



Nov/Dec 2008

REGIONAL NEWS

Alaska Regional Service Committee of NA (ARSC) News

ARSC held a committee meeting October 20, 2008, at the Convention in Fairbanks. Kenai, Juneau, and Anchorage Areas were represented. Though it is their turf, Golden Heart was not represented by an RCM because their pool of human resources are tied up in other positions, however they had representation at the meeting. Anna S will resign as ARSC chair in January, so the committee is looking for Chair nominations. Sean, treasurer reported that the ARSC bank balance is approximately \$5400, and all bills are current. Debbie S, as alternate Anchorage Area RCM substituting for Allen, brought the Anchorage Area report. Robert G represented Juneau. Christie reported the Kenai Area news. Kenai met in Seward on October 4 for their monthly Area meeting. (It is so cool that Kenai & Seward alternate meeting venues to get all of their fellowship involved.) Kenai has seeded its 2009 Campvention with \$1000, is donating literature to H&I, and has \$2661 in funds. Christine B was nominated for the Regional PI. Anna S appointed her as PI Chair pro tempore, while this goes back to the Area groups for vote. In long delayed action, Kevin H from Anchorage was voted in as H&I Chair. Corey S was voted in as V. Chair, though to the question from a member present "would she be willing to assume the Chair position in the event it became vacant", she preferred that she get more experience first. Both votes were unanimous. The web page guidelines were approved. Not without a little discussion, the committee voted to approve Anchorage Area to host the next two conventions. Kenai stated that any report that it wanted to host the convention was a rumor started elsewhere. Terry H mentioned that it was conceivable that Anchorage Area could host a convention outside of Anchorage. [It is now up to the Anchorage Area to select its 2009 Convention Chair. Word has it, at least one nomination should roll in at the November Anchorage Area meeting.] **Correction:** In September/October issue of *Never Alone*, it was reported that the Kenai and Golden Heart Areas had missed two consecutive Regional meetings, and so, consistent with the Regional guidelines, were reduced to non-voting participants at the next Regional meeting. [K. and G. attended neither the Regional committee meeting in June nor the traditional Regional committee meeting at the Golden Heart Blowout.] However, Shelly our Regional Secretary, reported that she had cancelled the Golden Heart Blowout meeting because the "Chair" had not "mailed an agenda 21 days prior to the quarterly meeting", which is per the ARSC Guidelines Part II.2. (Frankly, this writer cannot remember when a chair has distributed an agenda that far in advance.) To be balanced, there is nothing in the guidelines that appears to vest the Regional secretary with the responsibility to call or cancel meetings. Nevertheless, by this circumstance, Kenai Area was able to participate as a voting member at this year's Convention Regional meeting.

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...Principles before personalities...

Anchorage Area of NA

P.O. Box 92088

Anchorage AK, 99509

Alaska Region

P.O. Box 232635

Anchorage AK, 99523

www.akna.org

World Service Office

P.O. Box 9999

Van Nuys CA, 91409

(818) 773-9999

www.na.org

AREA NEWS

It was election time for the AASC and we have the results! Our new Area Chairperson will be Sean C. Area Vice-Chairperson will be Shelly W. Area Treasurer will continue to be Josh and Eileen will be the Assistant Area Treasurer. Finally the new Area Secretary will be Kathy W. Thank you all for your service! We would also like to thank Rick for his service as Area Chairperson, Sean as Vice Chair, Shelly as Secretary, and Josh continuing to serve as Treasurer. Your service was greatly appreciated.

There were also some motions being brought back to the groups. They are: Round About Group moves that Anchorage Area give 1% of reported amount left over at the end of the month to Region with the intent it be moved to World.

Clean & Serene had a nomination for Regional Secretary. They would like to nominate LouAnn for Regional secretary.



Sub-Committee News



Hospitals & Institutions

Approximately 9 members attended the H&I meeting this month. It was great; lots of enthusiasm. The next H&I meeting will be at the Thanksgiving Indoor Campout at 5 pm – we hope for a big turnout. We need panel members, people to get involved. Some news:

- ✦ Doug P is collecting clearance applications for Anchorage Jail and will bring applications for clearance to the Indoor Campout – then he will submit them for clearance.
- ✦ Corry, Sheena, and Marie are cleared to do API. This is scheduled to happen for the first time Tuesday afternoon November 4th. API is Coed – Any guys interested in helping out? Call John T for clearance information.
- ✦ Linda and Lamar had 17 persons show up Saturday (October 25th) night for the Cordova presentation.
- ✦ Jeff L is doing great as Secretary and holding down Parkview.
- ✦ Ernie Turner Center needs a panel leader.

Group voted to make Westmark Hotel located at 720 W 5TH Ave it's routine meeting location. A panel leader should have a year clean. Anyone with 6 months can participate as a panel member, though this is not strictly enforced if you have a sponsor, are working steps, and are grateful for recovery. Call John T, our chair at 269-7662 to get involved.

Public Information

We had a PI subcommittee meeting on September 14th, 2008. 3 addicts attended 2 addicts from Dynamite Thursday and 1 addict from Clean & Serene. Thank you to all addicts who are a part of the PI subcommittee. Learning Days will be held Saturday, November 15th, 2008, at Central Lutheran Church at 15th and Cordova, (at 1420 Cordova). More will be revealed for this upcoming event. Phone lines are going well. We will be doing a mail-out this month. Alaskan Human Services is going OK. From 6-10-2008 \$42.00 - spent for stamps. \$95.20 - October schedules for a \$137.20 - total Next PI subcommittee meeting will be held at Country Kitchen on 346 E. 5th Avenue. Everyone is welcome to attend. Thank you for allowing me to serve.

Entertainment

We would also like to thank everyone for their support with the Halloween Dance. It was a great turnout and there were some pretty awesome costumes. We are having an Indoor Campout from Nov 26-28 at St. Patrick's Church. Remember that *Everyone is welcome, no clean time required to participate on the Area Entertainment Committee!* The meeting is held every Sunday at 1pm at the Alano Club after the nooner! Any questions call Catelyn at 744-0774.

Schedule for Indoor Campout is as follows:

Nov. 26th

7-8pm Kickoff Dinner hosted by the Frozen Chosen

8-9pm Speaker Meeting-Geoff V.

10-11pm Will be campout sing-along

Nov. 28th

3-4am Story Time Meeting

7am Continental Breakfast

9-10am Speaker Meeting-Lori

Nov. 27th

6-7am First ever Story Time Meeting

9-10am Speaker Meeting-Christine B.

Meetings and fun activities until

6-8pm Thanksgiving Day Dinner

8-9pm Speaker Meeting-Kevin H.

9-Midnight Karaoke with professional DJ

To be held at St. Patrick's Church in Muldoon! Contact Catelyn for any questions. 744-0774

Newsletter

Special thanks to Celeste, Linda, Doug, Christine, and all others who help make this Newsletter possible! Contact Howie 310-2913

Literature

To find out any information for Literature please contact Dave L. at 337-2551



What's Going on in NA!



CLEAN TIME IN NA!!!!

NOVEMBER

Allen H 1 yr Nov 1

Mike G 7 yrs Nov 3

Muggly 19 yrs Nov 7

Sean 6 yrs Nov 19

Bob W 2 yrs Nov 21

Cory C 6 yrs Nov 28

Debbie S 17 yrs Nov 29

DECEMBER

Howie W 5 yrs Dec 15

Dan F 3 yrs Dec 22

Gabe 9 months Dec 22

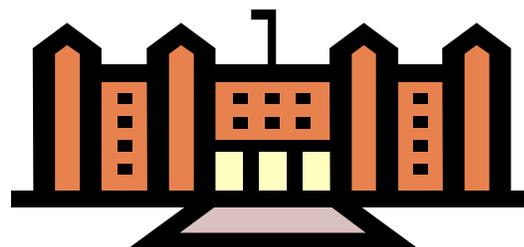
Jim L 9 months Dec 23

Shaina 3 yrs Dec 25

David J 16 Yrs Dec 31

Learning Day!

November 15, 2008 at the
Central Lutheran Church
corner of 15th and
Cordova.



"A victory for one is a victory for all!"

Narcotics Anonymous Convention

News from the *Alaska Regional Convention of NA* – "Breaking the Chains"

By all accounts, this year's 24th annual ARSCA convention hosted by the Golden Heart Area was a great success. Our Francis R (formerly of Chicago) kicked things off with a warm-hearted share Friday night. Kaydee, a Fairbanks local, with awesome recovery, spoke in quiet convincing fashion on Saturday morning that we can get clean as teens (a local speaker is a tradition on Saturday mornings at Golden Heart hosted conventions).

Most of the merchandise was sold out by Saturday morning, as it was at last year's Anchorage convention – a hang over from the 90s when convention committees were stuck with excess merchandise for years. Narathon meetings were well-attended even early Saturday morning. To the consternation of some, the traditional Saturday workshops were vacated for other events during the day. These included the 10 am speaker meeting, the 11:30 am to 1:30 pm WSC leadership workshop, and the Regional meeting from 2 pm to 3 pm. Some thought it wise not to schedule opposite these acts as it encouraged more participation. Frankly, many members went to Chena Hot Springs and there were reportedly some good meetings on the road.

Frank G and David J, both from California, spoke on Saturday night and Sunday morning respectively. Both were inspirational and easy to identify with. The convention has speaker CDs, at \$2.50 each or \$5 for both. They will be available soon in Anchorage.

The auction went off well. The centerpiece was a quilt of NA tee shirts both creative and well executed. The buffet style feeds Saturday night and Sunday morning were very good, and there was plenty of food.

The convention cleared \$1800. Wow! For the first time, the Golden Heart convention made a profit. In 2005, the convention broke even and with continued fellowship support, this event should continue to prosper. Thanks go to the Convention committee for helping *BREAK THE CHAINS OF ADDICTION*:

Joe F, Chair

James Mc, Vice Chair and Treasurer

Anne H, Secretary

Rachel P, Convention Information

Renee M, Programming

Corina B, Hotels and Hospitality

Nancy B, Registration

Also, thanks to all the unnamed volunteers who helped pull this event off.

...Principles before personalities...



Addict To Addict



GABE'S STORY OF RECOVERY

- Linda: What are some of the things you remember about your first NA Meeting?
- Gabe: It was at the Dry Dock on April 15th, 2008 the 7:30pm meeting. I felt scared and I remember thinking to myself "what the hell did I get myself into" The first person I heard speak totally confused me I had no ideal what was said or where they were coming from. But, the second person that spoke was a women who was talking about being treated badly in a relationship with someone, and with empathy I placed myself in the same situation and understood how she felt and I could relate with what she was saying because it was the same way I use to treat women. It was at that moment I realized that I did not want to treat anyone like that again. It was when I heard her share that I decided that I needed to make some changes about myself.
- Linda: What are your thoughts on change?
- Gabe: In the beginning of my recovery, I had a lot of fear of change. Today, I embrace change. I use to be my own worst enemy because, I was not willing to change anything. Now, I'm willing to accept change. Acceptance of change is a part of my recovery that I maintain everyday. Now, that I've made changes, my life is different.
- Linda: Tell me about your foundation.
- Gabe: I feel that in order build my foundation, my first step was to be willing to change and I had to come to a decision. That decision was to surrender. There are certain things I do everyday in recovery, one of the things I do, is attend a meeting. I've heard it said that "Meeting Makers make it" and I believe that. I also attend recovery classes. The classes teach me how to recognize my triggers and dangerous situations, in essence relapse prevention. The classes also provide a venue to learn about myself. There's one class called D Script. This class is where I describe a situation and express how I felt about it, what bother me about it, and what the solutions to the situations might be. This is a tool I practice everyday in my recovery and will continue to use through out my life. Bottom line is my foundation is about keep a regular routine everyday.
- Linda: What are some of the things you strive for today?
- Gabe: I know the one thing I want is recovery and not to relapse. I will go to any lengths for my recovery today. Today, I place my recovery above everything,
- Linda: What some of things wanted when you were looking for a sponsor?
- Gabe: I appreciate the questions my sponsor asks me and how he motivates me to work the steps. One of the questions I was asked was "What are you willing to do to get recovery?" This question helped me to realize, that I am willing to anything to get recovery today and to do whatever it takes to maintain it. When I work a step I get clarity of myself and my life. Things are placed in order and I get a better perspective of life. The steps are a gateway to learning about me. I've learned that it's not the other person fault of how I feel or how I react or who I am.
- Linda: What had recovery brought to your life.
- Gabe: Recovery has brought me many opportunities. I've reconnected with my children. It's also enabled me to be open to my mind to different things. I'm now viewing better job opportunities for myself, like becoming an addiction therapist. I also am able to have empathy for others, the ability to put myself in some else shoes and understand where it is they are coming from. I can turn a negative thought into a positive one. I'm working on becoming a better person inside and out. I'm building better relationships with others.
- Linda: What do you think are some the important things you should have overcome in recovery before starting a relationship with someone else?
- Gabe: I need to be ok with myself first. My expectations of someone should be reasonable. What's important is to see the inner good of someone rather that the outside appearance. I've heard it said that "beauty is in the eyes of the beholder" I think I should love the insides of the person no matter what the outside looks like. I know that you need to love yourself first.
- Linda: How do you know when you love yourself? I mean, it's hard for me to look at myself and see all my fawls and accept myself much less love myself.
- Gabe: I think you should be able to look in the mirror and tell yourself, I am beautiful and I love myself with no doubt or hesitate. As long as you are happy with yourself, no one can say anything that will bring you down. It's all about being right with you on the inside. It gives you the power to smile through anything someone else might say.