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24-Hour Helpline
206-790-8888
Call before you use!

Seattle Area NA Website
www.seattlena.org

E-meetings:
naonlinerecovery.org

The purpose of this newsletter is to keep Seattle Area Narcotics Anonymous members informed of the events and happenings of the fellowship. Every attempt is made to adhere to NAWS guidelines and SASC guidelines for newsletters. The content contained herein expresses the views and knowledge of its contributors, not NA as a whole. Please read this publication with that in mind.

The Tools of NA

from The New/Old NA Way, February/March 2012 edition

Since the first day clean when I could barely make it through an hour without thinking about using a drug, I have learned a whole lot about this disease of addiction, and more importantly how to stay clean. I was given



a notebook and a step guide early on and told to start writing. I would go through my day, and of course being new had many difficulties arise especially dealing with other people. All sorts of emotions and feelings would surface, and a lot of anger and depression. All someone would have to do is say something that brought up some past feeling or event within me and I'd go from feeling OK to miserable, angry, or depressed. Writing on the steps helped me to examine what was causing me to feel these sometimes very uncomfortable feelings, and also to keep my emotions in check enough so I didn't have to act out, or say something that I would regret later. Making lots of meetings, especially in the first few years, was also an invaluable tool. It really made me feel that I wasn't alone, and it opened up my support base to a lot of people, who at one time or another I could learn something from about living without drugs, or how these steps help us. Meetings were also a big help in showing me what not to do if I wanted to stick around, by listening to people share about what took them out the door, and how hard it was to make it back to the rooms. Meetings also let me have an outlet to share what struggles I was going through, so I could get it off my chest and get another day clean. Making sense of the literature and what I heard at meetings and the writing on the steps needed some guidance, and this is where a sponsor came in for me. If I found myself getting off track, or not understanding something that was shared at a meeting, or something in the literature, I had someone who had been around for a while to help

(Continued on page 4)

Words of an Addict

by Cahill H.

Sometimes I've had enough
 The voices inside gets kind of gruff
 Use, use relieve the pain
 Nothing new, just more of the same
 I'm thankful for a thoughtless breath
 Some kind of spirit, some kind of rest
 I process life differently
 Without the weed
 Transparency
 Some is beauty some is ugly
 What's agreed is life
 Works best at life speed
 But I'm no expert
 I just succeeded
 In six months clean, sobriety
 And life is tough
 Without the delusion
 That it isn't
 I laugh sometimes
 I cry
 I ruminate on how and why
 A
 A lot about me
 Until I talk with another
 Brother, sister, sufferer
 Of the disease
 The mental ulcer
 The one that makes me want to
 Have another
 But it's what I've got so I have got to
 Learn
 If only I could remember
 That it's a phase, a turn
 And it's mine
 And yours
 Daily chores
 I have yet to really go
 Where the 12 steps tell me so
 So I need to stop writing
 And do some time
 Reading the literature
 Finding some divine
 Inside and beyond

I Wonder If It's Alright . . .

by V.

Is it okay to smile when others are crying,
 To tell the truth when others are lying?
 Is it okay to sing when everyone is quiet,
 Or eat cake when my friend is on a diet?
 And most important to know, without being fake,
 Is it alright to love when everyone seems so full of hate?
 These things I ponder tonight,
 Because I don't want to start a fight,
 But I have to admit, that maybe deep inside I just might not care,
 If it's okay to smile and sing
 Because today I want to experience everything.



Recovery One-Liners:

"Steps 1, 2, and 3 help me cope when the shit hits the fan. All the rest of them teach me how to stop throwing shit into the fan!"

"Guilt says I made a mistake, Shame says I am a mistake!"

Do you have an article, anecdote, or poem you would like to share with the Fellowship?

We would love to hear from you! Send an email to newsletter@seattlena.org. Submissions may be edited for length, clarity, or compliance with our Traditions.

Birthdays

Richard 4/16/86 (26 years)
 Michele A. 4/25/86 (26 years)
 Suzanne..... 4/22/87 (25 years)
 Joedy S. 4/22/89 (23 years)
 Jeff T. 5/9/92 (20 years)
 Kelle Sue 4/28/94 (18 years)
 John H. 4/14/95 (17 years)
 Bob S. 5/7/96 (16 years)
 Annie H. 4/21/98 (14 years)
 Janet 4/4/00 (12 years)
 Kim M. 5/10/02 (10 years)
 Paul S. 5/25/03 (9 years)
 Ray W. 4/24/05 (7 years)
 Cindy W. 4/24/05 (7 years)

Greg T. 5/18/05 (7 years)
 Genna F. 5/26/05 (7 years)
 Guy G. 5/26/05 (7 years)
 Kelly B. 4/3/06 (6 years)
 Tilly..... 4/24/07 (5 years)
 Mike W. 4/14/08 (4 years)
 Calei V. 5/9/08 (4 years)
 V. 5/23/08 (4 years)
 Roman B. 4/18/09 (3 years)
 Jaine M. 5/5/10 (2 years)
 Travis H. 5/23/10 (2 years)
 Trina M. 4/13/11 (1 year)
 Russ K. 5/23/11 (1 year)
 Eloise..... 5/31/11 (year)

If you would like to have your annual NA birthday included in this publication, please email the editor at newsletter@seattlena.org. If you do not have access to a computer, feel free to call or text (206) 695-2605. The cutoff for the June/July issue is May 27th.



Recovery Word Search

L Y S I W T I R P W P T D I E
 U O Q E F C E D R O U P B P M
 E D R O L G I X A B M L H K O
 X B Q A R P Z L Y W H I R D T
 B P L E C I I H E W L O X Z I
 M U T X V N J C R X W E D W O
 R E C O V E R Y N P M P E S N
 J E E R F R E Y E I A W S Q S
 E R U T A R E T I L R C S G D
 N Q O G I D S Q Z S G P E S G
 H L B S C N D K R B O D R G H
 U O N G N T G I A F R I P N I
 X O B L O O T S C W P P E D L
 Y R K J F X P V U T T W D H Q
 H O N E S T Y S Z E N W Z L E

ADDICT
 DEPRESSED
 EMOTIONS
 FREE
 HONESTY
 LITERATURE
 MEETINGS
 PRAYER
 PRINCIPLES
 PROGRAM
 RECOVERY
 REGRET
 SPONSOR
 STEPWORK
 TOOLBOX



Tools *(continued from page 1)*

sort it all out. After all, there is a whole lot of information and even more experience, strength, and hope being shared at the meetings. Having a sponsor to discuss things with and talk to helped me to sort things out and keep the program's basic message clear, and to keep me on track with the steps. I was told to make phone calls and lots of them, which I did and still do to this day. The cell phone is a valuable tool that addicts have today, that we didn't have years ago before the cell phone was around. Today, I can make calls just about anytime I need to. It helps me to participate in other addicts' lives, and build friendships at the same time.

Another tool that helped a lot was our literature. I would read a little bit every day, and it really helped me to keep my mind focused on the program, and it also helped me to better understand the steps, and how the program worked. Each time I read a chapter, I got new ideas, and more and more out of it. And an addict cannot really talk about the tools of the program of NA without bringing prayer into the equation. Since I first got here, asking for help in the morning, and giving a thank you at night, has sometimes been just what I needed that day to get my ego out of the way. I've come a long way since that first day, and thanks to the tools I learned here I can look forward to many more years ahead. Just for today, a day at a time, I go to a meeting, call three or more recovering addicts daily, read the Basic Text and other NA literature, write five minutes a day at least and pray daily. I have surrendered my addiction to a new way of life I found in the NA program. Today I have a tool box to recover by. Just for today I am clean and recovering the NA way. Thank God for the NA toolbox.

Upcoming Events

Seattle Area Unity Day

Saturday, April 21st

Seattle Center

For more information, email
unityday@seattlena.org.

Men's Retreat

Friday, June 8th through

Sunday, June 10th

Lazy F Camp

16170 Manastash Rd., Ellensburg

Limited to 31 participants

For more information, call/email

Andy S. andystoller@gmail.com

(206) 390-8069 or

Grant E. gwe@tinyisland.com

(206) 718-8548

SINAC III

Friday, July 27th through

Sunday, July 29th

Seattle Center

For more information, visit

SeattleNAconvention.org

or call (425) 679-9891

We need your ideas, talent and input!

The Seattle Area Newsletter needs your touch!

It can be a personal story of how you, the Fellowship, or your Higher Power helped to get you through a tough time; your views on a particular quote from the NA literature that you happen to like; or a simple expression of gratitude.

You do not have to be a professional writer, and please don't worry if you think you can't write well enough — we will be happy to make any spelling or punctuation corrections for you. The important thing is that you will be sharing your recovery with other addicts. After all, we can only keep what we have by giving it away.

The length of your article isn't important, either. The only real criteria for submissions is that they reflect the message of Narcotics Anonymous and stick to the identification of ourselves as addicts suffering from the disease of addiction.

Email submissions to newsletter@seattlena.org. Thank you for your time, support and for getting involved. Hugs and luvs!