



Recovery Herald

THE HAT I WEAR~

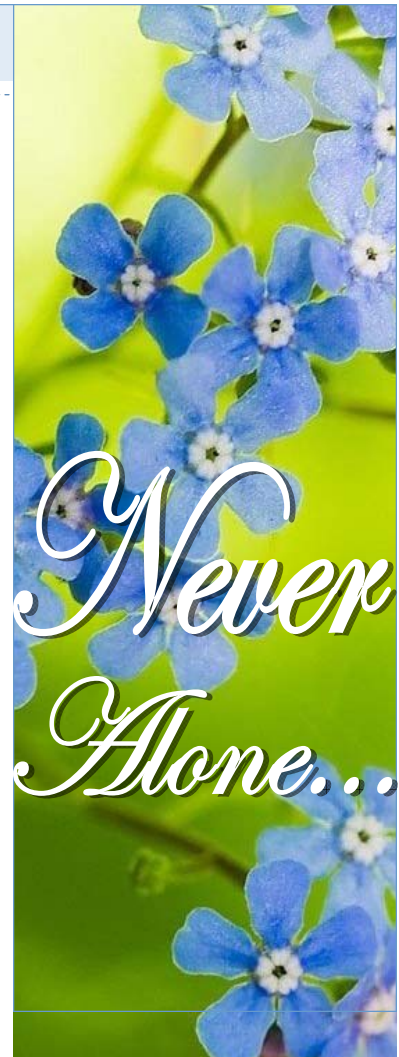
When I first came to NA, I did not really understand much about anonymity. I thought it just meant that everything was very, very secret. You know, it is said at every meeting, "What you hear here, who you see here, let it stay here." I have learned a lot in my years of attendance.

My lessons started with a brother who acted like he did not know me at meetings. At first, this hurt my feelings. I thought he was ashamed of me. It turned out he was protecting my anonymity by letting me be just another addict instead of "that one addict's little sister".

The next lesson came when I entered the professional world. People would come in to my place of employment, as consumers, then try to talk to me about services when we were at a meeting. This took away some of my ability to focus on what I was at the meeting for in the first place—my recovery. It also made it difficult to keep what was said to me at a meeting separate from staffing at work. The lines sometimes blurred to the point of affecting my serenity. It was often hard to separate it out and set boundaries with people that would ensure both their anonymity and mine.

Today, my definition of anonymity means, when I am at a meeting you and I are both addicts. You are not a lawyer, a grocer or a butcher at that point. I will not call you on your personal number to come and fix my plumbing and I will not ask you at a meeting if you have my taxes done. "Anonymity is the spiritual foundation of all our traditions." I love that portion of the twelfth tradition. I believe it is the most important ten words in our literature on how to conduct our lives and our relationships with other people. To me it says that we all wear different hats at different times. It says that the hat I wear in NA is very different from the hat I wear anywhere else. If I honor that for myself, and for others, I will always weigh in on principles instead of engaging in popularity contests or manipulations to get what I want. It means I learn to let go of control and learn to listen to every other person with an open mind and willingness. I step out of the triangle of self-obsession. I am just another NA hat, searching for unity.

~Anonymous



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SPECIAL POINTS OF INTEREST

- Upcoming Events
- Group Changes
- What ARE the CAR & CAT?

ADDITIONAL ACTIVITIES INFORMATION

Places to find specifics about events:

- **Kenai 907* Facebook page**; you click the events tab located at the top

- **Never Alone 907* Facebook page**.

*These are "secret" Facebook groups, you will not find them by searching. If you are not a member yet, please ask someone to add you!

- **Regional Events Page:**
www.akna.org/events

Upcoming Events!!!

Men's Stag Group BBQ!

Everyone is invited, bring the family and come fellowship!

Hot dogs, chips, and
FREE WATER!

When? June 29, 5:00-7:30pm

Where? Park Strip in Kenai
Cost? \$Free!

Game Night at URS Club

When? June 28, 8-10pm

Cost? \$2

4th of July BBQ!

When? July 4, 12pm - 6pm
at Kenai Municipal Park

Cost? \$5

BBQ starts at noon. We will have volleyball, a water balloon toss, three & FOUR legged races, and a balloon squeeze. Face painting will be provided for the kids. There will be a speaker meeting at 3pm followed by a group photo. The clean-time countdown is scheduled for 4:30.

WE SAT ALONE

While in treatment I was asked what I was going to do for my recovery program when I got back to Seward. My reply was, "Since there are no NA meetings there, I will start one." And I did just that.

When I returned to Seward I contacted the Pastor of a local church. The kind folks at the Church of the Nazarene gave me the opportunity to have an NA meeting there one night a week.

I contacted NA World Services and they led me through the process of getting the meeting started. I had to pick a name and register the group so we were official. I picked "Toys In The Addict," from the name of a song (but of course changed the last word to "addict"). I thought the name fit well for a couple of reasons. First of all, I believe the members of the band have visited our rooms many times. Second, my addiction sometimes plays, as if it were a toy inside the attic of my head.

The first 3 months it was just three of us. Myself and two other local fellas. It wasn't soon after that one member got a job out of town and

moved away, and the other member went back out to his addiction. I was flying solo for many months—attending every meeting, setting up, opening with our readings, etc. The questions that kept coming to my selfish, self-seeking mind were, "Can I continue to hold on to this meeting? Is it worth my time if I'm the only person that ever shows up? What good is it anyway?". RED FLAG!!! I caught myself and replied, "Dano thinks he is 'better than' and has more important things to do, bla bla bla!" Yes, my addiction raised it's ugly head many times while I was sitting there. Thanks to my Higher Power my mind would get grounded long enough for me to get my spiritual senses back.

I'm glad this time around I got beat down enough to surrender to the fact that my recovery from active addiction HAS to be my number one priority. I told myself that if nothing else, it would give me time to do my step work and read the literature—so the meeting must go on.

-Continued on next page



Then one day (God's time, not mine) I came to the meeting to open up and there was this young fella standing at the door waiting to get in. Greeting him, I asked if he was there for the NA meeting. He told me he was, and that he would like to come in and see what it was all about—it was his first meeting.

After we shook hands and exchanged names I asked him to help set up. After some small talk we worked our way around to starting the official meeting. I totally respect the principles of a structured meeting—the message of recovery is a life or death ordeal for us, but that day the priority was to help the newcomer feel comfortable and accepted. He stated his name and that he was an addict before starting the first reading. "Okay", I thought, "He qualified himself—I like that".

And so it was him and I, a meeting of two. At that moment, the meeting had doubled in size. The crazy addiction that creeps inside my head, the one that asks questions like, "What am I doing here by myself?!" finally had to take a back seat. Calm came over me and I realized that it was not about me, in fact it was about the newcomer. It was about the fact that when I came around the rooms were opened for me by men and women who gave freely of themselves.

As time went on and folks came and went from our small meeting here in Seward, and at the core of the group it was still the two of us. As the saying goes, "Nothing is constant but change". The young man finished his welding program. Yep, he was working the steps, going to meetings, and calling his sponsor and a real strange thing happened to him. He was ASKED to go up to the slope to work. I know, right?!

So there I was, again, this time it felt different, much different. It felt like I would be okay sitting in the rooms by myself. By this time I was reaching out more to the NA fellowship in Kenai. I started to call in to the monthly Area meeting & on some occasions I even drove to Kenai so I could attend in person. The lines of communication started to open up. I got to know more people, got men's cell phone numbers, and got connected to the local NA social media.

One day I saw a post online that the Kenai Activities Committee had created a "Road Trip to Seward" event to give our group some support. Just seeing the post gave me a chill. "Like someone would really come all the way over here

to see us" -Damn voices!!!

I have lived in Alaska since I was 8, and you can't get more than five people together to do anything. I mean, the intentions are usually admirable, but someone always has something else going on. In my experience, if five people say they're going to do something and only three show up, it's a good day. In other words, I only expected 5-10 people at most.

It also turned out that the young man I mentioned earlier had reached a year clean and would be home to celebrate with us that day! This was looking to be a good meeting and I was excited for the day to come.

I had to be in Anchorage the day of that meeting and I started to get concerned that I was going to miss it...but my HP had a different plan for me.

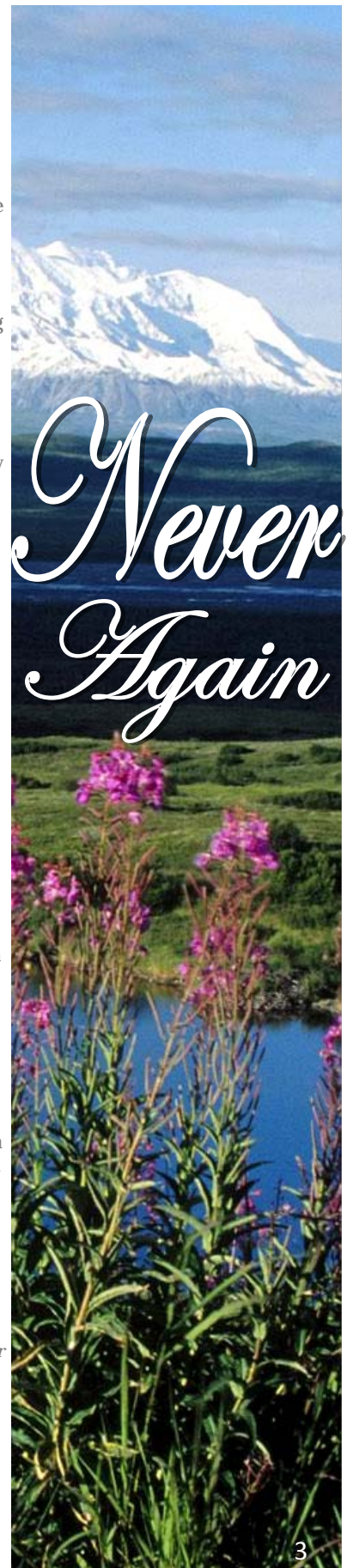
I got back to town just in time. When I rolled in to the parking lot there was a caravan of vehicles waiting for me to open up. Holy Crap!!! There were 5 vehicles and 23 members, with kids and dogs in tow. I hardly knew how to contain myself! I was brimming with excitement and joy!

The meeting was on gratitude, I was fortunate enough to be able to give the chairperson his One Year keychain. One of the visiting members even went out and picked up a cake so we could celebrate in style.

Looking around that room, a huge wealth of gratitude rushed through me and I understood what it meant when we read of, "the therapeutic value of one addict helping another".

We ended the meeting with the 3rd Step Prayer and massive hugs by all. We chatted for a spell in the room, then migrated outside for our goodbye and group photo. After everyone had pulled away and I finished the chores I sat down for a moment to reflect. I realized what a great family I have and most importantly, even when I'm in the rooms of NA and I'm the only one there, We sat alone.

~Dano, NA Member



POETRY CORNER



Thanks to NA...

Never ever could I know
how getting clean would make me grow.
My heart was black and full of shame,
my brain went blank when I heard my name.
The mention of “God” stirred anger,
I didn’t even care my life was in danger.
I felt alone, misunderstood, and hopeless.
I tried to fill my soul with drugs, but I still felt restless.
Today my life is full of Hope,
thanks to NA and not picking up dope!

~Natalie, NA Member

*“One of the most important things about
our new way of life is being a part of a group of addicts seek-
ing recovery. Our survival
is directly related to the survival of the
group and the Fellowship.”*

~Excerpt from The First Tradition



Anything Is Possible

Life gets tough, then easy—then tough, then easy.
It’s what you do in the tough times that
define you as a man or a woman.
When we fall, we get up.
When we struggle, we ask for help.
When we are stuck in self, we help others.
Through working the Twelve Steps and trusting
in a Higher Power, anything is possible the NA Way.

~John K., NA Member

BUSINESS MEETINGS

Area Meeting– First Saturday of the month at 5pm, URS Club (We will not be meeting in July)

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)- Last Friday of the month at 7pm, URS Club

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

Newsletter– Second Sunday of every

month at 3:15 pm, URS Club

Activities- Usually every other Sunday at 2pm. Check URS club calendar, 907 Kenai NA Facebook page, or contact Cheyenne for dates and times.

CAMPVENTION 2014 *“The Lie is Dead, We Do Recover”*

Dates: August 1st-3rd

Location: Alaska Christian Retreat

(Located at the end of Deville Road - Mile 89 of the Sterling HWY.)

Registration forms are located at the URS Club and on the Regional events page. www.akna.org/events For more information on how to register please contact Victoria L. at 252-3463

Special accommodations require early registration

Event page is located under the events tab on the 907 Kenai NA Facebook page.

We will be having two out-of-state speakers this year!!!!

If you wish to get involved with service work for Campvention the committee meetings are being held as needed. The meetings will be announced so keep your ears open! For more information check the calendar at the URS Club; or you can contact: Victoria, Heidi, or Tamara.

Campvention is looking for donations for their raffle and auction!

Anything recovery related is wonderful.

Any sort of woodwork, metal work, art, paintings, drawings, homemade God boxes, coin boxes, jewelry, blankets, clothing. What better way to show your talents?!

Are you interested in crafts? Contact Heidi K. at 394-1986



OUR TRUSTED SERVANTS

Executive Committee

Chair: Enrique P.

Vice Chair: Open

Treasurer: Desirea W.

Secretary: Jodi L.

RCM: Open

RCM Alt: Open

Literature: Victoria L.

Co-Literature: Libby

Subcommittee Chairs

H & I: Audrey B.

Activities: Cheyenne M.

PR: Lotus B.

Newsletter: Open

GSRs

DHF: Annette B.

It Works: Danny M.

Clean Machine: Donna A.

Twisted Sisters: Cindy T.

PJ Meeting: Sean S.

This One: Jeff G.

SOS: Sandy E.

Toys in the Addict: Dano

GROUP CHANGES~

SOS NEEDS SUPPORT!!!

SOS Group is currently alternating every other week between a speaker meeting and a topic/IP study.

This meeting needs support or it will have to be cancelled! Please join us, Tuesday evenings from 6:30 to 7:30 pm. This is currently our only "closed" meeting on the Kenai Peninsula, and one of only two meetings in Soldotna.

DHF IS SHAKING THINGS UP!

DHF will be studying the Basic Text on Monday nights so bring your copy and join us!

Thursday evenings we will be discussing one of the "Spiritual Principles" of our program. Please come share your experience, strength, and hope.

ARCNA XXX

Convention Date: October 3-5, 2014

Venue: Challenger Learning Center of Alaska

ARCNA XXX Committee

Chair: Donna A.

Vice Chair: Victoria L.

Secretary: Vacant

Treasurer: Desirea W.

Subcommittees

Hotels & Hospitality: Dennis A.

Fundraising (Entertainment): Rizz W.

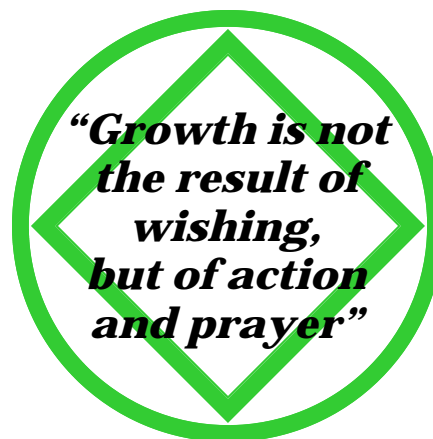
Convention Information: Vacant

Registrations: Christy W.

Arts & Graphics: Vacant

Program: Mandy H.

Merchandising: Vacant



The Committee needs our help in order for this convention to be a success! Please announce at your home groups that there are still positions that NEED to be filled. For more information contact Donna at 260-6718.

*"Coming to NA has been described by many members as "coming home."
We find ourselves welcomed and accepted by other recovering addicts.
We finally find a place where we belong." ~It Works, p. 13*

TRADITION ONE

"Anonymity, the spiritual foundation of our tradition, supports NA unity as well. When we apply anonymity to the First Tradition, we overlook the differences that would separate us. In the context of unity, anonymity means the message of recovery is for every addict who wants it. We learn to set aside our prejudices and focus on our common identity as addicts. Each of us has an equal right to and responsibility for the well-being of Narcotics Anonymous."

STEP ONE

"The process of recovery isn't easy. It takes great courage and perseverance to continue in recovery day after day. Part of the recovery process is to move forward in spite of whatever may stand in our way. Because long-lasting change in recovery happens slowly, we will turn to the first step again and again. Even long periods of abstinence do not guarantee us continued freedom from the pain and trouble that addiction can bring. The symptoms of our disease can always return. We may find we are powerless in ways we never imagined. This is where we begin to understand how the things we tried so hard to control are, in reality, completely beyond our control. No matter how our disease displays itself, we must take its deadly nature into account. As we do, we develop a fuller awareness of the nature of our disease."

"The feeling of love and acceptance we find in the Fellowship of Narcotics Anonymous allows us to begin recovering from our addiction. We learn a new way to live. The emptiness from which we suffered is filled through working and living the Twelve Steps. We learn that our addiction is being addressed in all its complexity by this simple program. We have found a solution to our hopelessness."

*~Excepts from It Works How and Why, p. 14, 15, & 132
(contributed by Victoria L., NA Member)*

PUBLIC RELATIONS

“Many of us have experienced our most powerful PR opportunity when we least expected it. Maybe it was the time a property manager watched us thoroughly clean a facility following an NA event. In that instance, we may have left an impression that NA members are considerate and responsible. In other situations, we may make a more negative impact. Leaving a facility in a loud and disrespectful

manner, or fighting at NA events, can harm NA’s reputation. We have choices about the impression we leave on those around us. Our actions tend to serve as our strongest public relations message.”

~PR Handbook

When we meet:

5:30pm the last Sunday of each month at the URS Club in Kenai.

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 many 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.

~Audrey B., NA Member

When we meet:

7:00pm the last 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).

*Speakers / Panel Members

(There is a 3 month clean time requirement for member orientation and speaker ride-alongs)

ACTIVITIES (ENTERTAINMENT)

Did you know that our local Activities Committee has their own Facebook group? This is a secret group—you will not find it through a search—so if you would like to be a part of this, ask a member to add you!

For more information contact:

Cheyenne (907) 598-2732

When we meet (at URS Club):

June 22— 2pm

July 6—230 pm

July 20—2pm

August 3—2pm

August 17—2pm

WHAT ARE THE CAR & CAT?!?

Conference Agenda Report

The report contains reports, proposals, and motions from the World Board and any proposals submitted from regions, for consideration by NA groups. It is the primary resource for the Old Business session of the World Service Conference (WSC). The report contains motions for groups to vote on that are relevant to the groups. Basically: Motions and Proposals of old business that need to be voted on.

Conference Approval Track

The report contains a variety of information, including the NAWS strategic planning and proposed projects for the upcoming cycle.

Having a separate approval track from the CAR allows for materials intended for committees and boards, such as handbooks or service manuals, to be distributed directly to conference participants 90 days before the WSC, allowing time for the regional delegates to workshop it in a manner that fits within their local community.

The WSC meets every two years. Basically: Motions and proposals are the CAR; NAWS Strategic Plan, projects, service materials and NAWS budget is the CAT.

~Heidi K., NA Member



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

NEWSLETTER SUBCOMMITTEE:

Editor

Lotus B.

Copy Editor

Michelle R.

Spring L.

Reporter

Heidi K.

Information

Position Open

Arts & Entertainment

Position Open

Tradition Guides

Mandy H.

Dennis & Donna A.

Danny M.

Christy W.

The Recovery Herald is looking for help! Contact Lotus B. 598-4673

A Vision for NA Service

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

Our vision is that one day:

- Every addict in the world has the chance to experience our message in his or her own language and culture and find the opportunity for a new way of life;
- Every member, inspired by the gift of recovery, experiences spiritual growth and fulfillment through service;
- NA service bodies worldwide work together in a spirit of unity and cooperation to support the groups in carrying our message of recovery;
- Narcotics Anonymous has universal recognition and respect as a viable program of recovery.

Honesty, trust, and goodwill are the foundation of our service efforts, all of which rely upon the guidance of a loving Higher Power.

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, cross-words and artwork. **Our next edition theme will be "Step Two & Tradition Two"**. Please keep article submissions to 175-400 words and recovery based. The newsletter is published quarterly. Email all contributions to:

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.