



NEWSLETTER
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Tradition Guides

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Mandy H.

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



“Ingredients in Recovery”

My name's Eric, I'm an addict. With the topic of how NA Activities have helped, nurtured and enriched my recovery in the beginning is just as important in my life today. "Learning to live without drugs one day at a time." For this addict, the Kenai Activities Committee has harnessed this attitude. I believe that an addict, any addict, can stop using and find a new way to live. This concept was the bright spot in a long, dark tunnel I was in when I came back to Narcotics Anonymous. The willingness to go to any lengths to stay clean was another important concept. This desire was rewarded the moment I decided to get out of self. As a result of this, I arrived in a Kenai fellowship NA meeting. Being that I'm an addict that has relapse as a part of my story, that first meeting made me feel as though my life took on a new meaning. The idea that no matter what I had to do or where I had to go, it was life or death. The fact that I don't live in the vicinity of the Kenai fellowship has gotten me to step out of self. The different activities—whether it's a specific group or the fellowship as a whole, has become the mainstay in my recovery. If it's serving up food at a fundraiser or filling a seat around a campfire, the Activities Committee has loved this addict when I didn't have love for myself. Also, from the newcomer packets that were available to me and the invitation to be a part of something much more greater than myself. I can truly say thank you and will be always in debt to the Kenai fellowship.

"The therapeutic value of one addict helping another is without parallel," is what I believe is the backbone to the unity of the Kenai fellowship. And for this reason, I am attracted to this fellowship for the love that is shown to the addict who still suffers. Thanks again.

-Eric M., NA Member

“To be truly humble is to accept and honestly try to be ourselves.”

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, poems, blurbs and artwork. **Our next edition will be published in January, 2017.** 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.

Kenai Peninsula Area



October, 2016
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Recovery Herald

Addiction Is Not a Terminal Illness

There are just some days where it feels like the fight doesn't make a difference. Some days, where I ask myself why I do the things I do and why I carry the message I try to carry. Why do I put in all of this effort when we still lose SO MANY?!?! My sister works for an organization fighting to cure cancer where she encounters young people and old people alike that are FIGHTING FOR THEIR LIVES with the hope that maybe they will get to live a little bit longer here on earth! They are trying new experimental drugs, trying to fight, while still knowing the likelihood is that the drugs won't work and they will pass. Then, I see people that are battling with addiction and/or depression that are throwing in the towel to a disease that is not terminal unless you CHOOSE to make it terminal. ADDICTION IS NOT A TERMINAL ILLNESS!

How do we bridge that gap? How do we shine the light on the good in someone's life to ignite the fire within them to overcome their demons? How do we feed them the hope that exists within these cancer patients that my sister encounters? How do we make a difference?

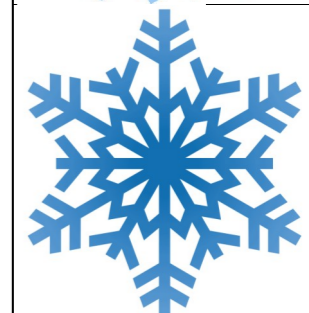
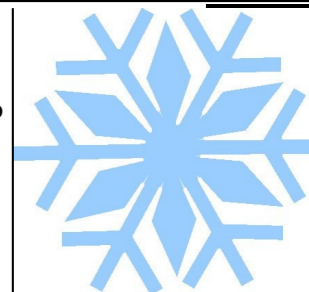
Here is what I've concluded after thinking about this most of the day today: We don't stay silent. We don't hide. We don't feel ashamed after rising from the depths of hell into this beautiful thing called recovery. This is my only dog in this fight. To stand up and say that I AM AN ADDICT AND I'M IN RECOVERY! To stand up and say that recovery is possible! I am not

the scum of society, I am not hopeless and I am worthy to live a life second to none today...and that's exactly what I have. So, I will shout it from the roof tops. I can't tell you what exactly ignited that hope back in my eyes when I was looking up from my own rock bottom. I can tell you that today, I can hold my head high when I talk about my past. I can tell you that I've gotten to watch the light come on in the eyes of other addicts once they have found their own spark of hope. I can tell you that I have amazing relationships with people that had every reason to write me off but were always by my side lifting me up.

Today, this is my only request. If you have a problem, REACH OUT! Talk to someone! Do not let addiction be your terminal illness. We don't have to lose more people, we just have to get louder and make sure that people know where they can turn for help. If someone you love is struggling with addiction, reach out. There are communities all over this world waiting for you to walk into a room and ask someone how to get out of the hell you are in. UTILIZE THOSE RESOURCES!

My prayer tonight will be to bring comfort to those experiencing a loss. That is a pain I know all too well, having lost so many. And even though I may question some days whether I'm making a difference or not, I'm still going to fight like hell to try, because every life saved is a victory!

-Amber B., NA Member





Statewide:
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

"It Is All Going to Be Okay"

I can only do what I can do
One step at a time, I'll see it through
I am me,
You are you
It is to myself I must be true.
No need to be strong or hang tough
I can ask for help,
Because I am enough.

-Anonymous

"We ask for help because we cannot do it alone."

~ It Works, p. 69

HIGHER POWAAA

When I came to recovery, I did not believe in any sort of God or Higher Power. I put my house slippers under the bed and told them, "Good night," and said, "Morning," to them when I retrieved them. I think I was an Atheist. After 30 days, I made the group at whatever meeting I was at my Higher Power, because they could whip my ass if they ganged up on me...They were stronger than I was. I decided after a short while, that I would make a Harley motor that was on my bench in the garage my Higher Power...It did not have any weaknesses that people did.

As I continued staying clean and going to meetings, I suddenly realized that things were working out better for me. No arrests, no car or motorcycle wrecks and more money in my pocket. Life was getting much better in tangible, measurable ways.

I made a decision to try to find a God that was spiritual in nature because the folks at the meetings told me life could get even better if I had one. They had not lied to me yet, so I began searching for this power.

I decided that my God would ride a chopper and smoke Marlboro cigarettes...riding around heaven causing trouble with his loud pipes and long hair. LOL...He would always be there for me to talk to, as long as I tried to do the right things, to the best of my ability.

For reasons unknown to me, my God has never left me. He is always there to gently correct me and encourage me on this journey called life.

A life I did not even have before I got clean and searched for help.

-Steve M., NA Member



BIRTHDAY CORNER!!!

Celebrating Milestones In Recovery

From June-September, 2016



JUNE, 2016

*Christy W.-06/07/96 (20 Years)

JULY, 2016

*Rick E.-07/06/05 (11 Years)

*Heidi K.-07/26/08 (8 Years)

*Rose C.-07/08/16 (1 Year)

*Desirea W.-07/28/07 (9 Years)

AUGUST, 2016

*Spring L.-08/03/11 (5 Years)

*Michelle T.-08/19/07 (9 Years)

*Eric M.-08/05/11 (5 Years)

*Paul T.-08/19/07 (9 Years)

*Leana S.-08/05/14 (2 Years)

*Tim F.-08/20/14 (2 Years)

*Russelle W.-08/10/06 (10 Years)

*Ariel C.-08/28/15 (1 Year)

*Tamera M.-08/11/06 (10 Years)

*Milton B.-08/31/85 (31 Years)

*Codie D.-08/12/14 (2 Years)

*Christopher S.-02/15/15 (18 Months on 08/15/16)

SEPTEMBER, 2016

*Victoria E.-09/03/93 (23 Years)

*Carolyn M.-03/22/15 (18 Months on 09/22/16)

*Mark M.-09/13/14 (2 Years)

*Mollyanne S.-07/31/16 (60 Days on 09/31/16)

*Bill O.- 06/16/16 (90 Days on 09/16/16)

*Tanya L.-09/17/04 (12 Years)

*Terry S.-09/18/91 (25 Years)

Happy Birthday!



First Annual Men's NA Retreat

Back in March of this year, the men of the Kenai Peninsula NA fellowship decided to put on the first ever NA Men's retreat in Alaska.

This started as the brain child of Enrique P., who brought it to the Sunday night men's meeting and then to the area for their backing. After all, we couldn't let the women have all the fun.

I was approached by Enrique P. to help out in putting the retreat together. Our first goal was to decide what we wanted to achieve by putting on the retreat. Through thought and our Higher Powers, we came up with Unity and Fellowship. Over the course of the weekend, that's exactly what we got.

Saturday, I observed newcomers with their step-working guides sitting on the deck with other men who had years of clean time in NA going over steps, asking questions and writing. They were sharing one on one with other recovering addicts, and as we know, one addict helping another IS without parallel.

The speaker meeting was awesome. Nearly every speaker that spoke had over 20 years clean. It was a great way to show that this thing we call RECOVERY really works and that there is HOPE.

The softball game was outstanding, and I'm sure will remain a feature in all the men's retreats. What a way to let your ego run wild under the supervision of other addicts, so you don't get too serious. The loser was to do the washing up after dinner, but it seemed even with the conscience of our Higher Powers, we were unable to come to a consensus of who the winner was.

My hopes for the weekend were fulfilled with the closing speaker panel on Sunday morning, after another stunning culinary feat by Jim P., who did outstanding service the entire weekend.

So, what did it all mean to me? As I looked back over the weekend, I thought of our symbol. Self, Society, Service and God. All of these were present over the entire weekend. It's all we wanted the weekend to be, and for that I was grateful.

In Loving Service,
Dennis A., NA Member



"The Family Afterward"

My family was broken when I came to Narcotics Anonymous. My children had been raising each other; my spouse had decided to leave, hoping for a better life and my Mother, Father and Grandmother had all passed in the two years leading up to that. Needless to say, I was at the lowest and loneliest point in my life. I had lived the using life so long that I had no idea how terribly out of control my life had become. I gave up and quit fighting to keep the demons hidden and started doing what was suggested. I starting by getting clean. When I look at my family now, I'm still not doing it perfectly, but I know in my heart that I am doing my very best most days. My adult children have expressed how they don't think I need recovery, they don't think I am an addict. They think I just had a rough patch, but I have come to accept that. They are allowed to have their perception of the situation. I must keep my reality foremost in my memory, because my HP and I know all the things that they never have to know. My younger boys have said some things that I felt really put the nail in my addiction coffin. They are happy to be home because: There's no more fighting, they feel free to express themselves (respectfully, lol), and they are accepted for who they are. Today, I try to live by example and some days are lacking. But any rotten behavior riddled day today is better than the relentless verbal and emotional abuse mixed with neglect and abandonment that they had survived through when their parents were together and loaded. The divorce was hard on them and I know they may always have that dream of the family back together and happy, but that just doesn't happen for all of us. They are pretty content having a split family that's a bit more healthy, happy and loving. God's plan is perfect.

From,
One Addict To Another

"Goodbye Dope"

goodbye dope
So I think it's pretty much time we go our
seperate 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 sabataged their world
but I thought you and me 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
and 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 your 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 - Gone But NOT Forgotten

A LITTLE PIECE OF HISTORY...

NARCOTICS ANONYMOUS

OUR PURPOSE

This is an informal group of drug addicts, banded together to help one another renew their strength in remaining free of drug addiction.

Our precepts are patterned after those of Alcoholics Anonymous, to which all credit is given and precedence is acknowledged. We claim no originality but since we believe that the causes of alcoholism and addiction are basically the same we wish to apply to our lives the truths and principles which have benefited so many otherwise helpless individuals. We believe that by so doing we may regain and maintain our health and sanity.

It shall be the purpose of this group to endeavor to foster a means of rehabilitation for the addict, and to carry a message of hope for the future to those who have become enslaved by the use of habit forming drugs.

STARTING MONDAY NITE OCT. 5, 1953 EACH MONDAY NITE THEREAFTER
AT 8:30 P.M.

CORNER OF CANTARA & CLYBOURN, SUN VALLEY, CALIF.
DIRECTLY BEHIND SUNLAND LUMBER COMPANY



-Ariel C., NA Member



2016 TRUSTED SERVANTS

Executive Committee

Chair: Enrique P.

Vice Chair: Mandy H.

Treasurer: Desirea W.

Secretary: Spring L.

Vice Secretary: Ellie N.

RCM: Dennis A.

Subcommittee Chairs

H & I: Brad C.

Activities: Syerenna O.

PR: Jodi L.

Newsletter: Michelle R.

Literature: Nick R.

GSRs

DHF: Carolyn M.

It Works: Pete D.

Clean Machine: Donna A.

Twisted Sisters: Victoria E.

PJ Meeting: Pam R.

This One: ?

SOS: Alex L.

Toys in the Addict: Dano M.

MEETING BLURBS



Clean Machine

We meet every Wednesday night at Central Peninsula Hospital from 7-8pm downstairs in the Redoubt room. This is my home group and for one very good reason, every addict should have one. I like the simple way this group operates under our 5th tradition: "Each group has but one primary purpose-to carry the message to the addict who still suffers."

There have been many times I have been the only addict there and one more addict has turned up, and we sat and shared with each other. Other times, there have been many more.

Why do I turn up every Wednesday night? Because that is our PRIMARY PURPOSE.

**In loving service,
Donna & Dennis A., NA Members**



P.J. Meeting

The P.J. Meeting started a new meeting—we now meet Monday, Wednesday, Thursday and Saturday at 10am at the URS Club. It's an open meeting with roughly 9-15 addicts in attendance. Our business meeting is the last Saturday of every month.

-Pamela R., GSR for P.J. Meeting/NA Member



This One: Men's Stag

We are a men's NA group that meets once a week. The meeting is held on Sunday nights, starting at 8pm and running until 9pm at the URS club located at 11312 Kenai Spur Hwy unit 71 Kenai, AK 99611.

Please come and join us to hear experience, strength and hope from a man's point of view.

-Aaron M., NA Member

"Change"

Change is one thing that's certain...
Change is a guarantee

We can close the blinds or open the curtain,
We can be jailed or we can be free

The choices I make every day,
They map out the life that I get

If I choose to stand in my own way,
Then my plans for that day are set

I can cease fighting everything and everyone
I can surrender; let go and let God

Or, I can change nothing and continue to run
Change nothing and continue my facade

When I put effort into my recovery,
When I put it first and foremost

Every day is a brand new discovery...
I get to walk with purpose, instead of just coast

-Tamera M., NA Member

"She Lives"

She walks her path, bathed in a sunlight that pales in
comparison to the glorious shine of her spirit.

She doesn't see her light.

She sees a path that is overgrown. Filled with thick,
thorny bushes halting her progress. How can she
move forward?

Every step she takes brings pain.
Dark clouds on the horizon...a storm is coming.

She is afraid.

She keeps moving forward—through the pain and
into the cold, grey storm.
This storm will pass. Her pain will ease.
With each step she takes, she comes closer to the end
of the rain—closer to the Sun.

Her exquisite light shining brighter than the darkness
in front of her.
One foot in front of the other,
Moving on.

With each step,

She lives.

-Krista M., NA Member

