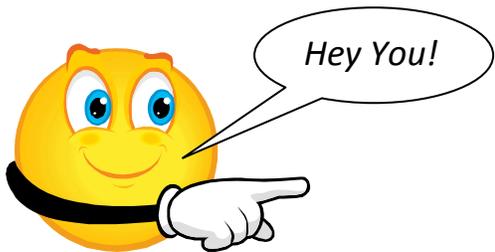


# Never Alone

The Newsletter needs YOUR help! Have you got a story, poem, recovery event, or other NA related item you'd like published in the Newsletter? Please send it to Nick at [themodcatfish@hotmail.com](mailto:themodcatfish@hotmail.com). The Newsletter Subcommittee applies the 12 Traditions of NA as well as the "Handbook for NA Newsletter" in regards to all submissions and may need to edit for length. Please keep stories, etc. to max of 1/2 page.

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HEY YOU! YEAH, YOU, READING THIS RIGHT NOW.....Do you see some blank spaces in the upcoming pages? (actually, you don't because I just filled it post-publication, however...)  
SEND ME SOMETHING TO FILL IT NEXT TIME! (or suffer more silliness like this)



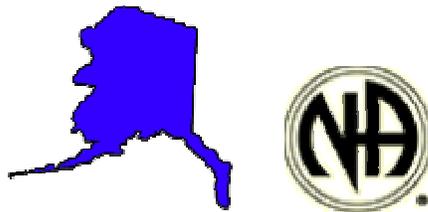
Behind the Scenes

Have you visited our webpage lately? Check it out at [www.akna.org](http://www.akna.org).

Quietly and unassumingly, one addict in Anchorage has been putting together one of the best, most informative, and user-friendly NA WebPages you'll ever find.

Need to know what's going on? Want up to the minute information? Need a meeting in the Valley or in Valdez? Go to [www.akna.org](http://www.akna.org) and you'll find it.

Behind the scenes, Bob R. has put together an abundance of information, keeping it up to date on an almost daily basis. Bob R., affectionately known by some as "Bicycle Bob," brings all of NA in AK to you today.



[WWW.AKNA.ORG](http://WWW.AKNA.ORG)  
Region and Area Specific Information, Meeting Schedules, Conventions, Upcoming Events, Newsletters, Useful Links, and more for Anyone Interested in Recovery from Active Addiction the NA Way

**EVENTS & HAPPENINGS**

**\*\*Rally for the Valley\*\*  
SEE BACK PAGE!!!**

Convention Fundraisers  
Raffle for Conv.  
Package  
(Tickets \$20.00 Each)  
T-Shirt \$14, Hoodie \$28  
(At Valdez Campout)  
Dena (907)727-8221

Game Night  
ARCNA XXV Fund  
Raiser  
\*\*\* Postponed \*\*\*  
Dena (907)727-8221

Regional Outreach  
Planning Meeting  
(Next Meeting to be  
Announced)  
3rd & Cordova (2nd  
Floor)  
Light Refreshments  
Served

ARCNA XXV Com.  
Meeting  
Tuesday, June 9th at  
6:30 pm  
Peggy's Airport Cafe –  
1675 E 5th Avenue  
(Across From Merrill  
Field)  
Arlene (907)561-6919



**CLEAN ON THE INSIDE**  
**A monthly column devoted to H&I**

My name is Kevin and I'm an addict. I celebrated 7 years clean last month but a few years before that I was chairing an H&I meeting while incarcerated just to get my P.O. off my back. I had every intention of still using and playing the game. When I got out of jail I tried going to meetings while "just drinking" and "just selling". I'd go to NA meetings with drugs and the like out in the car, thinking I had it going on because I had money. That lasted a few months until I found myself loaded, broke and back in jail again. My higher power intervened and I was given a chance to go to residential treatment. While there I learned how to live Narcotics Anonymous through other addicts that brought a meeting to the facility. I got a sponsor and a home group. I became the H&I rep from my group to the Area H&I Committee. Later that same facility stopped having a regular NA meeting due to some "13<sup>th</sup> step" issues. (cont. page 3)

Picnic and Games  
 ARCNA Fund Raiser  
 Saturday, June 27<sup>th</sup> 12-6  
 Jewel Lake Park  
 (Just Off W 88th and  
 Jewel Lake Rd)  
 Dena (907)727-8221

ARCNA XXV  
 Entertainment Mtgs.  
 Tuesday, June 16, 5:30  
 to 7 Kaladi Bro's on  
 Brayton (Mtng Rm)  
 Dena (907)727-8221

ARSCNA Business  
 Meeting  
 At the Blowout  
 (Fairbanks)  
 Saturday, July 18th  
 Saint Nicholas Church  
 707 Frontage Rd, N.Pole  
 Also Teleconferenced  
 Toll Free  
 (866)390-5250  
 Access Code 7488087 #  
 Alan M. (907)764-0999

◀ Anchorage ▶

H&I Business Meeting  
 7PM Last Thur. of mnth.  
 Westmark Hotel Cafe -  
 720 W 5th Ave

Summer Solstice  
 Campout  
 Eagle River  
 Campground  
 Weekend of June 19-21  
 Terry S. (907)337-7201

**The Ties That Bind –**  
**Spiritual Principles in our Traditions**

**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."*

The Second Tradition of NA grows from the unity of the First Tradition. This unity is based upon our individual commitment to Narcotics Anonymous, our willingness to serve that which serves us. This same sense of service is the backbone of Tradition Two.

We seek the help of a Higher Power to apply spiritual principles in our personal recovery; so too does the group need help from a Higher Power in applying those same principles to fulfill its primary purpose. Since each group is made up of individuals, often with differing views on the best course of action, we seek a group conscience in our decision making. We do this the same way we seek personal guidance – by inviting in a loving Higher Power to aid us in our decision making. The principle of anonymity is especially relevant in this Tradition, as we consider all members as equals.

Ultimately, when addicts honestly apply spiritual principles in a group setting, votes may not be necessary in making group decisions. A consensus may be reached, where all are in agreement. Some groups have even done away with voting, requiring consensus to make any changes. (cont. next page)

**One Addict's Valley Story**

*"Before I came to the valley, Narcotics Anonymous here was big enough to be its own area and in fact it was. By the time I got here, however, the meetings were down to two a week, both in the evening. There were no "meetings after the meeting," and as far as I could tell no one was doing anything with other addicts outside the meeting. It seemed as if there was no fellowship. Then a new meeting got started at noon, one day a week that was centrally located between Palmer and Wasilla. It quickly became a two-day a week and then a three-day a week meeting. The new meeting place and time was in God's grace because many addicts that would not or could not come to the evening meetings started coming. There are still many addicts in the other program because it offers daily meetings and many activities, but I see the new meeting growing to every day and the fellowship of Narcotics Anonymous thriving in the Valley again. The 'Rally for the Valley' could not have come at a better time. I believe that our primary purpose can be fulfilled out here and that 'No addict need die from the horrors of addiction', even in the valley."*

Jeffery W.



**CLEAN ON THE INSIDE**  
A monthly column devoted to H&I

(cont. from page 2)....By now I was our Area H&I Chair so I approached the facility about keeping the meeting going. I served as panel leader and today that meeting is still alive due to addicts going back there to freely give what was given to them. Last year the groups elected me H&I Chair for the Alaska Region. I wasn't sure about this commitment at first, I like hands on panel leader stuff. But because other addicts carried the message of NA in H&I I got to be "free on the inside" so I stepped up. A few months ago we thought up doing an H&I column for our newsletter called "free on the inside" where people doing H&I service can tell what carrying the message of NA means to them. We also hope to get brief stories from those inside the hospitals and institutions about how hearing the message of NA affects them. Now that I live "clean on the outside" I chase HP like I chased the dope so I can truly live free (inside of me).

(Tradition 2 continued)  
When we chose our "leaders" in NA, we have hopefully applied a group conscience in that choice. In doing so, we extend our trust in the wisdom of our Higher Power to help us make decision. And as members chosen to a leadership role, we accept that our duty is to serve that conscience of the groups and not to act as a governing body.

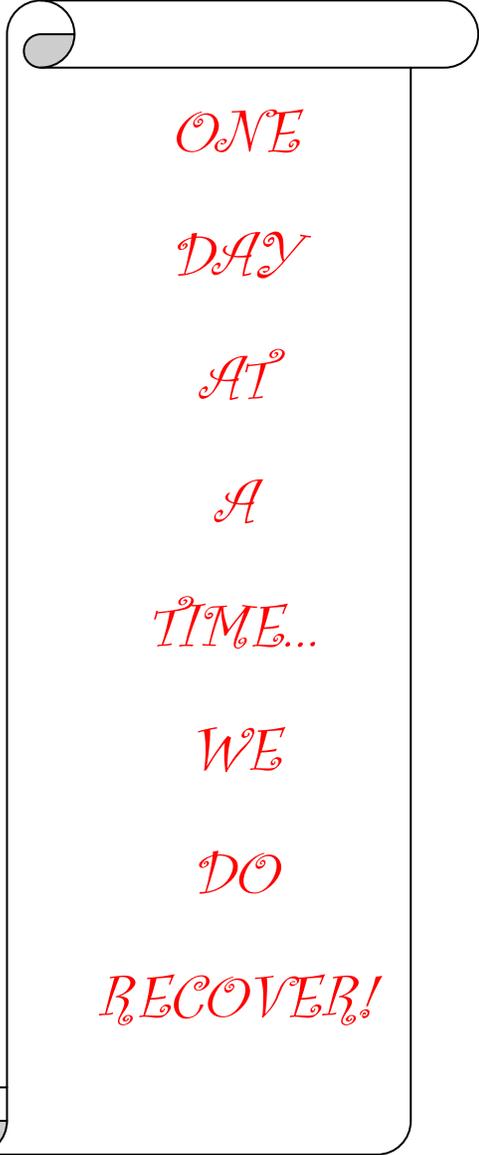
Faith in and surrender to a Higher Power are essential to both group conscience and to individuals chosen to serve NA. Humility allows us to put the needs of the fellowship first and recognize that it is not our will or place to personally take charge of the NA affairs. And finally, anonymity allows all to take part, reminding us of our equality with one another.

\*\*\*\*\*

**Tradition Three**

*"The only requirement for membership is a desire to stop using"*

Short and sweet here, folks. The Third Tradition of NA applies the spiritual principles of anonymity, compassion, and tolerance, telling us that ANY addict is welcome in NA if they have a desire to quit using drugs (or stay quit). None of us can accurately judge another's desire, nor is anything more required than that desire to claim a seat in NA. Such non-judgment and welcoming is at the heart our hopes and ambitions that "No addict need die from the horrors of addiction."



◀Fairbanks▶

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

◀Kenai▶

Kenai Campvention  
Weekend of July 10-12  
Mile 89 Sterling  
Highway  
(End of Deville Road)  
No Dogs Allowed!  
Ron (907)398-4057

◀Valdez▶

In-Tents Campout  
Weekend of May 29-31  
Squirrel Crk Rec. Site  
Mile 79.5 Richardson  
Hwy  
Copper Center, Alaska  
Chris K. (907)835-2641



"You're only late to your first meeting!"



**Narcotics Anonymous Alaska Regional Outreach**

# **“Rally for the Valley”**

## **July 3-5, 2009**

### **Little Susitna River Campground**

#### **Mile 57.4 Parks Highway ~ Houston, Alaska**

Meet by campground pavilion for speakers and workshops~Look for signs



**Pre-register asap with campground (mention NA) and hotel to insure reservations, spaces going quickly:**

Little Su River Campground contact Nancy 907-892-6812 \* (revised # ☺)  
Tent and RV only \$10/night (RV dump +\$15 more)

-----  
Houston Gold Miner Hotel contact Brian 907-892-7757, 354-1869-mention NA! Rooms have 1 double bed and private full bath: Small \$45/night, Large \$69/night. Only has 12 rooms total. Hotel also has RV parking \$10/night

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\*For additional lodging options do a web search: Big Lake Motel, Hangar Lounge & Inn, Klondike Inn, Silver Fox, or the towns of Houston, Big Lake and Willow—all in the vicinity. No “NA” pre-arrangements, ask facility how far away from campground, cost and details

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**Leaving Anchorage-Glenn Hwy east towards Eagle River, at Wasilla exit get on Parks Hwy, go to mile 57.4 for campground. From Talkeetna/Fairbanks go south on Parks Hwy. to mile 57.4**

*Full programming schedule at event and on-line at [www.akna.org](http://www.akna.org) soon...*

**Keep your eye out for signs of recovery!**



*Event Chair Lori P. 529-7723, in Anchorage*