



Recovery Herald

THE DREADED 4TH STEP...

For many years, I made this step so impossible to do. I would do steps 1 through 3 and stop, eventually going back out to all that misery that I thought I had left behind. I would say, "I am an addict" and turn my life over to a Higher Power, but couldn't put pen to paper...Or, I would start it and never finish it. Today, I now know that if I had done those first 3 steps honestly and with all my heart, the 4th step wouldn't have been a problem. If I had turned my will over, than the fear I faced doing this step would have been in my Higher Power's hands and not mine. Not one person in my life knew everything about me and I was allowing my addict to say that was ok. I thought drugs were the problem and that I wasn't to blame for any of the unmanageability in my life. If I got clean, went to meetings, and changed a few things about my life, why did I always end up going back out? Why did I continue, time after time, to find myself laying on a plastic mattress looking out a small window...wondering what went wrong? If only I could stop using, then I wouldn't be in this mess. Come to find out, there is more to this program than just staying clean. Come to find out there was a reason why I used and it was in my head. It was in my actions, my behaviors, my feelings, my emotions; it was in me. With the help of a sponsor and actually doing the 4th step, I was able to find

out reasons why I used...The things I was trying to cover up...What drove me to unmanageability, powerlessness and the insanity of it all. It was out there, I had nothing to hide anymore. I didn't have to live in the past anymore. I didn't have to be that person I once was—the person that I thought I was hiding from everyone so well but wasn't. For the first time in my life I found some relief within. I was able to go to sleep without all my secrets, for they were no longer secrets. I had taken their power away and finally did the foot work to change my life. It was no longer just about using, it was about being a better person. It was about being a better father, son, boyfriend, employee and friend. I was able to find out the fears and resentments that drove me to self-defeating patterns—the assets and behaviors that could tell me who I am and which ones I wanted to continue on my journey. I was no longer living in pain but had love for myself and others...all because of this program and the Steps and Traditions that guide me through life. The suggestions lay it out for me daily. Most importantly, I have a sponsor who doesn't judge me because of my 4th step but loves me and shows me a better way to live. Don't wait to work the steps, all of them, unless you like living in pain.

~ Nick R., NA Member



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SPECIAL POINTS OF INTEREST

- 2nd Annual Women's Retreat
- Recovery Herald needs YOU!





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's New?



URS CLUB: CHILDREN MUST BE SUPERVISED

Children are not permitted in storage room unattended.



S.O.S. IS NOW AN "OPEN" MEETING!

We meet Tuesdays at 6:30pm in Redoubt Room of CPGH
 This meeting could really use your support!



AREA POSITIONS STILL VACANT!!!

For more information, attend your home group meeting!

*“Open-mindedness is essential if we are to use
 autonomy to help N.A. grow.”*

~ It Works, How and Why p. 156

Tradition 4: Group Autonomy

Autonomy can be defined as a right to self-govern without outside control. “A Narcotics Anonymous group is any group that meets regularly, at a specified place and time, for the purpose of recovery, provided that it follows the Twelve Steps and Twelve Traditions of Narcotics Anonymous (Basic Text, 5th edition). Each group is responsible for choosing its own format to create the appropriate atmosphere of recovery that reflect the group’s members. Each group is responsible for the atmosphere of recovery and to fulfill our primary purpose. Just because one home group decides to follow a certain format does not mean that all the groups in that area follow the same format. For example, DHF is a local home group of Narcotics Anonymous. This home group is interactive in the readings, meaning people shout out defined sayings during the readings. This helps keep people focused and provides a warm and fun recovery based environment. Often, members will visit another group that is not interactive in our area and shout out sayings. This is not in keeping with our 4th Tradition. It is important to ask ourselves as members, “What is the format of the group I am visiting?” Many members misunderstand this tradition as, each group is allowed to do whatever they would like. We forget the entire second half of the tradition which states, “except in matters affecting other groups or NA as a whole.” Each group does have a lot of freedom; however, the Twelve Traditions of Narcotics Anonymous are not negotiable.

~ Mandy H., NA Member

UPCOMING ACTIVITIES

Dinner, Karaoke, and Speakers Event

Date: March 14th

Time: 6pm-TBD

(Event info will be posted at local meeting places and the regional events page on akna.org)

2nd Annual Kenai Peninsula Women's Spiritual Retreat

Dates: March 20-22nd

Registration is limited, forms can be found online at akna.org— contact Mandy for more information.

Spring Fling Dance & Speaker Jam

Date: April TBD

(More details to come)

Activities Committee is looking for a design and theme for this event. Contact activities chair for more information.

Twisted Sisters Women's Potluck/Speaker Meeting

Date: Last Sunday of odd months.

Time: 4pm-5:15pm

2015 Memorial Weekend Campout!

May 22nd-25th

Where: About 7 miles down Snug Harbor rd. in Cooper Landing, AK

It's that time of the year again everyone! Come and enjoy campfire and fellowship as we rough it in the wilderness. This year we will have a few members sharing their experience, strength and hope with us. Come join in the fun, laughter, tears, and excitement as we kickoff this summer with a bang!



Directions to the campsite:

Take Sterling Highway to Cooper Landing

Turn Right on Snug Harbor Rd (Left if coming from Anchorage)

Follow road about 7 miles down

On the left side of the road you should see two huge red power line towers and a sign with the NA Symbol.

You have arrived! Please use caution when driving up and down hill to campsite. (4x4s are recommended)

A few things you need to know:

- *There are no public restrooms (usually someone who arrives early digs a hole and sets a tarp!)
- *We will be in bear country, be responsible with your food
- *We will be next to a lake, do not leave children unattended
- *Food and shelter will not be provided (although some of us don't mind sharing!)
- *Firewood is always needed
- *Bring your own camping chair

A schedule of events will be posted soon!



LOSING THE DESIRE, *FACT OR FICTION?*

I have been asked, "Have you really lost the desire to use?"

My response is, "Yes!"

When I think of all the feelings associated with using and the way my life was going, and compare it to my feelings and life in recovery the answer is obvious.

Narcotics Anonymous has made it possible for me to quit using, lose the desire and seriously find a new way to live.

The next question is always, "What if you could use successfully without consequences?"

In which I would have to say, "Well, maybe if that were the case I would trade my recovery...However, I would also want a unicorn!"

Since neither one of these two things are going to happen, I don't give this question any more thought!

~ Mandy H., NA Member

"The Fourth Step is a turning point in our journey of recovery."

~ *It Works, How and Why* p. 37

She Sits Alone In The Dark

She sits alone in the dark.

It's late. She doesn't try to sleep.

She knows the wheels are turning too fast and sleep won't come.

She looks for anything and everything to distract her.

She still fears the thoughts.

Yet she wonders, what is she missing with her frantic efforts to drown out the din?

What if she could quiet it?

Would she find her power?

Would she realize her divinity?

Having realized it, would she have to step into the light and take her rightful place?

Perhaps it's not the thoughts she fears, but the responsibility.

~ Debra U., NCA Member, Sacramento CA



BUSINESS MEETINGS

Area Meeting– First Saturday of the month at 5pm, 11312 Kenai Spur Hwy #71

DHF- First Thursday of month at 8pm

Twisted Sisters– Last Sunday of the month at 3pm

S.O.S.– Last Tuesday of the Month at 730pm

It Works– As needed

This One– As needed

Clean Machine– Last Wednesday of Month at 8pm

PJ Meeting– Last Saturday of the Month at 11am

COMMITTEE MEETINGS

PR (Public Relations)- Last Sunday of the month at 530pm, 11312 Kenai Spur Hwy #71

Newsletter– Second Sunday of every month at 3pm, 11312 Kenai Spur Hwy #71

H&I (Hospitals & Institutions)– Last Thursday of the month at 815pm, 11312 Kenai Spur Hwy #71

Activities– As announced



March brings anticipation of a new season, more light and warmer temperatures for us hardy Alaskan addicts. For the women in the fellowship, it also means it's time for the Kenai Peninsula Women's Spiritual Retreat! Hosted in Homer this year, ladies from all over the state will gather in unity as Spirits Awaken. This retreat and its atmosphere will allow women a safe and private environment to fellowship without distraction or interruption. A place for women NA members to renew their spirituality and be filled with peace and serenity. Sharing our intimate thoughts, experiences, and dreams in a loving way leads to new change, healing, growth, and friendships. The gift of hope provides the link to the promise of freedom from past ways of coping, thus attracting commitment to the NA recovery process. Our fellowship has shown to be true in the spirit of giving it away to keep it. The committee would like to thank everyone who has supported and contributed to the retreat's success. We are blessed to be a part of such a caring and giving fellowship!

~ Spring L., NA Member

The experience I had at last year's Women's Retreat was completely amazing! My heart was overflowing by the time I left. I wish all the ladies in the fellowship would make it a point to attend this event. The turnout was GREAT! Everything from the cabins and fire, to the food, sauna, and fun! I'm so thankful for the healing I had in just one weekend. My favorite part was the Kai Chi Do that was new to me, and just AWESOME! I also really enjoyed the "You Are Not Alone" activity. There were many meetings with speakers from various areas of the state, and with various topics that many of us could relate to. My creative as well as funny side got to come out at this event. I would just like to say "Thank You" to all of the wonderful women who made this retreat possible.

~ Jodi L., NA Member



2015 TRUSTED SERVANTS

Executive Committee

Chair: Amber B.

Vice Chair: Enrique P.

Treasurer: Desirea W.

Alt. Treasurer: Vacant

Secretary: Spring L.

RCM: Vacant

Alt. RCM: Vacant

Literature: Nick R.

Subcommittee Chairs

H & I: Audrey B.

Activities: Cheyenne M.

PR: Jodi L.

Newsletter: Lotus B.

GSRs

DHF: Brad C.

It Works: Peter D.

Clean Machine: Donna A.

Twisted Sisters: Tanya L.

PJ Meeting: Libby H.

This One: ?

SOS: Linzy

Toys in the Addict: Dano M.

Understanding Autonomy

"Each group should be autonomous, except in matters affecting other groups, or N.A. as a whole."

Our Fourth Tradition is probably one of the most misinterpreted spiritual principles in our Fellowship. Very simply, it means just what it says: groups are autonomous. Groups may design their meetings to meet the special needs of the members. Groups attract newcomers to N.A. in their own special way, as long as our unity is not compromised.

My home group has only one meeting a week. We fulfill our group responsibility for sponsoring the newcomer by suggesting meetings for them to attend on other nights of the week. We suggest groups meetings that carry an unconfused message of recovery from addiction, meetings where members express their identity as addicts, and share recovery maintained through the N.A. Program at N.A. meetings. Autonomy is not anarchy. We feel that we are not free to suggest anything but N.A. recovery in our N.A. meeting. To do so would be to affect other groups and N.A. as a whole.

Only groups are autonomous. Service boards and committees exist to serve N.A. groups and members, and are directly responsible to them. Projects undertaken by these service boards and committees as well as all of their actions affect many groups and N.A. as a whole. They are not autonomous, but directly responsible to our loving ultimate authority expressed through our autonomous groups. The misperception of service board and committee autonomy has at times put or common welfare in jeopardy. As we grow and mature as a Fellowship, the importance of unity through the expression of group conscience in our service boards and committees affects more lives. We need to protect our group autonomy by reminding our service committees and boards that they are directly responsible to those they serve; the groups and are not autonomous.

PUBLIC RELATIONS

Why Public Relations is Important to the NA Member: The Narcotics Anonymous message is “that an addict, any addict, can stop using drugs, lose the desire to use and find a new way to live.” Our relations with the public enable us to share this message broadly so that those who might benefit from our program of recovery can find us.

~Excerpt from Public Relations Statement

When we meet:

5:30pm the last Sunday of each month at 11312 Kenai Spur Hwy, Unit #71 in Kenai.

For more information contact:

Jodi (907) 953-2891

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:

8:15pm the last Thursday of each month at 11312 Kenai Spur Hwy, Unit #71 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

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

For more information contact:

Cheyenne (907) 690-2939

TRADITION FOUR - A HISTORY LESSON

One might ask, "Are we truly autonomous? What about our service committees, our offices, activities, hot-lines, and all the other things that go on in N.A.?" The answer is that these things are not N.A. They are services we utilize to help us in our recovery and to further the primary purpose of our groups. Narcotics Anonymous is a Fellowship of men and women, addicts meeting in groups and using a given set of spiritual principles to

find freedom from addiction and a new way to live. All else is not N.A. Those things we mentioned are the result of members caring enough to reach out and offer their help and experience so that our road might be easier. Whether we choose to utilize these services is up to the group.

*~ Excerpt from Tradition Four,
Basic Text Approval Form, November 1981*

"With our courage, we are able to put on paper those things we thought we'd never tell."

~ It Works, How and Why p. 38

NEWSLETTER SUBCOMMITTEE:

Editor

Lotus B.

Copy Editor

Michelle R.

Reporter

OPEN

Information

OPEN

Entertainment

OPEN

Art

OPEN

Institutions Edition *NEW*

Tanya L.

Tradition Guides

Danny M.

Mandy H.

Christy W.

Thank You to Carolyn for choosing this edition's quotes!

The Recovery Herald is always looking for more writers, artists, reporters, and reminders!!



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 June, the topic is Step 5 & Tradition 5.** 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.