



# Recovery Herald

## IGNITING THE SPARK~

Throughout the years that I have spent in this program, I have had many ups and downs. There have been times when my spiritual connection seemed unshakeable... I could see the beauty and gifts in all situations. The things I heard and people I crossed seemed to have been put there by some divine force, just for me. At other times, I've felt as if I was praying to something far away and unreal. Life seemed to lose its purpose. The pain and hardships of everyday living wore me down to the point of hopelessness. "What's the point?" and "Who cares?" crowded out my once prevalent thoughts of gratitude and joy. Helping others seemed such a waste of time and energy. I have met so many beautiful people in this program, only to watch them disappear into the darkness. The pain of losing loved ones has, at times, put a wall around my heart...

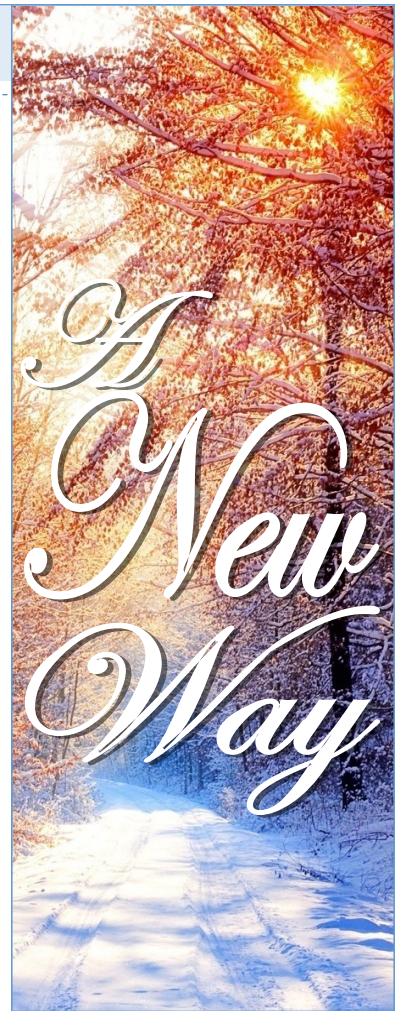
And then, seemingly out of nowhere, I would receive an amazing gift. And once again, I felt the divine power, as if it was put there just for me. Maybe I would stumble upon an old friend and hear them speak the language of recovery, or watch a new member of the program light up as they talked of their fresh hope and the gifts they were already receiving! My phone would ring and someone would ask me to share with them

what I have found...

That's when I remember why I keep coming back. This, I must be reminded of constantly. I am learning to give without expectation... to be satisfied with holding hope for the still suffering addict, regardless of who stays. Nothing so much resurrects my flagging spirit as watching the spark ignite in another's eyes.

There's a lot to be said for old-fashioned Twelfth-Step work. We can get confused, and limit our outreach to members we know who have relapsed. We can be fearful of new people we don't know. Perhaps there is a reason to be cautious: We're dangerous when we're using. We alibi out of caring by saying that we are making amends to ourselves: "I don't need all that drama in my life." But when we "protect ourselves" from the newcomer, we don't defend our lives from drama; we deprive ourselves of the opportunity to witness the miracle, (Living Clean, Pg. 40)."

~Lotus B., NA Member



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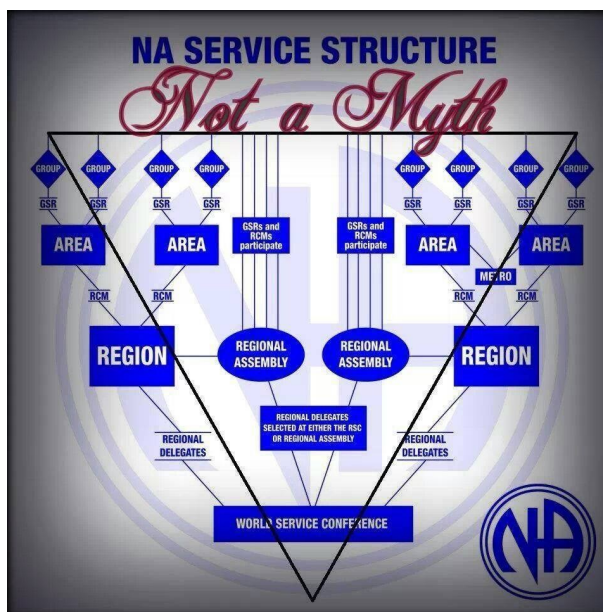
### SPECIAL POINTS OF INTEREST

- Area Service Committee
- Business and Committee Meetings
- ARCNA XXX

## CHECK IT OUT— ADDITIONAL ACTIVITIES INFORMATION

Places to find specifics about events:

- Activities binder located at the URS Club
- 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)



## FELLOWS

*There is a lot going on in our lil' fellowship. We need you and you need us! Find a trusted servant and ask how you can get into service! Area is still in need of a Regional Committee Member! ARCNA Committee is still in need of a Convention Information member and there are committees that need you!*

*“In the larger frame, each group is a strand in the supporting fabric of Narcotics Anonymous.”* It Works, p. 126

## 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*

## THE PARTY GIRL

Almost a year ago, I decided to give a little of my time and energy to find out what it really meant to be a part of service for the fellowship of NA. I have always considered myself a bit of a loner and not much of a party girl. I knew how to have fun in recovery, but that's because I didn't want to be the wallflower. I tried to fit into that skin of a flower, and it's just not my forte.

I remember the first event—the New Year's Eve speaker jam and dance of 2012. I was one of the speakers and I remember sharing that the reason why I decided to be Activities Chair was that I already knew how to have fun in recovery, but I wanted to give that simple gift to the newcomer.

So, I set out on a mission to do exactly that. At first, I completely overwhelmed myself and the committee with worksheets and job descriptions. I spent late nights reviewing flyers, making Microsoft Excel cost-analysis sheets and checking all of my bases to make sure that I was following traditions and concepts to the best of my ability. My first experience with an Area meeting was so overwhelming

that I think I cried the whole way home. I truly learned principles over personalities, and that no matter what I did I couldn't please everyone. As long as there was unity and fellowship in the activities, I was slowly learning that that is all that is needed to peel the newcomer away from the wall and into the crowd.

For me, activities helped me to shed my shell of insecurity. Confrontation no longer scares me. I realized that the title doesn't mean shit if you don't have a wonderful committee of trusted servants to back you up and hold your hand. This committee that I speak of has met with me and has done service in over 12 events this year. Not only that, but our committee has met regularly at the minimum of twice a month to plan and coordinate. We have spent a lot of time together and have grown into a wonderful family. I just can't possibly begin to express how wonderful it is to be of service. God has given me grace, love, and peace. I'm a grateful servant today.

*~Heidi K., NA Member*

## POETRY CORNER

'Twas the night before Christmas and all through my head....my addict was spinning, I wished I was dead.

My dreams were all twisted, broken and tattered...getting my next fix was really all that mattered.

My children uncared for and unhealthily fed...while visions of Santa Claus danced in their head.

With me in my sweatpants, my phone in my hand...calling the dope man--this is not what I planned.

I never thought I would end up this way...I couldn't even take my beautiful kids out to play.

But the choices I made never made any sense...I wanted to be a good mom, but I stayed up on the fence.

So, away went my daughters, to their dad's they would stay...I'll get it together and then we can play.

I lied to my children and I lied to myself...They were just innocent kids I put up on a shelf.

I was off on my own with nowhere to go...making my money off of any 'ol Joe.

Feeding the dragon and chasing her down...taking everything I could from everyone in town.

Once I burned every bridge I could possibly burn, my tornado went to California to give that state a turn.

Jails, institutions and spiritual death...then I stepped firmly into hell and started doing meth.

My memory comes in pieces--I have burned a lot of cells, but I am thankful for the times I spent in all the jails.

It gave me a little time to clear my garbled brain...to clear my head just enough to get off the crazy train.

Thank you God for the meetings they brought into the jail...they gave me a sparkle of hope to climb out of that hell.

Thank you God for the women that took me by the hand...who told me to just forget all the stuff I had planned.

I'm so grateful for my sponsor for more

than saying yes...she taught me of acceptance and willingness.

She gently showed me how to do the next right thing...she walked me through the steps to mend my broken wings.

Women with the women and men stick with the men...I wish I would have listened when they told me that back then.

None of us are exactly the same, yet we all share a common bond...trying to stay off dope without the urge to abscond.

Who would I be without drugs? What could I possibly do? Would life be boring and glum? Could I smile and laugh, like you?

Do it just for today, even if it's just hour by hour...sit on your hands and just stay--pray to your Higher Power.

After I was working the steps and doing the next right thing, and my eyes started opening up to the joy that service can bring--that's when the magic started.

I could see with a new pair of eyes...my spiritual awakening started with my first complete sunrise.

Selfishness is slow to slip away, defects rear their ugly head...working on it every day, "In God's time--not yours," my sponsor said.

My story doesn't end there, because today I'm not going to use...I get to live today--a clear mind is what I choose.

Today, my children are grown...even though I missed their youth, their mom is present and I can tell them the truth.

The relationships today are two-sided and it's not just about me...everything I have, God provide--it's because of NA that I see.

Holidays are tough sometimes, the ghosts of Christmas past...I slide into regret some days, prayer helps it go away fast.

The ghost of Christmas present, that's where I need to be...try not to morbidly reflect--they say that acceptance is key.

*~Tamera M., NA Member*



## **CHANGE- GROUPS ARE SHAKING THINGS UP!**

SOS is changing the format of 2nd and 4th Tuesday's to IP Discussion meetings!!

PJ Meeting opens the doors on Mondays and Thurs at 10am!!

## **OUR TRUSTED SERVANTS**

### **Executive Committee**

Chair: Enrique P.

Vice Chair: Dennis A. and Spring L. nominated

Treasurer: Desirea L.

Secretary: Jodi L.

RCM: Open

RCM Alt: Open

Literature: Victoria L.

Co-Literature: Libby

### **Committee Chairs**

H & I: Audrey B.

Activities: Cheyenne M.

PR: Lotus B.

### **GSRs**

DHF: Annette B.

It Works: Danny M.

Clean Machine: Donna A.

Twisted Sisters: Cindy T.

PJ Meeting: Sean S.

This One: Chris H.

SOS: Sandy E.

Toys in the Addict: Dano

## **NO LONGER TWISTED**

As I walk into the local Sunday afternoon women's meeting, I am met by all sorts of different pairs of eyes. Some are soft and calm, others are scattered and scared. I take my usual seat at the long table and pull a card out of the NA daily affirmation cards being passed around. Babies are passed from one woman to the next, kids are finding their way to the corner of the room, and the twister that seems to be happening has a sort of harmonious flow to it.

There is something about this meeting that makes me feel as though, amidst the chaos of everyday life, these women and this Sunday afternoon crowded among children and coffee is somehow normal. The eyes of every different age and experience remind me that recovery is possible.

I look at my card and think, "Really? How in the heck did this seemingly perfect daily reminder manage to sneak its way into my hand?" I gaze up at the gal sitting next to me and we swap cards and glance up long enough to nod our heads at one another. I suddenly realize that the meeting is about to start. I look around the room making sure that there isn't a single woman excluded from the table. We squeeze over to fit everyone at the table. The lights go off and the candles are lit. It gets quiet and we all glance around to make sure there

are plenty of tissues on the table.

Somehow, I know that I'm going to need a tissue, regardless if it's going to be happy tears or sad tears, or maybe even both. I always end up crying at some point. These women know me, and I know them. Whether it's their first meeting or their hundredth meeting, we all sit and seek solutions as if we had been pondering at ourselves in the mirror. We are all equals at the table and we are all searching to find a glimpse of hope and happy destiny that recovery rewards us with.

I find myself counting down 'til Sunday. There are some days where I really do feel all twisted up inside. I sit in my chair, I unscramble and help others unscramble and I say prayers with all my sisters of recovery. I feel a little less twisted, and a little more connected when the meeting is over. These sisters have helped me remember, understand, and appreciate recovery.

Yours truly and forever more,

~A Twisted Sister

*If you are a woman, you should check out this meeting! We meet regularly at 4pm on Sunday at the URS club.*

## BUSINESS MEETINGS

**Area Meeting**– First Saturday of the month at 5pm, URS Club

**DHF**- First Thursday of Month at 8pm, URS Club

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

**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.**– Last Tuesday of the Month at 730pm, CPGH

## COMMITTEE MEETINGS

**H&I (Hospitals & Institutions)**– First Friday of the month at 7pm, URS Club

**PR (Public Relations)**- Last Sunday of the month at 530pm, URS Club

**Activities**- Second and Fourth Sunday of every month, at 2pm, URS Club

**Newsletter**– Second and Fourth Sunday of every month at 3:15 pm, URS Club

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*"We received our recovery from the God of our understanding. We now make ourselves available as His tool to share recovery with those who seek it."* ~ Basic Text, p. 51

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## REGIONAL CONVENTION IS COMING TO KENAI

### **ARCNA XXX Committee**

Chair: Donna A.

Co-Chair: Vacant

Secretary: Ashley B.

Treasurer: Desirea W.

### **Sub-Committees**

Hotels & Hospitality: Dennis A.

Fundraising (Entertainment): Rizz W.

Convention Information: Vacant

Registrations: Christy W.

Arts & Graphics: Spring L.

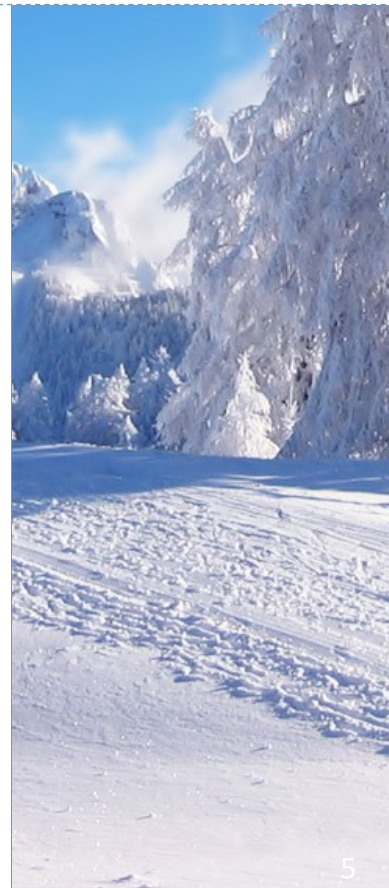
Program: Mandy H.

Merchandising: Victoria L.

Convention Date: October 3-5, 2014

Venue: Challenger Learning Center of Alaska

Regular Business Meetings: Sundays at 6pm, URS Club. 03/16



# Theme & Logo Contest

ARCNA XXX



## Got a Bright Idea? Share!

Even if you can't draw or spell... Send us your idea and we will work together to make it the very best for our fellowship!

Whaa-WHAT?! You can? Even better, less work for the committee! (Pro? Then this will mean something to you...Camera ready artwork, 300 dpi)

## Deadline

### WHEN

Saturday, March 15th, 8pm

### WHERE

This is an online event.

Submit entries to: [recoveryherald@gmail.com](mailto:recoveryherald@gmail.com)

Contact: Spring L.  
Arts & Graphics

*"Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs." ~Step 12*

## GIVING IT AWAY TO KEEP IT

I remember the first 12 step call I was blessed to be a part of. Her name was Irene an old heroin addict covered in jail house tattoos. I remember thinking to myself what could I possibly have to share that would make a difference. I said a little prayer and gave her a hug, she starting weeping I just held her.

When she composed herself I shared my experience strength and hope. We told her she would not have to do this recovery alone. I took Irene to a meeting every day for 90 days. I was blessed to see the hope in her eyes and her smile return.

I learned so much from Irene but the biggest gift was hear-

ing her story at our Unity Day 3yrs later. You never know who your going to touch or who's going to touch you. But what I do know if you allow the god of your understanding to guide you nothing is impossible. One addict helping another is without parallel is so true and has always been one of my favorite saying in NA. I will always give back what was so freely given to me. I trust and believe in the process of N.A.

Not all 12 step calls have happy endings, the odds are against us, our addict never dies it can only be arrested. But we will always have hope every time the seed is planted.

*~ Victoria L., NA Member and Literature Chair*



## TECHNICAL STUFF

### **Purpose:**

Conventions are held by members of Narcotics Anonymous to bring our membership together in the celebration of recovery.

Meetings, workshops and other activities are scheduled to encourage unity and fellowship among our members.

Because conventions are sponsored by service committees of Narcotics Anonymous, they should always conform to the N.A. principals and reflect our primary purpose.

*-Excerpt from Convention Guidelines*

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## HOSPITALS AND INSTITUTIONS (H&I)

Occasionally at the end of a meeting you'll hear it announced that H&I will be having a business meeting sometime in the near future. But what is H&I? The purpose of an H&I meeting is to carry the NA message of recovery to addicts who do not have full access to regular Narcotics Anonymous meetings. There are those addicts that are initially introduced to NA when the message of recovery is shared through H&I meetings in jails, treatment centers, and other institutions.

The Hospitals & Institutions Sub-Committee in our area is currently working to build upon the foundation we've established so that we can begin to reach more addicts seeking recovery. It's a great way to get involved in service and to fulfill our primary purpose, which is to

carry the message that any addict can lose the desire to use. We have some exciting new projects in the works and are always in need of volunteers. With these new projects there will also be new positions opening up.

### **When we meet:**

7:00pm the first Friday of each month at the URS Club in Kenai.

### **For more information contact:**

Audrey (907) 280-8285

Brad (907) 232-7229

### **Currently seeking:**

Men interested in service work at the jail (1 year clean time requirement).

*~ Audrey., NA Member*

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## ENTERTAINMENT (ACTIVITIES)

### **First Annual Kenai Women's NA Spiritual Retreat:**

March 28, 2014 at 5pm-March 30, 2014 at 12pm

Kenai River Drifters Lodge, 18404 Sterling Hwy., Cooper Landing

Cost: \$150, bedding and meals provided. First come, first serve!

Reservations: FB Event, or Rizz W. (907) 398-4006

**Game Nights:** on Sat after DHF at the URS Club, once a month! Cost: \$2

### **Corned Beef and Cabbage Dinner:**

March 17th, 8-10pm at the URS Club, sign-up to bring a dish! Cost: \$5

### **Breakfast/Speaker Meeting: PJ**

Meeting is hosting on May 10th at 930am! Word on the street is they are serving biscuits & gravy...

## HISTORY LESSON

Greg P. got clean in L.A. on October 25, 1970 when there was hardly any NA outside Southern California. He found a tiny fellowship; and as he always said, "I Bet My life on NA." Greg quickly got involved in service; Greg had a lot of organizational skills and became fast friends with his sponsor Jimmy K. Together they shaped a course for this fellowship. Greg wrote the NA Tree, which was our very first service structure. He had a vision of linking all the NA groups in the world in a structure like a Willow Tree who's branches all hang to the same level of service. He got to sit in the very first Area Service Meeting in California and watch the dream become a reality. he chaired the first World Service Conference in 1976. Greg was elected the chairman of the World Board of Trustees February 1978.

Maybe the most significant contribution Greg made was to encourage, shepherd, and perhaps serve as "godfather" to the effort for the writing and development of our Basic Text. Had Greg not been there to champion the project, it could not have borne fruit at that time. Greg's story appears both in the Little White Book and in the Basic Text book 2, Chapter 35: "I Was Different." If you've heard him speak, you'll recognize his story of showing up for his first meeting in a 3-piece black suit and tie. The modesty of the story doesn't hint at the greater contribution he was making to the Basic Text. One day when he was self-obsessed, he sat and wrote the triangle of self-obsession, How many of us have taken great solace and peace from this little IP.

*-Excerpt NA History FB Group ,  
<https://www.facebook.com/groups/160377247395698/423106184456135/>*

## 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

## CHRISTMAS PAST

Over the last three years, I decided to dedicate our entire Christmas to giving instead of receiving. I decided that I would invite anyone who didn't have a home to celebrate in to come and celebrate with us. Every year, without fail, I have found myself surrounded by people who I didn't know grubbing out on prime rib and potatoes. Last year was amazing! My family and I attended DHF on Christmas Eve. I remember holding back the tears as I walked into a room full of 40+ recovering addicts. The topic was out of the Living Clean book, and the subject matter was service work. One by one, the book was passed and members were sharing their experience, strength and hope.

The location of the meeting was in the basement of a church. On that night, you could hear the whole congregation upstairs singing and praising. Downstairs where we were sitting, sounded so full of peace and joy. I kept thinking about the kids who were benefiting from having parents in recovery and that maybe this year it would be better for them. I kept thinking about whom, in this sea of people, did God want me to reach out and hug or give a kind gesture to?

After the meeting was over, we invited everyone over for a bonfire. It was a horribly windy and cold night; I honestly thought no one would show up. To my surprise, almost everyone from the meeting came over- even some people who weren't at the meeting came. We had a ton of food left from dinner, and to walk into my kitchen and see four new men in recovery chowing down on anything they could get their hands on was a wonderful surprise. I told them to eat as much as they wanted. We had people all over the place. I was so excited to have so many wonderful people enjoying themselves without the use of drugs.

After everyone had left, I looked around my house and realized everyone had pitched in to clean up. I was exhausted, but I felt like God had given me so many wonderful miracles that day. Each Christmas that has passed has been more extravagant and exquisite in its own way. I don't have more money or more presents. I have a loving Higher Power and friends who continually show me what the Christmas spirit and fellowship truly means. I am reminded that I never ever have to be alone, ever again.

~ Heidi K., NA Member

## NEWSLETTER SUBCOMMITTEE:

### Editor

Spring L.

### Copy Editor

Michelle R.

Lotus B.

### Reporter

Position Open

### Information

Position Open

### Arts & Entertainment

Spring L.

### 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



~ Spring L., NA Member

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.