

*JUST FOR TODAY: I will set my house in order. Today I will examine my part in the problems in my life. If I owe amends, I will make them.*

Basic Text, p 93

“We emphasize getting our house in order because it brings us relief.”

Order -

**JUST FOR TODAY**

(\* meetings every hour round the clock)

6:00 PM	Narathon Meetings* Room 308
9:30 – 11:00PM	Comedian Billy G. Amarillo, TX H.R. Ballroom A&B
7:30 – 9:00PM	Speaker Meeting H.R. Ballroom A&B Buzz - San Jose, CA
6:30 – 7:30PM	Dinner H.R. Ballroom A&B Room 301
6:00 – 6:30 PM	Alaska Region pre-meeting Discussion for committee members 2nd Floor Foyer
5:00 – 6:30 PM & 9:00 – 9:30 PM	Merchandise 2nd Floor Foyer
4:00 – 6:30 PM & 9:00 – 9:30 PM	Registration 2nd Floor Foyer
4:00 – 24 hours - Sun	Hospitality/Coffee 2nd Floor Susitna Room

**Friday 10-9-09**

**Saturday 10-10-09**

7:00—7:50	Meditation Circle (Doug P.)	Room 305
8:00 – 8:50	Recovery Yoga (Debbie S.)	Room 305
All day	Narathon	Room 308
All day	Hospitality	Susitna
9:00 – 5:00	Workshops	Ballroom C C and B
9:00 – 4:00	Registration	2ndFloor
9:00 – 4:00	Merchandise	2ndFloor
2:00 – 4:00PM	Alaska region of NA meeting	Room 301
6:00 – 7:30PM	Banquet Dinner	H.R. Ballroom A/B/C
6:30 – 8:00PM	Auction w/Terry S.	H.R. Ballroom A/B/C
8:00 – 9:30PM	<b>Speaker Meeting Tom C. - Hilo, HI</b>	H.R. Ballroom A/B/C
9:30 – 10:0PM	Clean time Count	H.R. Ballroom A/B/C
10:00 – 2:00	DJ Dance	H.R. Ballroom A/B/C

**JUST FOR TODAY**

Consequences -

“Before we got clean, most of our actions were guided by impulse. Today, we are not locked into this type of thinking.”  
Basic Text, p. 87

*JUST FOR TODAY: I will think about the consequences of my actions before I take them.*

Let's share our experience, strength and hope. Invite a newcomer, sponsor or sponsor to a workshop...

12:00 – 12:50	Spiritual Awakening and Spiritual Growth Tom C. Ballroom C
11:00 – 11:50	Responsibility Terry S. Ballroom C
10:00 – 10:50	Codependency/Relationships in Recovery Fran D. Ballroom C
9:00 – 9:50	Welcome to NA Wiley R. Ballroom C

**SATURDAY WORKSHOP SCHEDULE**

**Welcome to the 25th Annual Alaska Regional Convention of Narcotics Anonymous**



**ARCNA XXV  
October 9-11, 2009  
Anchorage, Alaska**

We keep what we have only with vigilance, and just as freedom for the individual comes from the Twelve Steps, so freedom for the group springs from our traditions. As long as the ties that bind us together are stronger than those that would tear us apart, all will be well.

**The Twelve Traditions of NA**

1. Our common welfare should come first; personal recovery depends upon N.A. unity.
2. 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.
3. The only requirement for N.A. membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or N.A. as a whole.
5. Each group has but one primary purpose-to carry its message to the addict who still suffers.
6. An N.A. group ought never endorse, finance or lend the N.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every N.A. group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. N.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues; hence the N.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

1. We admitted we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

**12 STEPS OF NARCOTICS ANONYMOUS**

**Sunday 10-11-09**

Ends at 10:00	Narathon	Room 308
9:00 – 10:30	Merchandise	2nd Floor Foyer
9:00 – 10:30	Sunday Brunch	H.R. Ballroom A & B
10:30 – 12:00	<b>Speaker Meeting Fran D.—Kona, HI</b>	H.R. Ballroom A & B
12:00 – 1:00	Merchandise	2nd Floor Foyer

**JUST FOR TODAY**

Eyeglasses and attitudes -

*“Our best thinking got us into trouble...Recovery is an active change in our ideas and attitudes .”*

*Basic Text p. 53”*

**JUST FOR TODAY:** *I will view the world and my life through the clean spiritual lenses of my program.*

**SATURDAY WORKSHOP SCHEDULE**

1:00 – 1:50	Men’s meeting Lamar and Craig O. Ballroom C
	Women’s meeting Heidi U. and Debbie S. Ballroom B
2:00 – 2:50	Step Twelve - Applying Spiritual Principles Michael B. Ballroom C
3:00 – 3:50	Compulsion, Control, and Relapse Amanda L. and Lori H. Ballroom C
4:00 – 4:50	Letting Go and Acceptance Georgette Ballroom C

**Let's share our experience, strength and hope. Invite a newcomer, sponsee or sponsor to a workshop...**

This is a simple spiritual—not religious—program, known as Narcotics Anonymous.

Those who are addicted today are more fortunate. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all.

There seems to be this alternative: either go on as best we can to the bitter ends—jails, institutions or death—or find a new way to live. In years gone by, very few addicts ever had this last choice.

What is there left to do?

When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma.

### We Do Recover

Call me **BEFORE** you use...

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### WELCOME

The Convention Committee of ARCA XXV would like to extend our warmest welcome to each of you. We hope that everyone has a great time and gets the opportunity to fully experience the true spirit of fun and fellowship in recovery.

We need to remember that our personal conduct is a reflection of our program in action. Our personal behavior affects the fellowship as a whole as we present ourselves in public and carry the message or recovery to the addict who still suffers.

We ask that you respect the rules of the hotel and please be respectful of its staff. There will be no sleeping in any public areas including lobby, hospitality suite or narathon room. Parents are responsible for their children at all times. Please do not let your children wander unsupervised. Please do not let your children disrupt any meetings or workshops.

If you are approached by any members of the media, please direct them to the registration table or the Convention Information Chairperson (Joe C.)

### 2009 CONVENTION COMMITTEE

<b>Convention Chair</b>	<b>Arlene L</b>
<b>Vice Chairperson</b>	<b>Terri H</b>
<b>Treasurer</b>	<b>Kim L</b>
<b>Secretary</b>	<b>Charlotte D</b>
<b>Entertainment</b>	<b>Dena J</b>
<b>Registration</b>	<b>Neil H</b>
<b>Arts &amp; Graphics</b>	<b>Ross B</b>
<b>Hotels</b>	<b>Heidi U</b>
<b>Programming</b>	<b>Tony L</b>
<b>Convention Info</b>	<b>Joe C</b>
<b>Merchandise</b>	<b>Mary K</b>

**Thank you to all the sub-committee members who worked so hard to make this convention a success. We CAN do together that which we cannot do alone.**