



RECOVERY HERALD

A BETTER WAY TO LIVE

So, this is how making it to nine months was for me. First, I'll talk a little bit about before. I started using at 11. At 22, it finally lead to jail for the first time. Over the next ten years, my drug use kept leading me back behind bars. After one long-time incarceration, I managed to stay clean for two and a half years, two years while incarcerated and 6 months on my own. I didn't go to meetings or get a sponsor. I tried to do it all on my own. As you can imagine, I went back out, which landed me back in jail again. Over the next six months, I went back three times, each time staying a little longer.

The last stay in jail, I had been there 27 days when I found out my father went to the hospital and was in emergency surgery and was really sick. Over the next four days, it was touch and go. During this time, my grandma was in the hospital in another state. I got a pass to see my dad for six hours. It was the hardest thing I had ever gone through. At that moment, to see my father hooked up to machines, I knew that I would do anything in order to spend time with him and rebuild my relationship with him. I took the time to go to all the meetings I could while in jail. It was in those meetings that I heard something that I needed in

order to have hope. When I got out, the first thing I did was call someone from the rooms of NA and went to a meeting. Over the next two weeks, I got a sponsor. I started working the steps, which has been a slow process. I got other women's numbers in the rooms. I made new friends and let go of my old using ones. I was working and going to 6-7 meetings a week. I got involved in service work and I have come to have some close relationships with other women in the rooms. I reached nine months and was able to go to a concert. I was speaking at an NA activity. I was scared that I wouldn't know what to say, so I talked to others, my sponsor and prayed about it. After I spoke, I did not feel bad...I felt really light-hearted. I have struggles every day; I just keep doing what is suggested to me. I go to meetings, call my sponsor and continue to work the steps.

By no means am I healed. I am just clean today and working on staying clean for tomorrow, feeling my feelings as they come and finding a better way to live.

~ Caroline M., NA Member



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1.866.258.6329
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1.907.277.5483
Fairbanks:
1.866.258.6329
Juneau:
1.866.258.6329
Kenai:
1.907.335.9456

WHAT'S NEW?



There is a **NEW MEETING** in Soldotna!!! Friday mornings, 9:30 am at PJs Diner. Please be sure to arrive early if you would like to order breakfast or coffee so the meeting can go on without interruption.



It's that time again! **AREA elections!** There are **MANY** positions that need to be filled, attend your home group meeting for more information. If you don't have a home group, **GET ONE!!!**

“When we are working Step Six, it is important to remember that we are human and should not place unrealistic expectations on ourselves. This is a step of willingness.”

~ Basic Text, p. 35

UPCOMING ACTIVITIES

Halloween Costume Party, Dance, and Potluck

When: October 31st, 8:30 - 11pm
 Where: Kenai Rec Center
 Cost: \$10 per person

Express your inner demons and dance the night away with us at this year's Halloween dance! There is fun and excitement for everyone to enjoy. It will be a potluck so bring a dish for everyone to share. Wear your spookiest or most creative costume and you will have a chance to win a prize! All kids will get a goody bag!

- 7pm Meeting at URS Club
- 8:30pm Halloween Dance Begins at Kenai Rec Center
- 10pm Costume Contest
- 10:15pm Split the Pot, Door Prizes (must be present)
- 10:45pm Group Picture, Clean Time Countdown
- 11pm Cleanup

OCTOBER GAME NIGHTS

When: Each Saturday in October, 8:30-11pm
 Where: URS Club
 Cost: \$2 per person (suggested)

Please come join you fellow brothers and sisters of Narcotics Anonymous as we have some fun and play games, it's going to be a great way to end a busy day!

For additional event information:

- **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 690-2939

WORD SEARCH CHALLENGE

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

ENTER TO WIN!!!

Complete the word search for a chance to win a PRIZE!

Submit your completed word search 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 December 1st. Please be sure to include contact information so we can notify you if you win!

Name _____

Phone _____

ABILITY
 COOPERATION
 DECISIVELY
 DEFECTS
 DIFFERENTIATION
 EFFORT
 ENTERPRISE
 ENTIRELY
 FAITH
 HUMILITY

PRESERVE
 PRIMARY
 PROTECT
 PURPOSE
 RELATED
 REMOVE
 SPIRITUAL
 SURRENDER
 VISION
 WILLINGNESS



Entirely Ready

Am I entirely ready?
 Ok, I am, just for today!
 I just have to hold my pen steady,
 Then I'll be well on my way.

I pray for the willingness to be willing
 This is what they told me to do.
 To look at at my defects is chilling,
 Could all these be mine? Is it true?

But wait, I can't, this is hard!
 There are just so many, who will I be?
 I'm just one person, I'm totally scarred
 How do I remove all that is me?

Oh! I'm not the one getting rid of these defects?
 This is where I give it to God?
 Fear and anger have become reflexes
 Slow and steady just seems so odd

I have to be entirely ready
 And then it's all up to Him
 In His time He removes my defects
 Ok, now this isn't looking so grim

~ Tamera M., NA Member

*"When we, as a group, waiver from our primary purpose,
 addicts who might have found recovery die."*

~ Basic Text, p. 70

What Are You AFRAID Of ???

"Scary movies. A tire blowout. Starting something new."

~ Chelsea M.

"I'm afraid of my children going down the same path I did and experiencing poor self-worth, degradation, and the spiral of dishonesty and bad choices that come from trying to fill a void."

~ Spring L.

"Hitting a moose. Judgment. Success AND failure. Spiders. Getting hit by a car."

~ Michelle R.

"Without HP, everything. With HP, nothing."

~ Mandy H.

"I fear the unknown. Change. Though I also embrace change. After experiencing my past, which has brought me to where I am today, I know that the future is a coin toss. What I do today, no matter how hard I try, life can get ugly fast. But I have also come to realize that when life gets tough, it's not a punishment, but a challenge only to strengthen me."

~ Tia B.

"Getting hurt again. Lying to myself. Also, that someone will get me while I'm in the shower."

~ Lotus B.

"Regret."

~ Taddie D.

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

~ BECOMING ~

Step Six is all about becoming ready and remaining willing. It has been said that only Step One can be taken 100%, the remaining eleven steps are measuring sticks to progress. For me the biggest word in the sixth step is not “defects” nor “remove”, the key is ENTIRELY. It is not admitting I am ready, coming to believe I am ready nor making a decision to be ready. It implies I am ready when I am ready and am not ready until I am ENTIRELY ready. Definition of entirely: *to the exclusion of others: solely.*

In our literature it states “This process is difficult and often painful. Our growing awareness of our defects often causes us pain” (It Works-Page 60) “...we’ll notice a wounded look in the eyes of a friend after we’ve acted on one of our less endearing traits. We’ll hang our heads in shame, mumble an apology, and probably beat ourselves inwardly for being so callous one more time. We feel sick inside, knowing how our actions adversely affect the people in our lives...but this feeling compels us to change and grow.”

Change and growth are at the core of this step and our eagerness to stay clean will require agonizing awareness of our own part in every situation. Most of us have felt, at times, that this is too hard, I can’t go through with it, or I am so misunderstood. Isn’t it true, no pain no gain? This is where we move out from fear. The truth is exposed and it usually lies in the knowledge that we are the problem, not the glaring defects of others. There within lies the solution, we cannot change others however we do have the courage to change ourselves.

I have heard it said and I believe that *everything* changes and resistance to change is when we squirm. So I say go with the flow, let it go, easy does it, and hang on. Our special language. When I can change my attitude and modify my behavior, opinions, judgment and expectations, it goes better for me and all around me. It is amazing!! With each crisis, if I stay clean and diligent to my source, I attain true love of self.



2015 TRUSTED SERVANTS

Executive Committee

Chair: Vacant

Vice Chair: Vacant

Treasurer: Desirea W.

Alt. Treasurer: Vacant

Secretary: Spring L.

Alt. Secretary: Vacant

RCM: Dennis A.

Alt. RCM: Vacant

Subcommittee Chairs

H & I: Audrey B.

Activities: Cheyenne M.

PR: Jodi L.

Newsletter: Lotus B.

Literature: Nick R.

GSRs

DHF: Brad C.

It Works: Peter D.

Clean Machine: Donna A.

Twisted Sisters: Tera M.

PJ Meeting: Cheyenne M.

This One: Chris H.

SOS: Spring L.

Toys in the Addict: Dano M.

TRADITION SIX

"An NA Group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of property or prestige divert us from our primary purpose."

Our Sixth Tradition tells us some of the things that we must do to preserve and protect our primary purpose (to carry the message to the addict who still suffers). This tradition is the basis of our policy of non-affiliation and is extremely important to the continuation and growth of Narcotics Anonymous.

The first thing a group ought never do is endorse. To endorse is to sanction, approve or recommend. Endorsements can be either direct or implied. An implied endorsement is one that is not specifically stated; direct endorsement is specifically stated.

We ought never finance. Finance means to supply funds or to help support financially.

Narcotics Anonymous warns in this Tradition about lending the NA name. An outside enterprise is any agency, religion, society, organization, or any other fellowship. Narcotics Anonymous is a separate fellowship in its own right. **OUR PROBLEM IS ADDICTION.**

Our Sixth Tradition goes on to warn us what may happen, "lest problems of money, property or prestige divert us from our purpose." These problems often become obsessions and shut us off our spiritual aim.

Tradition 6 establishes boundaries for our relations with others in the Area.

When NA identity becomes too closely tied to the identity of another organization, the clarity of our primary purpose is muddled, losing some of its power.

Tradition 6 warns us of three things: endorsement, financing and the lending of our name. That would blur the distinction between Narcotics Anonymous and other enterprises.

Tradition 6 allows us to devote all our energy of carrying a clean NA message to addicts seeking recovery.

It is important to remember that we, as NA members and groups, are responsible for observing our 12 Traditions.

Applying spiritual principles is the basis of our freedom. Some of the principles that help us observe Tradition 6 include integrity, faith, harmony, anonymity, and humility.

Carrying a clear message of recovery in NA is also our identity and it reflects integrity. Our strength is in the power of the NA program. After all, it works. Our identity as a fellowship is founded in anonymity and selfless service, carrying the message from one addict to another.

Here is an example: In the mid-nineties in Anchorage there was a group unable to pay their rent in a coffee house for several months. The area paid their back rent, as it was affecting the whole Narcotics Anonymous Area.

The area made two payments to bring the groups rent current. The area requested that the group find a meeting place they could afford and move immediately. A group's actions should not adversely affect other groups or the entire NA fellowship.

*God Bless,
Donna A.*

PUBLIC RELATIONS

Public Relations Helps Addicts Find NA

“Public Relations’ is just another way of saying ‘taking care of our relationships.’ This can apply to our relationships with the general public, with law enforcement, and addiction professionals, and with each other. We fulfill our primary purpose when we effectively carry the message of recovery to the addict who still suffers. In order to do this, NA has to be known and respected in the community.”

~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)

LITERATURE

Need NA literature and not sure who to ask? Talk to the chairperson at the next meeting you attend or contact Area Literature, we can help you out!

We have quite a selection of literature on hand, as well as key tags, medallions, IPs and more!

For more information contact:

Nick R. (907) 398-8604

RECOVERY HERALD NEEDS YOU!

We are looking for submissions! We welcome articles sharing NA member's experience, strength, and hope; letters to the editor; jokes; cartoons; polls; crosswords; artwork; and poetry directly related to recovery.

A few things to keep in mind:

- Please keep article submissions between 175 - 600 words and recovery based.
- Do not use any profanity. The Recovery Herald is sometimes distributed outside of NA and it is important we are viewed as a respectable recovery program.
- When quoting our literature, please be sure to include page numbers.
- We will not assume responsibility to return submitted material and cannot guarantee that submissions will be published.
- Material will be edited as our committee sees fit. The Handbook for NA Newsletters 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 will make our best effort to correct grammatical and structural errors, misspellings, and faulty information. Sometimes submissions will need to be condensed due to limited space.

We welcome any feedback and hope you join us at our next committee meeting! Meetings are currently held at the URS Club on the 2nd Sunday of every month at 3pm.

~Lotus B., Newsletter Chair

NEWSLETTER SUBCOMMITTEE:

Editor

Lotus B.

Copy Editor

Michelle R.

Committee Members

Tamera M.

Victoria L.

Heidi K.

Tanya L.

Carolyn M.

Nick R.

Chelsea M.

Tradition Guides

Danny M.

Dennis A.

Mandy H.

The Recovery Herald is always looking for more writers, artists, reporters, quotes, games, graphics, and more. It is a great way to get involved in service! We need YOU!

"We gain more tolerance for the defects of those around us as we work this step."

~ It Works, How and Why, p. 67

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. **Our next edition will be published in January, the topic is Step 7 & Tradition 7.** 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.

