



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. 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.

EVENTS & HAPPENINGS

ARCNA XXV Fundraiser

Disco, Spaghetti Feed & Dessert Auction
Friday, August 21st,
6:30 pm to Midnight
2111 Muldoon Road
Dena (907)727-8221

New NA Meeting!

Nothing in the Windows

Alano Club

Sat – Sun 4pm – 5pm

Last Sunday of Month is

A Speaker Meeting followed by

The Business Meeting



The Following NA Meetings Need Your Support

To The Point

Clithroe Center

Sunday 7pm – 8pm

NA at the VA

3001 C Street

(The DOM)

Sunday 7pm – 8pm

Eagle River Group

10111 Eagle River Loop

Joy Lutheran Church

(In the Back of Church)

Friday 6:30pm – 7:30pm

A Special Thank You!
to all who shared
their Experience, Hope
and Strength by
submitting articles
to our NA Newsletter

We can only keep what we have by giving back what was freely given to us!





THE BEST PLACE FOR ME

Freedom is found when I let go and totally surrender, it is usually then, that I find the acceptance that I need to go forward in courage and strength to do the thing it is I don't want to do. Working the 9th Step was such a growing experience for me. I truly felt the humility, as I submerged myself into getting humble... a real "on the knees" experience.

It was hard for me to be in front of the one's I love and care about, and tell them "I've caused you harm and I owe you amends". It brought out so much fear in me. I worried about the outcome of making such an amends. I thought I would cause damage to an ok relationship (I mean why rock the boat) and I also thought I would experience an overwhelming amount of pain, grief and shame.

Thanks to my Higher Power, the NA Program and my Sponsor, I did it anyway...The results were truly amazing, again proof that this program works. I found the purest of pure relief, renewed hope, and a spirit of love I never knew existed. Although this journey was a very tearful and somewhat painful experience, it was no where near what I thought it was going to be and the reward of just doing it, makes this journey that much sweeter.

Today, my relationships with my loved ones have become more precious to me and I never thought that was possible. More importantly my relationship with myself has become more loving and more forgiving and I needed that.

I understand now why being humble is the most important and truly the best place for an addict to be.

Linda G.

WORKING THE 9TH STEP

Coming into recovery, I never thought I'd ever stand face to face with my loved ones and take responsibility for my actions. The thought of making amends terrified me because I knew I would have to admit my wrongs. I lied to myself constantly about my worth believing myself to be better than or worse than everyone I met.

Working Step 9 with my sponsor and placing my faith in my H.P., I have been able to place my pride aside, take responsibility for my life and faithfully amend my relationships, starting with my relationship with myself. I was amazed to find that the other amends were made easier by first forgiving myself. Thanks to my Higher Power, sponsor and NA, I am no longer depressed and living in fear.

Today, I don't have to use and even better, I get to allow my Higher Power to make my life WORTH LIVING!

JACCI H.



What does a Sponsor Do?

Someone once asked "Why do I need a sponsor? The sponsor replied, "Well it's pretty hard to spot self deception...by yourself"

Never Alone

POWERLESSNESS

When I was in active addiction I was Powerless over drugs! Drugs consumed my every waking hour. The first thing I thought of when I woke up was getting loaded and I continued to get loaded all day, every day for twenty years. I did not begin to conceptualize powerlessness until I came into the rooms of Narcotic Anonymous. Once introduced to this concept, in the first step, I began to realize that my continued drug use, despite how unmanageable my life had become was the defining characteristic of how powerless I had become. Drugs had become more important to me than anything else.

Even after being introduced to NA it has taken me hitting my personal “bottom” before coming to a state of acceptance that I cannot have “just one” of anything, because if I do my life returns to that state of unmanageability that caused me to seek recovery in the first place. Being honest with myself and accepting the fact that if I ‘pick-up’ I will eventually lose power over self is imperative. My new found ability to be honest with myself and to live in my Higher Powers Will has given back to me, the power of choice. As long as I am willing to do the work that will keep me grounded and humble in my program and as long as I keep a good attitude and continue to make decisions based on good judgment my actions will be a result of the good that is in e.

MIKE M.

The Incredible 12-Step Formula

By Mike M.

The twelve step formula for living is truly a path of miracles. Every single one of us is a miracle. Like you and every other addict my using life came to a point of hopeless desperation. My journey of hope began that fateful moment when I fell to my knees broken and cried out to my Higher Power (H.P.)... Please help me! I have made a mess of my life! I am lost and I can't live like this anymore!

Step one is the recognition that I, or better stated my ego, is truly powerless and that by living in this ego's will my life becomes unmanageable. Step one is the willingness to give up my pre-conceived notion that I know anything at all. I like to relate it to going to the theater. When I pay for my ticket I get a piece of paper that reads “admit one”. When I admit to H.P. and myself my powerlessness and unmanageability the door to recovery opens for me.

This simple formula for living has saved the lives of many addicts. It has given many of us new lives that are far richer than we could ever have dreamed of. It has been shown that when we integrate ourselves and every aspect of our lives into the framework of the twelve steps we can and do recover from a state of sub-human, self-absorbed misery to happy, and contributing fully human beings.

One last footnote... This is a process. I am in process. I will always need this process to process this life I live. I thank H.P. that I have this incredible formula for living to help me on my journey. And I thank H.P. for all of you who travel with me.

The Incredible 12-Step Formula written by Mike M. will be continue in the next Na Newsletter!



Hospitals & Institutions

Hospitals & Institutions, what a great way to give back what was freely given to us! I found the rooms of Narcotics Anonymous through H&I while sitting in Anchorage Jail. I had reached my bottom, again, but this time around I became willing and open-minded to seek help from others. I thank my Higher Power for H&I and its members for bringing NA into the Jails. It was there I received the message of recovery, strength & hope. H & I came into the Jails week after week, and I looked forward to each meeting. The facilitators of these weekly meetings began to show me how I could live clean, free from active addiction, and they showed me a new way to live. H&I meetings were held weekly and I attended them faithfully, seeking help, guidance, and information about NA. . I really didn't think it was possible to live a life without using drugs. But, gradually, I listened to what was being said and suggested, I read from the literature that H&I provided, and soon I began to have hope that I could do it, I could live without drugs. On August 1st, I will have 2 years clean and that is truly a miracle!

Today, H&I is on the verge of expansion into more facilities. There is a need to have H&I meetings at Highland Mountain Correction Center, Glenwood Center, and Salvation Army Adult Rehabilitation Program. We are looking for persons interested in doing service work. H&I is a long-term commitment, an on-going work. It is, however, very rewarding and beneficial for us and especially to those we carry the message of recovery to in the institutions. I have personally seen the program help several people from within the Parkview half-way house, and it is so incredible to see them at meetings, to watch them grow in their recovery, to witness them living clean. If you are interested in doing service work, H&I may be the place for you. There are many ways to serve this committee. We need speakers, Panel members, and Panel Leaders. In order to expand into other facilities, a person had to be dedicated, committed, and responsible. A Panel Leader is the perfect position for someone who has these qualities. A Panel Leader can form a core group of dedicated persons to go into the facilities and have Panel Members & Speakers to carry the message of recovery. They all need to be dedicated in order to keep meetings going regularly. So, I encourage all interested to come to our next H&I business meeting to see what is involved.

H&I meets on the last Thursday of every month. The next business meeting is on August 27th at 7pm at the Westmark Cafe located at 720 W. 5th Avenue.

In Loving Service, Jeff L. - Anchorage Area H&I Chair



**Happy Birthday to all the ones who celebrated
Clean Time in the Month of July!**

