



Recovery Herald

MY HIGHER POWER DOES NOT MAKE TRASH~

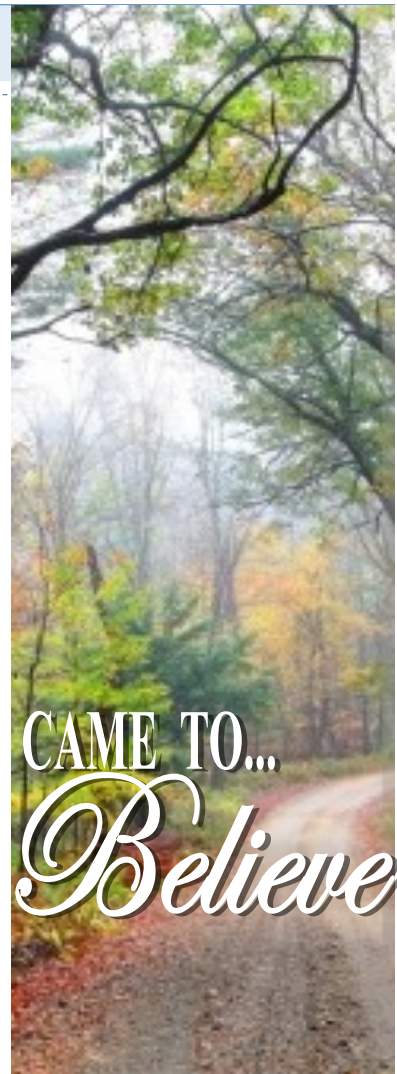
For me, Step Two was harder than Step One. When I came to NA it was pretty obvious that I was an addict and my life had become unmanageable. Admitting that a power greater than myself could restore me to sanity? What does that mean? Could I really be restored sanity, because I am crazy!? And how could that happen if I didn't do it myself; if I didn't have control? I have lived my entire life in insanity...how could I possibly be restored after everything I had done in my addiction?

I was raised Southern Baptist so my idea of a Higher Power was someone who judged you, who you had to beg for forgiveness, who you lived in fear of because we were all sinners and going to hell, and someone who you didn't have a relationship with but one who you cowered under. These beliefs made it hard for me to find my Higher Power because I could not grasp the concept that everyone's Higher Power is different! When my amazing sponsor told me to think about what I wanted in a Higher Power I was confused. How could my Higher Power be what I thought He could be? And why would he restore me to sanity—because I did not feel worthy of a Higher Power that did “not make trash”. My whole life I believed I WAS trash and disposable in every sense of the word. I reveled in

my addiction because it allowed me to be around people who were just as sick as I was, which made me feel better about myself. All of a sudden I was around good people and they were telling me that I was not trash!

One of my favorite quotes from Step Two is “This surrender makes it possible for us to feel hope.” When I first read this I asked myself if I had ever felt hope before and the answer was no. I never thought I would live past the age of 25 and after the many times I tried to kill myself one way or the other, I asked “why?”. I now know that my Higher Power wanted me to feel hope...loved...worthy. When I finally saw what my Higher Power is, I believed it was possible to be restored. I know now that I can recover from a lifetime of living in addiction and insanity. My Higher Power does not make trash and only through NA and my Higher Power I can maintain that feeling of acceptance that I longed my whole life to find.

~Joey B., NA Member



CAME TO...
Believe

INSIDE THIS ISSUE

I Am Not God	2
Two Is The Glue	3
Poetry & Art	4
AREA Info	5
Crossword Contest	6
Subcommittee Updates	7
What Is Service?	8

SPECIAL POINTS OF INTEREST

- New meeting in Sterling!
- ARCNA XXX
- Who WAS Jimmy K.?

WHAT'S NEW

ADDITIONAL ACTIVITIES INFORMATION

Places to find specifics about events:

- **Kenai 907* Facebook page**; 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

THURSDAY

7:00 pm – 8:00 pm **Sterling Group**
Moose River RV Park, Mile 81.5 Sterling Hwy, Sterling (0)

The Sterling Group of NA is a small but growing group. There is a lot of wisdom and hope in this little group, and children are welcome. Come out every Thursday night at 7pm to help share the gift of recovery - since we only keep

what we have by giving it away! Hopefully in the future we will have more meetings on different days as the fellowship grows. Thank you all for the support.

~Josh M., NA Member

“We began to see evidence of some Power that could not be fully explained. Confronted with this evidence, we began to accept the existence of a Power greater than ourselves.”

~ Basic Text, p. 24

I AM NOT GOD

At first I couldn't tell the difference between the Christian concept of "God" and the concept of a "Higher Power" that NA offered to me. My acceptance came during a talk with my sponsor before working Step 2. He asked me to be open to the idea and be willing to acknowledge that I am NOT "God". That was a profound moment in my recovery. I ran through life thinking I WAS God. NA just asks me to be willing. At first I looked to the metaphysical Christian concept through studying a book that was recommended to me. That worked for a while but I find

my personal concept constantly changing. They say "We came, we came to, we came to believe." If you don't like your idea of a Higher Power borrow somebody else's or make the group your HP. The concept doesn't have to stay the same, the only constant should be that there is indeed a higher power and I am NOT it. The rooms work great for some as a HP/management team, but one must be willing to take the advice of your team in that case! Whatever your concept is you must be willing and open if you want a solid foundation in your recovery.

~Sam M., NA Member



TWO IS THE GLUE

My life before recovery felt as if it was a series of unfortunate events. Life was spiraling out of MY control. The harder and tighter I clawed at my goals and circumstances the more convoluted and further out of reach things became. You know like when you are searching for that word that is just on the tip of your tongue... I MANAGED everything - from my daily schedule, the order of clothes in my closet, to MY idea of success. So tightly wound, using uppers and downers to “balance” my day, it was all so exasperating and ineffectual. Building my house of cards on quicksand, weaving an illusion of power over my domain, I was quickly crumbling. Continually grasping at the fraying strands of my unraveling life, thinking as long as I kept it secret, then it *really* was a good life. My outer wall covered in a decoupage of clever images would show, “it’s all good”, to the casual passerby. What I didn’t know, was how the impermanence of living by visceral fear could (and would) lead to a fork in the road. One path which lead to complete destruction and the other path which emerges onto a journey of spiritual principles. In what seemed like...at the time...one second, one snap decision, ultimately lead to my “breakdown/breakthrough”. It had actually been slowly building since a very tender age. And so begins the story of my recovery.

My experience with the steps is still limited and rudimentary. The first set was solely about learning how to live and not get loaded. The first set of steps I spent as much energy battling the past, as I did working the steps. The second set was focused on relationships. The third gave me room to grow and look deeper into the threads of my behavior without the shadow of my using days dragging me into a pit of guilt and shame. Listening to addicts talk around the rooms about steps, I have heard said; Step One is the only one we need to work perfectly. Step Twelve is the one we LIVE. Having experienced the

freedom gained by Step Four, personally, I look forward to many more. Oh how I love a good Step Nine! I have always picked the least popular to align with, a lover of the underdog of sorts. How else could orange have been my favorite color for decades? Now mind you, this is only the humble opinion of one young in recovery, and it may change tomorrow. Just for today Step Two is the glue. Without Two, I fear I would struggle to give my will and my life. The vastness of this step creates a deeper meaning of powerlessness and unmanageability. Step Two has given me the courage to work Four, Nine and the faith for Twelve.

It has been a year full of health, financial, and work challenges. I am even more grateful to be clean. My connection and reliance on Step Two has deepened. Sanity by definition has shifted in my mind. Early in recovery, I just wanted to stop spinning in chaos. Today I have less tolerance for anything other than serenity, balance and calm. In order to achieve this state of mind I must have a wholehearted belief in being returned to sanity quickly when I get sideways. I don’t always believe that a power greater than me has already restored me but I do trust that if I just hold on for a minute more my Higher Power will. In the beginning, it was only with the most basic understanding that I came to believe that there is a less crazy option available!!! Today, I strive to expand that understanding by living within the solution of the Steps.

If our past is the prologue, I have learned through working the Steps of Narcotics Anonymous that my script is not written in permanent ink. Step Two continues to be the key to a fundamental change in my approach to life, thus freeing me from the insanity of my own thinking.

~Anonymous NA Member



WE CAME TO
BELIEVE THAT A
POWER
GREATER THAN
OURSELVES
COULD RESTORE
US TO SANITY.

GOODBYE DOPE

So I think it's pretty much time
we go our separate ways.
We've been putting it off for a while
but today has got to be the day.
I remember when I met you
it took a minute for us to bond,
but once we got together
what a high you took me on.
At first you made me happy
and we stayed up all night,
but then you wouldn't let me sleep
and our fun turned into fights.
I watched you steal my other friends
and sabotage their worlds.
I thought you and I were different...
you said I was your girl.
At first you gave me joy,
then you'd steal it back.
You wouldn't let me eat,
you kept saying I was fat.

Then you'd leave me lonely
sleep deprived and mad,
when I asked you for your company
you took all I had.
When I didn't have money
you'd disappear real quick,
but when I left the pawn shop
you were there, lickity split.
After a while of getting to know you
the high wasn't really that good,
but coming down was so bad -
for you I'd do all I could.

But now I see you're a liar
and Satan's real close friend...
and since I'm called to be God's child,
our friendship has to end.

~Tanya B., NA Member

"We cannot pretend that spirituality is not central to the NA program or the NA way of life. But there is room within that for all people of all beliefs—including those with no belief at all." ~ Living Clean, p. 49-50

Recovering addicts are like
herd animals, the ones in
the center of the pack are
safe, while the ones on the
outside are the most
vulnerable.

Recovering Addict

4



~Ashley B.,
NA Member

FOR OUR GROUP
PURPOSE THERE IS BUT
ONE ULTIMATE
AUTHORITY - A LOVING
GOD AS HE MAY
EXPRESS HIMSELF IN
OUR GROUP
CONSCIENCE. OUR
LEADERS ARE BUT
TRUSTED SERVANTS,
THEY DO NOT GOVERN.

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 3pm, 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

Sterling Group– As needed

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 3pm, URS Club

Activities– First and third Sundays of every month at 315pm, URS Club

ARCNA XXX



2014 Alaska Regional Convention of Narcotics Anonymous

*Dates: October 3rd-5th

*Location: Challenger Learning Center

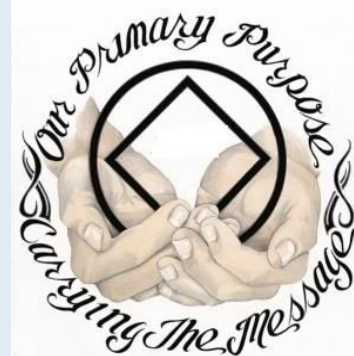
Kenai Peninsula will be hosting our Regional Convention this year!!!

We are asking members to please REGISTER - registration forms can be found online at www.akna.org/convention.htm

For more information contact: arcna30@akna.org

Rooms are available at the Quality Inn, however they are going fast. If you choose to stay at the Challenger Center you'll need to bring your own bedding and pillows.

We still need help with registration, merchandise, and clean up. Please join us for our next committee meeting.



OUR TRUSTED SERVANTS

Executive Committee

Chair: Enrique P.

Vice Chair: Amber B.

Treasurer: Desirea W.

Secretary: Jodi L.

RCM: Heidi K.

Literature: Victoria L.

Alt. 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

Sterling Group: Josh M.

CROSSWORD CHALLENGE

ENTER TO WIN!!!

Complete the entire crossword for a chance to win a MINI Just For Today!

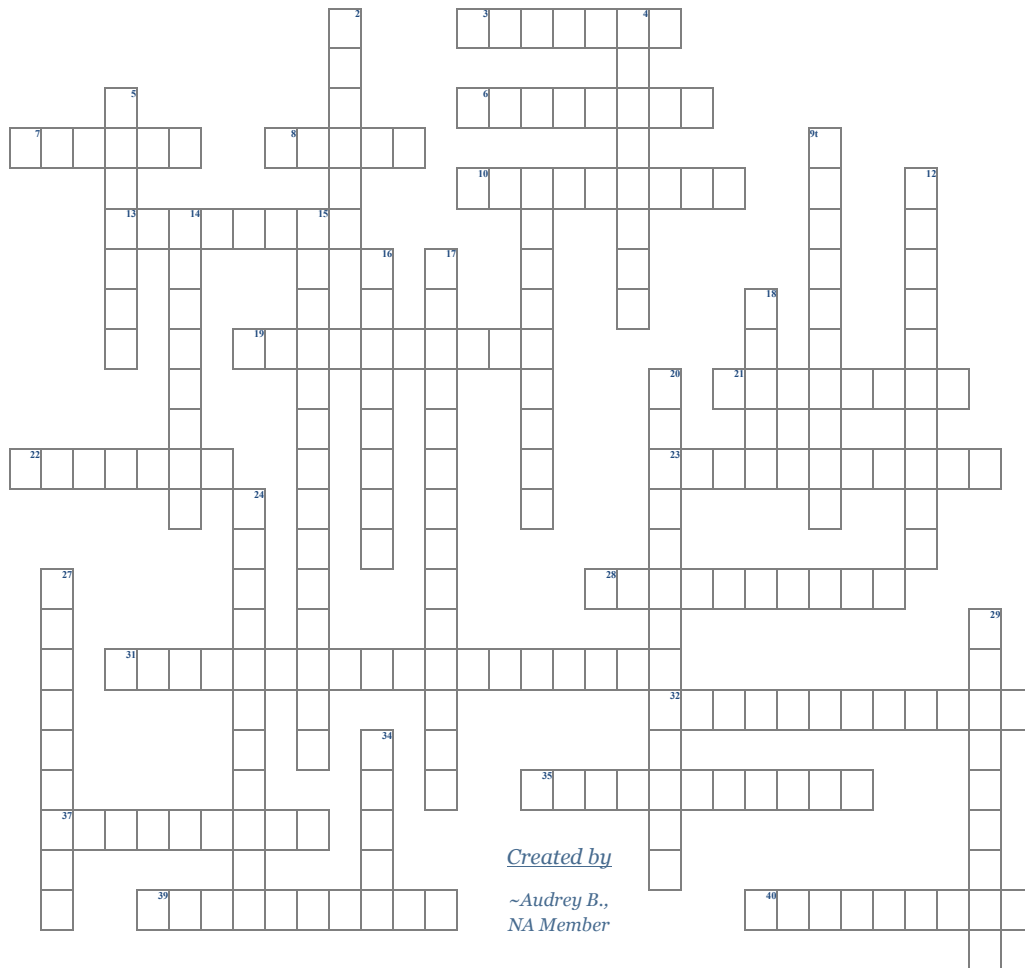
Hint: All of the answers can be found in the Step Two and Tradition Two chapters of It Works.

Submit your completed crosswords in person to Lotus or via email to recoveryherald@gmail.com —you can scan it or simply take a picture!

All entries must be received by October 15th. Please be sure to include contact information so we can notify you if you win!

Name _____

Phone _____



Created by

*~Audrey B.,
NA Member*

ACROSS

3. "Faith demands _____, since we often practice an active demonstration of faith in spite of our anxiety.
- 6 "By practicing open-mindedness, we nurture an attitude of _____ toward others and become willing to serve with our common good in mind."
- 7 "Humility in practice is the _____ assessment of our strengths and weaknesses."
- 8 "..... a loving God, the source of our _____, has the final say."
- 10 "Our humility and open-mindedness make us _____."
- 13 "Many of us felt that _____ was too harsh a word to describe our condition."
- 19 "It's important for us to continue cultivating our group _____, seeking the guidance of a loving Higher Power whenever a question arises."
- 21 "In realizing that we don't have all the answers, we begin to find some _____."
- 22 "Despite evidence to the contrary, we felt that we were in _____."
- 23 "The success of the group conscience process depends on our _____ as individuals to seek guidance from a Higher Power on a personal level."
- 28 "A surrender to group conscience means we allow our _____ to be shaped by a loving Higher Power."
- 31 "We begin with unity, founded on the strength of our commitment to recovery in _____."
- 32 "..... it is natural that we bring with us differing concepts of _____."
- 35 "Our experience has shown us that belief in a _____ leads us toward recovery in Narcotics Anonymous."
- 37 "To guide us in serving others, we seek _____ from a Higher Power."
- 39 "Personal service arises from the application of _____."
- 40 "The spiritual principle of _____ reminds us that we are all equal in Narcotics Anonymous."

DOWN

- 2 "_____ often means that we don't act on our first impulse."
- 4 "Whenever we come together, we seek the presence and _____ of this loving Higher Power."
- 5 "If we look around us, we find many reasons to _____."
- 9 "The principles embodied in the _____ apply to all our actions."
- 11 "Group conscience reflects a collective _____ of, understanding of, and surrender to spiritual principles."
- 12 "Our _____ is reflected in service that builds our common welfare."
- 14 "We've stepped away from the problem and toward a spiritual _____."
- 15 "We trust that we are undergoing a fundamental _____, even though we may not yet understand its full implication for our lives."
- 16 "As we begin to believe that there is hope for us, we also begin to trust the process of _____."
- 17 "Developing our _____ requires some effort, but we can practice this principle by listening to other recovering addicts share how they came to believe."
- 18 "The conscience of a group is most clearly expressed when every member is considered an _____."
- 20 "By admitting our own _____, we open our minds to an entirely new idea:....."
- 24 "When we take a realistic look at our lives, there can be no doubt that we desperately need a _____ to sanity."
- 27 "Our _____ in the First Step leaves us with a deep need to believe that we can recover."
- 29 "_____ is the consistent application of spiritual principles, no matter what the circumstances."
- 34 "The need for our own sense of spirituality is too _____ to our recovery for us to neglect this highly personal process."

PUBLIC RELATIONS

“As NA groups, service boards, and committees, we deliberately and energetically cultivate good public relations, not as an incidental result of our normal activity but as a better way to carry our message to addicts. Narcotics Anonymous is not a secret society; Tradition Eleven speaks to personal anonymity, not fellowship anonymity. The better known we are by the public, the more likely it is that addicts seeking recovery—or their friends, relatives, or

co-workers—will think of us and know where to find us when they decide to seek help. One way to take part in NA’s public relations program is to become involved in the local public information subcommittee.”

~It Works: How and Why p. 205

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 and women 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)

ENTERTAINMENT (ACTIVITIES)

“Dances, picnics, campouts, special speaker meetings—these events are put on by area activities sub-committees. Activities like these

can provide a greater sense of community for the local NA Fellowship and produce additional area income...”

~A Guide to Local Services in Narcotics Anonymous

WHO WAS JIMMY K?

At seven years old Jimmy K. found a beaten and battered alcoholic who was put in an institution because he had become paralyzed and incoherent. After visiting this man in the institution he turned to his mother and said, “When I grow up I want to help people like him.” He was born in 1911 and stopped taking mood altering substances February 2, 1950. He started out going to AA meetings where speaking of substances other than alcohol was frowned upon. Jimmy found the need to recover from more than just the symptom, i.e. substance used, by addressing the addict thinking and attitudes before, during, and in-between using. This is why he changed Step One of the 12 Steps from “alcohol” to “addiction”. In the summer of 1953 Jimmy K. and other addicts started holding their own meetings. They were given permission by AA to adopt the 12 Steps and 12 Traditions. Jimmy made the change in Step One so that the focus was on recovery from addiction instead of one particular problem. Narcotics Anonymous was officially founded late 1953 in Sun Valley, California. The literatures read in our meetings were mostly written by Jimmy K.

Jimmy K. was a lost and struggling addict. He knew that there was no cure for this disease but he knew there was hope. Our fellowship puts their heart and energy into hosting campouts, conventions, and other activities. Jimmy K founded NA the same way. He did whatever it took to gain a new way of life. He went to any lengths. Because of one suffering addict who had had enough, addicts all over the world are now continuing to recover from this disease that we all share. Jimmy K. did not just find a program of hope. He helped give us all a chance at a better way of life. Prior to his death he said, if he ever had a headstone it would read, “All we did was sow some seeds and work and wrought to make this work, so that we and others could live. In Peace, in Freedom and in Love.” He was clean for thirty five years at the time of his death.

~Brittney P., NA Member

Sources: "Jimmy Kinnon." Wikipedia. Wikimedia Foundation, 26 June 2014. Web. 25 Aug. 2014.

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

WHAT IS SERVICE WORK?

When I first thought of service work, I thought it meant that I had to serve others and that it would become a burden in my life. Now, I have come to learn that service work is an important part of my recovery, and I am grateful that my sponsor guided me into service. Most newcomers may be frightened by the idea of holding a service position, but there is more to service work than being a chairperson or treasurer. You do not have to have more than 24 hours clean time to take on a service commitment. It could be anything from giving a person a ride to a meeting, cleaning the meeting facility, making and passing out coffee, and even just

getting involved. Service work takes you out of yourself and for me is one of the many things that keep me clean. So you have now decided you want to get out of yourself and into service but don't know where to start? Ask your sponsor, show up to a committee meeting, find a home group and ask what you can do. Our fellowship runs on service, without service it would be near impossible to carry on our primary purpose. So I challenge you all to get out there and see what you can do! For those of you that are already neck deep in service, thank you for all you do.

~ Ashley B., NA Member

“A surrender to group conscience means we allow our fellowship to be shaped by a loving Higher Power.”

~ It Works, How and Why p. 137

NEWSLETTER SUBCOMMITTEE:

Editor

Lotus B.

Copy Editor

Joey B.

Michelle R.

Reporter

Position Open

Information

Carolyn M.

Arts & Entertainment

Chelsea M.

Institutions Edition *NEW*

Joey B.

Tradition Guides

Mandy H.

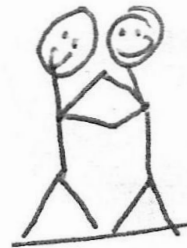
Dennis & Donna A.

Danny M.

Christy W.

The Recovery Herald is looking for more writers, artists, reporters, and reminders!! Contact Lotus B. 598-4673

HUGS NOT DRUGS



~Chelsea M.,
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, cross-words and artwork. **Our next edition will be published in December.** 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.