
U X D T T L O M T Q O X Q  
S O N O Q H G T U T T C V  
K A B E L I E V E A J U V  
D W P E G W Y C H D H E B  
F M P O W E R T L I D X R  
B D E H F R E S T O R E T  
S E V L E S R U O V P O S  
A Y M J U K Q G G W H O C

“We came to believe that a Power  
greater than ourselves could  
restore us to sanity.”

## TECHNICAL STUFF

### Section 2

#### **Article #1                      Members**

KPASC is comprised of voting and non-voting members. A valid KPASC meeting shall consist of a simple majority of the Group Service Representatives (GSR's). Alternate GSR's can make decisions on behalf of a GSR's absence.

*-Excerpt from KPASC Guidelines*

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#### *Journey cont. pg. 6*

How was I going to help my daughter get through her horrific loss and tragedy? Then I did what was becoming a new habit in my life, I called my sponsor. She was at my house within the hour holding me up and praying with me and just being there for me. I was angry at God and it was during this time of anger that other recovering addicts held me up and loaned me their strength so I could go be there for my daughter in her time of need. I spent my two year clean date helping my child bury her child, trying to be there for her through her loss and grief, while grief stricken myself. I didn't get high over it I didn't pick up anything to numb out; I was able to be present in that moment for the first time in most of my daughter's life. The steps gave me tools to use in times of turmoil and I used them the best I knew how. After I got home from Texas my sponsor suggested I

work another set of steps over this loss. It took me a while before I could, but I did. One of the gifts I got out of that particular set of steps was that it was okay to be angry at God, but to stay in that place of anger was hurting me. I was taught about acceptance, and I'm not saying the grief disappeared, however I was able to breathe again, Go on living and not use over it. Through my recovery since then I've worked the steps on people, behaviors, and feelings, and each time I do, I not only grow spiritually, but I get to use the gifts I get and my experiences to help others. My journey with the twelve steps continues to evolve. I have God, my sponsor, and my recovery family to thank for my fulfilling life today.

*~Tamera M., NA Member*

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#### *Thank You cont. pg. 4*

down and shut the 'f' up" which I hate to admit was exactly what I needed to do. I appreciate every single one of you! Even you rotten men!!! It has been a highlight of my life and my recovery to be connected to DHF, Twisted Sisters and The Clean Machine. You have taught me to listen, admit when I am wrong and have tolerance for others. Mostly you have loved me when I was completely unlovable, listened to my "poor me" pity parties that I couldn't even stand and supported me through major ups and downs with my teenage daughter and dysfunctional family relationships. Holding me up when I lost my sponsor and grand sponsor to cancer and guided me thru all my major life decisions. While I still act like a teenager I can say I have gained a nugget of maturity through the tough love of "my girls". I miss the opportunity to be challenged by the newcomers, the reality checks by the crusty old timers and the wiping of my tears by my cherished travelling Butterflies. The good, the bad and the ugly. All of it necessary and all of it appreciated. I thank you for your forgiveness and I think you know who I mean.

Watching the fellowship grow and "blossom", attract new members, to sponsor women in "other" programs and then watch them sponsor young ladies is indeed a joyous experience. Seeing families being reassembled through step work, accountability and living amends. I am so very thankful for you. Never Alone Never Again takes on new meaning. The miles may separate us however there is a chunk of my heart that will forever remain with you "in the rooms". Thank you, thank you, thank you. RECOVERY ROCKS in Kenai, Alaska!! I extend a huge group hug and an invitation to come visit SE Alaska...I have extra room!! With deep gratitude and sincere longing to sit, listen and share in circles around campfires, around lakes in tents, and on long exhausting hikes is an ache I carry with me every day. I love you all very much. Thank you for carrying me, my mess and THE message so well, you are amazing.

*~With love and gratitude,  
Leslie C. Wrangell, Alaska, NA Member*

## HISTORY LESSON

Greg P. got clean on October 25, 1970. Greg's story is in the Little White Book entitled: "I was different" and the NA Basic Text. He also wrote the informational pamphlets, "The Triangle of Self Obsession", "Living the Program", the first fourth step working guide which was called "An Approach to Writing the Fourth Step", and the NA Tree, which was the first service structure in NA. Greg P. gave his last NA talk in a small North Carolina town and died on April 29, 1999.

*-Excerpt NA History Group*

## HELPLINES



Statewide: 1.866.258.6329  
Anchorage: 1.907.277.5483  
Fairbanks: 1.866.258.6329  
Juneau: 1.866.258.6329  
Kenai: 1.907.335.9456

## IT WORKS!

Steve M. 06/09/96  
Tiffney B. 07/13/12  
Reñee B. 7/20/12  
Danny M. 07/21/04  
Heidi K. 07/26/08  
Desirea W. 07/28/07

To submit upcoming milestones and anniversaries, contact Spring L. 907.398.4949, send FB message or email to [recoveryherald@gmail.com](mailto:recoveryherald@gmail.com). If we missed you this publication, it was not intentional. Thank you for your understanding!

## NEWSLETTER SUBCOMMITTEE:

### Editor

Spring L.

### Copy Editor

**Position Open!!!**

### Reporter

Jeff G.

### Information

Sam

Jenny

### Arts & Entertainment

Cheyenne & Enrique

### Tradition Guides

Mandy H.

Dennis & Donna A.

Danny M.

Christy W.

The Recovery Herald is looking for more reporters and Tradition Guides! Contact Spring L. 398-4949



We would like to thank all of our members who contributed to the newsletter. It was by your efforts that this publication was made possible. We look forward to your contributions in upcoming publications; we accept letters to the editor, articles, jokes, cartoons, polls, crosswords and artwork. Please keep article submissions to 175-400 words and recovery based. The newsletter is published bi-monthly. Email all contributions to [recoveryherald@gmail.com](mailto:recoveryherald@gmail.com)

**Please Note:** The opinions expressed herein are those of individual members and

not the opinions of the Kenai Peninsula Area or NA as a whole. NA is not affiliated in any way with this publication. The Handbook for NA states, "The Twelve Traditions of NA should serve as the basic guidelines for editing your newsletter... the language of NA recovery should be used." All editorial decisions made by the Newsletter Committee have been made with these guidelines and the 12 Concepts in mind. We welcome any feedback in accordance with the second tradition.