



**Happy New Year 2009!!!!**

Jan/Feb 2009

## World News

The World Convention of NA 33 will be held in Barcelona, Spain August 20-23, 2009. Pre-registration is encouraged as the date for the convention approaches. They are also looking for convention speakers and volunteers to assist in the speaker evaluation process. Clean time requirements are 5 yrs for workshop speakers and 10 yrs for main speakers. You can go to [www.na.org](http://www.na.org) for more information and registration forms or mail your information to NA World Services with attn to WCNA 33 Speakers.

## Regional News

All is going well with the Alaska Region. Anna S. is stepping down as Regional Chair and the position will be open. The next regional meeting will be held January 6 at 7:00pm. Please give Alen Mc. at 764-0999 for more information. Christine B. is the new Regional PI Chair and the meeting place will be at Akeela Admin. Building 4111 Minnesota Dr. Contact Christine at 278-0478 for more information on how you can get involved. Kevin is Regional H&I Chair and they're meeting place will be Thursday, Jan. 29th @6pm at the Westmark Hotel on 5th Ave. Please contact Kevin at 223-1265 for more information about this committee.

## Area News

There were a few motions that were voted on by the groups that were discussed. The motions were: that Anchorage Area gives 1% of its monthly net balance to Narcotics Anonymous World Services (NAW). Intent: Our intent is that the Anchorage Area makes its own regular contribution to NA World Service as well as any agreed to regular contributions to the Alaska Regional Service Committee of NA, in accordance with "A Guide to Local Services" (see Funds Flow Chart P. 65, under the Area Committee Section which begins on Page 47.) Motion passes 7 approved, 2 against and 2 abstaining. A nomination for Alan Mc. for Regional Chair motion passes 10 for, 0 against, 1 abstaining. A nomination for the 2009 Alaska Regional Convention Chair was made for Arlene L. motion passes 10 for, 0 against, 1 abstaining. Nice to see all is going well in the Anchorage Area!

### ***This Months Topics***

World/Reg/Area	1
Sub-Committee	2
Upcoming Events	3
Clean Time in NA	3
Addict to Addict	4

*...Carry the message to the addict who still suffers...*

### **Anchorage Area of NA**

P.O. Box 92088

Anchorage AK, 99509

### **Alaska Region**

P.O. Box 232635

Anchorage AK, 99523

[www.akna.org](http://www.akna.org)

### **World Service Office**

P.O. Box 9999

Van Nuys CA, 91409

(818) 773-9999

[www.na.org](http://www.na.org)



## Sub-Committee News



### Hospitals & Institutions

Panel Leaders gave monthly reports and it seems like things are running smoothly with the current H&I meetings. We do have some meetings that are open: Hiland Mountain (women only), McLaughlin Youth Center, Palmer Correctional Center, and Dena A. Coy (women only). If you think you would be interested in running one of these meetings, please call John T. or come to the next H&I subcommittee meeting. H&I subcommittee meets the last Thursday of the month at the Westmark Hotel (dining area) at 7pm.

Thank you to all our panel leaders and the service you give. Way to give back and reach out! John T.

### Public Information

We had a PI sub-committee meeting and thank you to all those who attended and participated. Learning Days went incredibly well. I was there for only a short time due to 2 deaths in my family. Topics discussed, presented and taught were: how PI worked, attraction rather than promotion, regional PI's Yu'Pik translation project, the history of NA and what is NA, and phone line presentations. Also, thank you to Howie, our speakers, and the entertainment committee. Great job to everyone.

The School of addiction will be organized and planned by Susan. The new Meeting Rush Hour was not put on the schedule because the schedule was already sent to the printer and I was in Vancouver Canada. It will be put in next month's schedule. Please announce at NA meetings. Rush Hour, 2037 e. 5<sup>th</sup> Avenue, Big Timber Motel, 5:30pm 7 days a week. Contact Jay 764-9823.

The money spent in November, \$50.00 for learning days rental of room. December schedules were \$76.17.

PI sub-committee meets at 6:00 at Peggy's the second Sunday of the month. All are welcome to attend.

Thank you for allowing me to serve! Daphne

### Entertainment

The committee was very pleased with the turn out at the Indoor campout. We had 100 plus show up and never less than 20. We spent \$100.00 for church, \$309.15 on food, and received \$148.50 in food donation money. Our split the pot was \$86.00 and we raised \$140.65 on 7<sup>th</sup> tradition. Our t-shirt sales was \$102.00 on t-shirt sale's and \$193.70 for a grand total of \$670.85.

The turnout for the narathons was great! Special thanks to all who helped make those possible

The final event that this committee will be planning is the NA 29<sup>th</sup> B-day in Alaska held on February 13<sup>th</sup>. The speaker will be Kathy M. from Phoenix Arizona. Kathy has 34 yrs of clean time and is very excited about attending our event. We are still searching out a location and working now on details. More will be revealed as the event approaches.

The committee also will be renting a storage space at the Alano Club for \$10.00 a month paying for one year. All entertainment items will be housed at this location, ready for the next chair person.

Thank you to all who help and who attend. Catelyn

### Newsletter

Special thanks to Celeste, Linda, Doug, Christine, who help make this Newsletter possible! The Newsletter is looking to reach out more to addicts around Alaska and in various institutions. With that, we will be working closely with the Regional H&I committee, as well as the Area H&I, to see how we can get the Newsletter out to more addicts in Alaska. We will be meeting the second Tues. of the month at the Dry Dock following Frozen Chozen. Contact Howie at 310-2913 for more information.

### 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!!!!

#### DECEMBER

Linda G. 6 months Dec 2	Martha 1 year Dec 2
Anna 18 months Dec 3	Marie P. 9 yrs Dec 17
Elena 1 year Dec 3	Gabe 9 months Dec 22
Gabby 6 months Dec 8	Dan F 3 yrs Dec 22
Rick 15 yrs Dec 13	Jim L 9 months Dec 23
Howie W 5 yrs Dec 15	Shaina 3 yrs Dec 25
Amy 6 months Dec 16	David J 16 Yrs Dec 31

\*If you would like your clean date in the Newsletter call Howie W.\*

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

The "Walk Your Talk" Group of Narcotics Anonymous  
Presents:

#### ***"20" Something Dinner Event!***

7:30pm @ Golden Lion Hotel

Buffet Dinner & Panel Meeting with 2 Founding  
Members of Alaska NA!

Also several 20+ years discussion participants

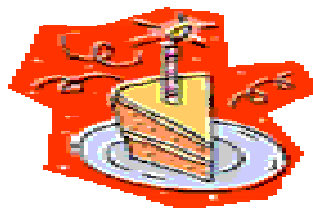
January 17th, 2009 Tickets are \$35.00

Dinner at 7:30pm and meeting at 8:30pm

Tickets are available

Contact Tony L. 748-2773 or Ross B. 884-9622

Meeting is free for all NA members and Treatment Centers



Alaska NA was started in Anchorage January 17th, 1979

### NA Birthday!

February 13, 2009

We will be having  
Kathy M. from Phoenix

Coming up to be our  
guest speaker!

More will be revealed  
as event approaches.



The 5th Annual Prom  
Hosted by the Frozen  
Chosen Group

Get ready to put your  
dancing shoes on and  
have loads of fun!

The event will be held  
some time in April

Stay tuned for more infor-  
mation!





## Addict To Addict



- Linda You recently relocated from Fairbanks to Anchorage. What prompted you to make that decision?
- Amy Well, I had 8 months clean when I used again. I had forgotten about my powerlessness over people, place and things. I had allowed my son, who was using, to start hanging out with me. He had left drugs on my dresser and instead of calling someone and saying I can't do this by myself, I smoked the pot. I had a dirty UA and I lost my job. I couldn't find a nursing job in Fairbanks and I had worked down here in Anchorage before. The hospital that I had worked with wanted me back, so I packed everything up and moved here so I could work.
- Linda You had mentioned that this move was a total Higher Power deal, will you elaborate on this?
- Amy Well, everything that I have needed to do to get here has been very easy. For example: I put my application on line at 5:30pm and the very next day I got a call from the nursing director, who said she wanted me to come in for an interview. I had found out later that staff members had remembered me and told her, "you have to hire her". I went to the interview and walked out with a job making the most money I had ever made in my career, and they gave me a big sign on bonus that enabled me to get completely debt free. Then I was offered this house sitting job that was set up by someone in Fairbanks with people that I had never met before in my life. These people opened their home up to me. Everything just fell into place for me. I knew that I needed to come to NA and I did. Then you reached out to me and I knew it was just part of that God thing.
- Linda I know that you were involved in service in Fairbanks and I know one of the things you are currently doing is getting involved in service here. Will you tell me more about that?
- Amy I was the area secretary in Fairbanks and I went to the monthly meeting, typing out the meeting minutes and distributing them. I also had a home group and was the alternate GSR. I would open the meeting once every 6 weeks and I also shared my phone number with lots of women, especially new comers. Now that I'm in Anchorage, I'm getting involved with the entertainment committee. I'm doing this because I know that the spirituality part of my disease is my totally self centeredness and our book tells us that in order for us to recover we have to be of service to others. Doing service work is something I want to do because I don't want to be actively involved in my disease, I will go to any length to stay in recovery.
- Linda As you mentioned earlier, you are new to the Anchorage area and you have been trying to establish relationships with other women in the program by making those phone calls. Tell me how is that going for you?
- Amy It's hard because I'm a very isolated woman. I have many phone numbers and I have been making the calls. Finding a home group is part of my recovery because it helps me to be accountable. I did just make the Frozen Chosen my home group and I will be hosting the dinner and meeting next month. I am using every avenue to reach out, including giving my phone number to lots of women in the program.
- Linda Wow! I think you're exploding out of that shell of yours. You are amazing. Well tell me about your foundation today?
- Amy I feel that my foundation is stronger than it's ever been. I feel that I have the "WANT" to stay clean today. I'm willing to go to any lengths just like I did when I was out there using dope. It didn't matter what the weather was like or what the situations were, I was going to find the dope. Today I'm willing to find recovery...wherever it is!
- Linda Any words for the new comers?
- Amy Well this program is a "WANT" to program. Do you want to recover from this disease? That's the first question I would have them ask themselves. Then I would suggest that if they do want to recover, get involved, go to lots of meetings, and find somewhere that feels comfortable. Get lots of phone numbers. I know its hard to call people you don't know and I know that there is a feeling of awkwardness in making the calls, but it's just like anything in life...the more you do it, the more comfortable it becomes.. When I relapsed I didn't call anyone. Had I made the call, I could have had almost two years clean today. So first go to meetings, find a home group, get phone numbers, humble yourself and pick up the phone. Just say, "I only called to say hi, I'm fine or I'm practicing making calls". Be of service by making coffee or cleaning up after a meeting. There are lots of things we can do in service to counteract the disease of addiction.