



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 Linda at gonzales99linda@yahoo.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.

The NA Newsletter is looking for some **committee members** to be of service. If you have some new creative ideals on layout, design, or want to be a part of carrying the message to other addicts, the Newsletter is a great opportunity to do that! Come be a part of...by joining the Newsletter Committee, we need you! For more information please call Linda 529-6396.

Special Thanks to those who served the NA Newsletter this issue by submitting articles and carrying the message of recovery!



ARCNA XXV Convention Sheraton Hotel Anchorage, Alaska

Friday Night 10/09/09

Registration 5:00 - 6:30 and 9:00 - 9:30

Merchandise 5:00 - 6:30 and 9:00 - 9:30

Narathon Meeting 6:00 PM every hour ending Sunday at 10:00 am

Alaska Region of NA (Pre-meeting discussion, committee members only) 6:00 -6:30

Friday Dinner 6:30 - 7:30

Speaker Meeting 7:30 - 9:00 **BUZZ**

Comedian 9:30 - 11:00 Billy G. Amarillo

Saturday 10/10/09

Registration 9:00 - 4:00

Merchandise 9:00 - 4:00

Narathon Meetings Every Hour

Alaska region of NA Regional Meeting 2:00 - 4:00

Workshops

7:00 - 7:50 Meditation **DOUG P.**

8:00 - 8:50 Yoga **DEBBIE S.**

9:00 - 9:50 Welcome to NA **WILEY R.**

10:00 - 10:50 Codependency/Relationships in Recovery **FRAN D.**

11:00 - 11:50 Responsibility **TERRY S**

12:00 - 12:50 Spiritual awakening and Spiritual Growth **TOM C.**

1:00 - 1:50 Men's meeting **LAMAR/NICK B.**

1:00 - 1:50 Women's Meeting **HEIDI U./DEBBIE S.**

2:00 - 2:50 Step Twelve - Living the Program **MICHAEL B.**

3:00 - 3:50 Compulsion, Control, and Relapse **AMANDA L.**

4:00 - 5:00 Letting Go and Acceptance **GEORGETTE**

6:00 - 7:30 Dinner

6:30 - 8:00 Auction w/Terry S.

8:00 - 9:30 Main Speaker **TOM C.**

9:30 - 10:00 Clean Time Count Down

10:00 - 2:00 DJ Dance

Sunday 10/11/09

8:00 - 10:00 Silent Auction

Merchandise 9:00- 10:30 and 12:00 - 1:00

Narathon Every hour ending at 10:00 Am

Sunday Brunch 9:00 -10:30

Speaker Meeting 10:30 - 12:00 **FRAN D.**

EVENTS & HAPPENINGS

**H&I /PI
Entertainment
Learning Days
November 14th Sat
1:30-4:30pm Central
Lutheran Church on
15th & Cordova**

**ARCNA XXV
Committee Members!
THANK YOU for your
Service**

Outreach Planning Meeting

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

Halloween Dance

**Sat, October 31st
9:00 pm to Midnight
Our Lady of
Guadalupe Church
3900 Wisconsin
\$5.00 per Person at
the Door
(Treatment Centers
Free)**

Thanksgiving Narathon

**St. Patrick's Church
2111 Muldoon Rd
(More To Follow)**



Help us write NA's newest book.



Living Clean – The Journey Continues is a new book we are compiling about how we live the program through our challenges and successes. We are all working together to write this book, collecting our experience as a fellowship practicing the principles in our daily lives. To make this book a reality we need you. We invite you to share your experience in recovery; tell us about the times when life didn't go as planned—for better or worse—and NA gave you the tools to respond. Tell us about those moments that changed the course of your recovery. We want to hear about them. The more material we have from the outset, the better the book will be. To that end, we are trying some new methods of gathering source material. We have a new discussion board specifically for *Living Clean* where members who register can offer their input and experience on the topics to be covered in the book. Each chapter on the bulletin board covers a different topic. You'll also be able to see the contributions of other members and interact with them.

Living Clean has its own page on our website where you can find links to the discussion board and additional information on the project, including review and input dates. Invitations have been sent out to the NA Meeting Home Groups for nominations to head up an **Ad Hoc Committee** for the Anchorage Area. **Please attend your home group monthly meeting to find out more on how you can make a difference!**

Grateful to be Alive

Just recently I had to face the fact that the disease of addiction took the life of a good friend of mine. He was a young man, in his early 20's. I received the news in Church from a friend of his family. The news was so alarming; it sent Chills down my spine. The last time I had spoke with him he was doing great. He had left state to live with his parents so he could be somewhere safe, away from his peers. He had just over three months clean and he had just received a job offer. He was so excited about the way his life was beginning to take a turn for the better. I spoke with the woman that announced the news after church, but she knew very little about the circumstances of his death and I was hesitant to ask questions for fear that I might break his anonymity. I requested that she give me his parents contact information and she was delighted to do so.

I held on to his parents contact information for a couple weeks and each time I looked at it, I thought to myself, "What do I say"? So, I prayed for my Higher Power, who I see as God, to give me the courage to explore my feelings about death in addiction and to let me know when the time was right to call his parents and wish them my condolences. Well, God answered my prayers with a phone call from his mother. I guess this is the right time, I said to myself! She started off the conversation with, "I assume you've heard the news about his death." I responded with a trembling voice, "Yes". She went on to say that she knew how much her son appreciated my assistance in talking with him about recovery and the encouragement that I had given him to attend the meetings in Girdwood. I could feel the pain in her voice even though we were miles apart. After talking with her for a little while I came to the conclusion that her son was celebrating the fact that he had received the job that I mentioned earlier and had chosen to use and drink, resulting in an accidental overdose. She ended the conversation by inviting me to his Celebration of Life. I didn't even get the chance to say how sorry I was for her family's loss, but I honestly don't think that is what she needed to hear. What I did tell her that her family will be in my prayers.

This is the first person close to me that has died as a result of the disease of addiction. I took from this experience, an attitude of gratitude! I am so grateful I survived! I also learned two other very valuable lessons. One, no matter what I do or where I go, I'll always carry my disease with me. Two, relapse is like Russian roulette, I will never know when that last "hit" will be. I believe that God has given me the opportunity, by carrying me through my active addiction so that he could put me down on the other side. Enabling me to walk next to Him in recovery, so that I can better serve his purpose for me, which is to CARRY THE MESSAGE!

Girdwood Mike



A New Way To Live

I was standing in the downstairs meeting room of the Alano club. I felt out of place and where I needed to be at the same time. I needed a meeting and knew that the Alano club had meeting schedules. As I looked around the room I noticed no-one was there, but someone's purse was sitting on the table. I had just lost my rent money and was thinking about stealing when the owner of the Dooney and Bourke bag walked into the room. She asked me if I needed something and I told her I needed a meeting. She smiled big and told me that a new meeting was just started and it was in five minutes. It was a blessing.

Since I have been back in these rooms of Narcotics Anonymous, I have decided that my way of life was not working and that I needed someone to show me how to live a better life. I was tired of failing and I was tired of being in physical, emotional, mental and spiritual pain. I didn't have a higher power and was carrying my pain and burden alone. I reached out for help and the fellowship of NA accepted me with open arms. I kept an open mind and remained teachable. I go to meetings everyday, I do service work every day, and I don't use between meetings. I have a sponsor, a higher power of my understanding (30 days ago I did not) and I am on step one. By keeping an open mind, remaining teachable, surrendering to the program of NA and surrendering to my higher power, I have hope today. I have hope that I can be someone I take pride in. I have faith that I never have to pick up drugs again no-matter what!

Chandra

Greetings from a brother in Ellensburg Washington

Hello everyone, I am grateful to be clean and in recovery here in Ellensburg, Washington. Because of this I get to make a living amends to my mom. My higher power has aloud me to grow in my recovery. Shortly after I arrived in Ellensburg, I got a call from a fellow NA member in Anchorage who called me to see how I was getting along. He asked me if I had found any meetings here in Ellensburg yet? I told him that I had not found the time to do that. Then he said hold on a minute and looked up the Ellensburg NA meetings on his computer, he came back on the line and gave me the locations, dates & times of the next meetings here. That was proof that my higher power works through others. For that I am forever grateful to the NA member for reaching out to me and to my higher power for blessing me by placing such people in my life. Later that day, I went to my first meeting here where I was greeted with open arms and the unconditional love.

I made a deposit on an apartment, it was just to perfect...the way it unfolded as I discovered right across the street from my new apartment there is a NA meeting that happens every evening, 7 days a week. Another sign from my higher power and how he works in my life, when I get out of his way.

I am forever grateful to Narcotics Anonymous for being there for me when I really need it. The recovery here is very young in Ellensburg, but alive and doing very well. I want you to know that no matter where you go in the world recovery is there too. During unity day at the world convention we had a phone link to the speakers on the last day of the convention. We got to introduce our self' to the convention. I felt like I was tingling all over. Because of this, I will be forever grateful to the fellowship of Narcotics Anonymous for the daily reprieve from addiction. Today is all I have and I want to thank you all for being a major part of my recovery.

With Much Love Nick S.



Outreach

The NA booklet, the *Outreach Resource Information*, states, “The main purpose of Outreach is to help overcome the isolation that hinders the growth and survival of our groups.” This is because meetings are so vital to carrying the message one addict to another and stoking the hope of recovery.

Reading this, I think of addicts in California or some other state, which have a road system, getting in their cars and driving to support a struggling meeting in a nearby town. Driving from Anchorage to Eagle River or Girdwood might be akin to this kind of outreach.

Alaskan addicts may be more familiar with *regional road system outreach*. The most recent example of this was “Rally in The Valley” funded with \$500 from the Alaska Region for the purpose. Intended to carry the message that being clean can be fun, it was wonderful success.

Rally in the Valley follows a long line of *outreach campouts* including the Valdez Campouts for two years running and the Kenai Campout that also ran a couple of years. One of the Eklutna Lake campouts may have been funded with Regional Outreach funds. Kenai recovery really took off after those campouts. “You can have fun in recovery”, is a great message.

Statewide, off of the road system, outreach is a combination of supporting isolated areas through publishing the meeting schedule and some very intermittent communication with group members in these isolated areas. Frankly, meetings in rural non-road system hubs, much less villages surrounding those hubs, are “subject to failure”. In the last year the Nome and Bethel meetings have failed. There are no NA meetings in Barrow or Dillingham and Kodiak.

Where meetings succeed is often because of the commitment of a one or more persons. Often I hear, “I have done my part” or “I have a life now and am too busy”. Or I hear “they have AA meetings”. When I came back from my last few relapses it was not alcohol I was jonesing from – yet at an AA meeting, I would have had no right to talk about jonesing from anything *but* alcohol. At the NA meeting, however, I could hunker down; weather my withdrawal (and the sense of physical and spiritual death passing), and feel at home to speak or not about my condition.

What is outreach? It is one addict reaching out to another, “welcome, I have not seen you before”, or “I saw you last week; you keep coming back and you will stay clean”. “Do you need a ride?” That is outreach. And you the addict are the best tool to reach out.

I want to thank Sandy P and Lori P for their efforts conceiving and heading up this year’s “Rally in The Valley” and all those that helped. I really want to thank those that participated, which gave it life

Doug P. – Anchorage RCM



This is a program of one addict helping another!