

Never Alone

Anchorage Area NA
Newsletter
May 2009

The Newsletter Subcommittee would like to say a nice big

THANK YOU to HOWIE!!!

For the fantastic job he did over the past year with the Newsletter. We may never have had a more professional newsletter, full of NA news, info, and stories!

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When Howie stepped down as Newsletter Chair, I accepted the AASC Chairperson's pro tem appointment as the new Newsletter Chair. If you have read any recent newsletters, you'll notice a distinct difference in format and layout. I lack the computer skills to reproduce the incredible look and layout of the past year. However, the subcommittee is committed to continuing to publish a superior newsletter. I hope you will judge the current and upcoming issues of *Never Alone* not by its format and appearance, but by the character of its content.

In grateful service
- Nick B, Newsletter Chair

Have you got some NA information, news, a recovery related story, or an event you wish to include in next month's newsletter??? Please email Nick B. at themodcatfish@hotmail.com. Be aware we have limited space, but will include as much as possible.



AREA PLANNING TOOL WORKSHOP

-Doug P.

Our Anchorage Area is hosting the “**Area Planning Tool**” workshop on May 16th at 3rd and Cordova, 2nd floor. It will start at 10:30 am and end about 3 pm. Fresh off the same workshop in Fairbanks, Tony L, our Regional Delegate, will facilitate it.

First Concept

“To fulfill our fellowships primary purpose, the NA groups have joined together to create a structure which develops, coordinates and maintains services on behalf of NA as a whole.”

The “Area Planning Tool” is a systematic approach to planning area service improvements. Why conduct Area Planning? We seem alright – the bills are paid, lots of groups show up to the monthly area business meeting. With an attitude, “we have always done it this way”, we may be missing an opportunity to carry the message, assist our service committees, or improve our Area service. Participants in the Planning Tool workshop begin by identifying area issues (an area inventory of sorts), but the process goes further and members develop and prioritize goals, and then create approaches to reaching those goals. It gives us a chance to look at our area from a new perspective. For example, if any groups are floundering, we may look at ways to support them. We can look at our relationship with the community – are we viewed as a reliable and credible program of recovery? What is not working at the area committee meeting or within the subcommittees? Can we clarify confusion about what goes back to the group and what is “housekeeping”? How can we improve participation within the subcommittees?

IMPORTANT -- Do you have an issue with our area or an idea how to improve it? Area wants you to participate on May 16th. Bring a dish or just share - It’s a potluck.

H&I Business Meeting
7PM Last Thursday of the Month -Westmark Hotel Cafe - 720 W 5th

Eagle River Campout
Weekend of July 19-21
(More to Follow)

25Th Annual Blowout
(Camping Trip)
Weekend of July 17-19
Chena Lakes Rec Area
James M. (907)322-5046

Kenai Campvention
Weekend of July 10-12
Ron (907)398-4057



“Ties That Bind”

TRADITION TWO

*“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.”

This is an ongoing article on the spiritual principles inherent in each of the 12 Traditions of Narcotics Anonymous. Unfortunately, in his rush to get out a May newsletter from his “home-away-from-home” on the North Slope, the newsletter chair (and this article’s author) was unable to find enough time (or leave himself enough space) to write on the Second Tradition. Please stay tuned for the June newsletter, which will bind and tie together Traditions Two and Three.

◀Valdez▶
In-Tents Campout
Weekend of May 29-31
Squirrel Creek Rec. Site
Mile 79.5 Rich’s’n Hwy
Copper Center, Alaska
Chris K. (907)835-2641

Regional Outreach Planning Meeting
Sat., May 9th 1:30 pm
3rd & Cordova - Light Refreshments Serve



FINDING WAYS TO GIVE BACK

One of the best ways we can give back is to be there for each other and the NA program, which is and has always been there for us. Giving back to the NA Program – where do I begin? I often think, “What I can do? What is available, where am I needed?”

Give back by establishing yourself in a home group – make coffee, clean or set up, chair the meeting, attend the group business meetings and get involved, be accountable and make your voice count.

Hospital and Institutes – H&I subcommittee meetings are held every last Thursday of each month at the Westmark Hotel at 7pm. Here you can get involved by going into facilities and chairing an NA meeting or being a guest speaker. H&I ‘how-to’ workshops are given regularly during “Learning Days” events.

NA Newsletter – subcommittee meetings are held every second Tuesday of the month at the Drydock after the Frozen Chosen Meeting at 8:30pm. Bring in stories of sharing your experience, strength and hope. Bring poems, drawings, or cartoons with an NA message, and we’ll print all we can.

Entertainment – meetings are held every Sunday after the noon meeting at the Alano Club. There are always wonderful upcoming events to plan and help is needed and welcomed.

I know for me doing service work is a big commitment. But, since I’ve got involved in some of the subcommittees, my life has truly changed in a positive manner. I feel more accountable and responsible, my self esteem is higher. I feel like I’m connected. I’ve built loving and caring relationships and bonded with people in program. For me doing service work is a win-win solution and it makes sense. Service work really is just so much fun, I love the laughter, the brain storms, and sitting around a table with other addicts sharing a meal and talking about carrying the message to the addict who still suffers.

I believe in the NA program; by not just working the program, but by living it, my life has changed. I have never before felt this alive and just being able to give something back of what was so freely given to me is one of the ways I get to live in gratitude. Thank you for allowing me to be of service!

-Linda

**ARCNA XXV
Convention Events**
(For info call Dena @ 727-8221)

Entertainment Meetings
Saturday, May 23rd at
2:00 pm Kaladi Brothers
on Brayton (Mtg Room)

**Recovery Run
ARCNA XXV Fund
Raiser**
Saturday, May 16th 4:30
Buy-In by May 15th
(Starting from 3103
Spenard Road)

**Picnic and Games
ARCNA Fund Raiser**
Saturday, June 27, 12-6
Jewel Lake Park

ARCNA Committee Mtg.
Monday, May 11th at
6:30 pm @ Peggy's
Airport Cafe - 1675 E 5th
Arlene L. 561-6919

Recovery Word Find –

Can you find the following words???

H	O	C	L	E	A	N	L	P
O	A	N	H	D	D	E	O	O
N	C	P	O	N	D	W	V	W
E	T	N	P	E	A	C	E	E
S	I	T	E	I	E	O	S	R
T	O	S	M	R	N	M	S	L
Y	N	U	I	F	N	E	E	E
P	P	R	A	Y	E	R	S	S
E	Y	T	I	N	E	R	E	S

- | | |
|-----------|-----------|
| HAPPINESS | SERENITY |
| HOPE | FRIEND |
| HONESTY | POWERLESS |
| LOVE | CLEAN |
| PEACE | PRAYER |
| ACTION | TRUST |
| NEWCOMER | |



A Miracle at One Year

Wow!! Has it been a whole year since I decided to get serious about my life, since I decided to make a choice about how I wanted to live, since I decided to really try to live the program of narcotics anonymous?

For those of you who don't know I am a "retread." I was beaten broken and I had no other options. The state was going to take my children. I had one last chance. The worst part was that I really didn't want my children back for their sake, but because I didn't want to look bad. The whole world would then know that I was a drug addict. What would my family think, and how could I live with myself doing the same thing my father had done to me? I couldn't face leaving my children with the same abandonment issues I had been suppressing for so many years.

But today recovery is a process for me and I pray I will always have the opportunity to grow and learn from the mistakes I make. A dear friend tells me that real growth comes when we stop making the same old mistakes and start making new ones.

For me complete surrender was the key. I had been hiding from the reality of life for so long that I did not know how to live.

That's when meetings became so vital to my recovery. In my first ninety days I made between 7 and 9 meetings a week. I learned some basic tools I use on a daily basis. I had to accept for the first time that I was an addict who had to be the one to do something about my problem. I could no longer be the victim in my life.

For the first month I was in a fog. I begged my higher power all day long to remove my obsession to use. All I wanted was to take just that first one. A good friend of mine told me that if it is a good idea today it would be a good idea tomorrow. That little saying stuck in my head and kept me clean one more day for so long. At about 30 days my obsession was removed as if by magic. That was one of the first blessings my higher power gave me.

For the first 90 days I couldn't sleep, I was so high on life. Once I grasped the concept that a power greater than myself could restore me to sanity I found relief. My sponsor taught me to ask God to help me sleep and be rested when I woke. I began to ask him to keep my mind still enough to fall asleep. Soon after, I made the biggest decision of my life – I turned my will and my life over to the care of God as I understood him. No easy feat, I must tell you, yet like the other tools of recovery, I practice it daily. Through working the program and living life on life's terms I have received far more blessings than I can count or could have ever asked for. I know today that my higher power wants better for me than I could ever want for myself. At six months clean I went to my first convention of narcotics anonymous with a dear friend. It was a huge event in my recovery; in addition to the amazing sharing and fellowship, I met the most wonderful man. It was like a dream come true, like my higher power himself had put this man in my life and we continue to build a beautiful loving relationship.

Today I am also rebuilding relationships with my family. My youngest son doesn't remember the details but my older son does. I am starting to build a trust with him we never had. A child should feel safe, secure, and loved in his own home, but I was unable to give him that. Today I have the opportunity to do right by him. I am building a relationship with my mom who I always felt so much shame around that I couldn't bear to be near her. Today we work together as a family should. My sisters and my brothers are a part of my life again. My brother was able to make it to his first convention recently. Chad my brother is coming up on nine months now.

I am proud to say that I am a member of narcotics anonymous, doing my best to live the narcotics anonymous way of life. I trip and I fall as so many of us do, but we pick ourselves back up and keep trekking down the road of recovery. It is a process of discovery that we never have to give up on. We have all paid for the right to recover with our misery and pain. And no matter what "trials and tribulations" the day brings we never have to use again no matter what.

I love the program of narcotics anonymous and today I love me. – Celeste