

Seattle Area Narcotics Anonymous

NEWSLETTER

December 2013/January 2014

newsletter@seattlena.org



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.

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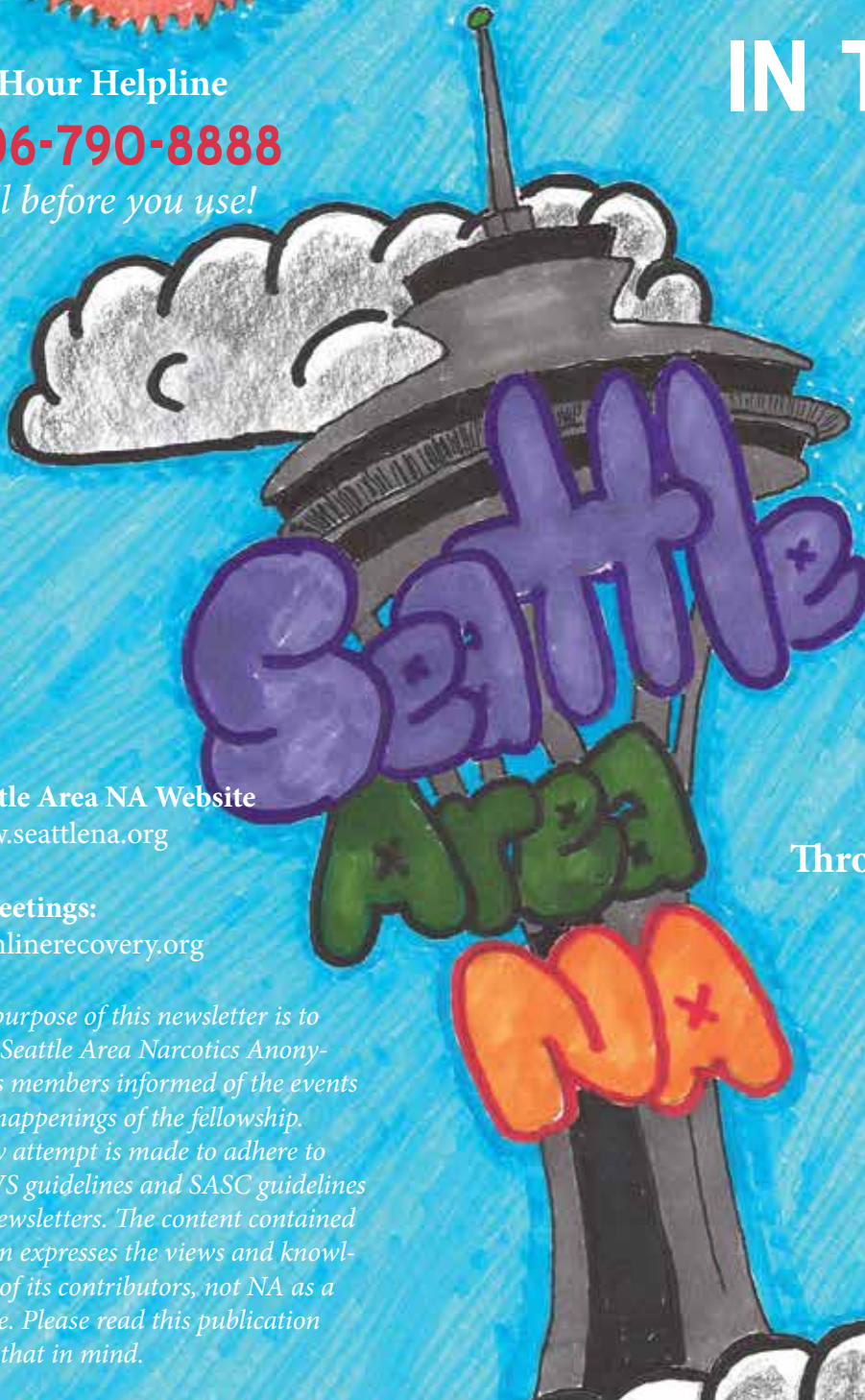
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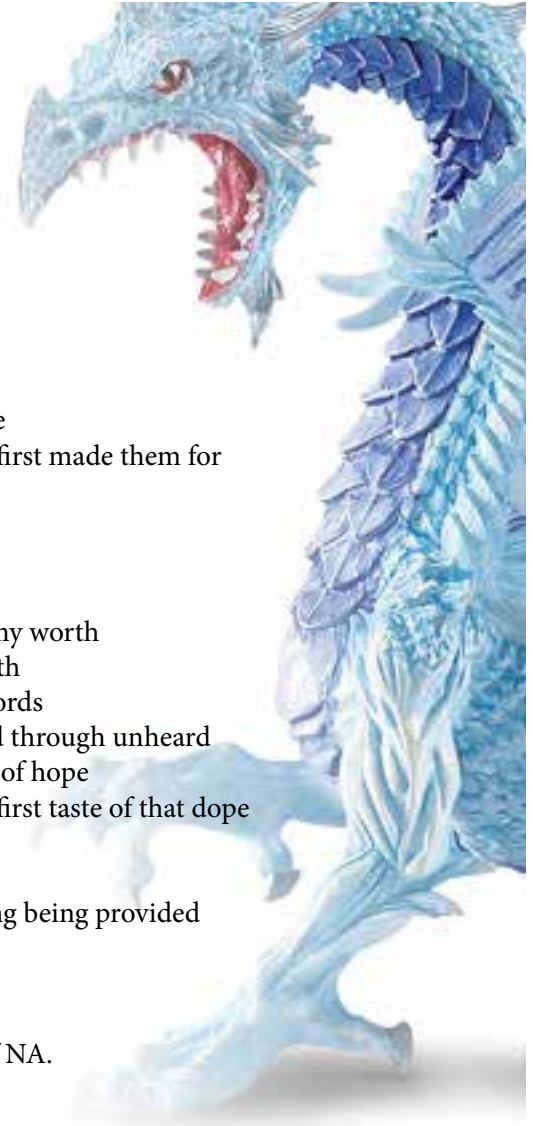
Cover illustration by Taylor W.



Diary of a Dragon Chaser

by Autumn G. E.

Dope turned all my boogers black, along with all my pores
 My nose grew over ten feet long to hide I'd become a whore
 It stole away my conscience as it tore apart my soul
 And where I'd thought still beat a heart, I found instead a hole
 My teeth all rotted inside out, darkened gray and yellowed
 Likewise decayed all hope and faith, nothing in life remained hallowed
 I forgot how to make conversation excepting in Spanish or street
 And rarely felt aught but my joint pain, so little I rested my feet
 I learned to say all but what I meant, so I could constantly gauge my next score
 All real friends were distant and soon nonexistent as I couldn't recall what I'd first made them for
 Everyone rushed to end my calls, no one would come to my home
 My kitties grew thin and insecure, so often they were left all alone
 I forgot loans were meant for repaying, I lied to get more than was fair
 I went to extensive intricate lengths to ensure that I need not put up my share
 Desiring nothing more than that loaded oblivion, in its swift wake I doubted my worth
 As everything faded except for self-hatred, I came to despise the day of my birth
 When I mentioned self-harm ideation, no one listened to my pleas for kind words
 Even when screamed to a large silent throng, my petitions for help only passed through unheard
 The moral of this woeful accounting is that even now I still hold a small speck of hope
 That most will go to the grave never knowing the craving that comes with the first taste of that dope
 But even if you've been in that prison, and its clawed Will and Psyche divided
 Let's pray to the Divine, to show us the sign, that says where we'll find
 that the gosh-darn BOOTSTRAP INSTRUCTION MANUAL is finally fracking being provided
 But listen a moment still, I've one thing more yet to say
 I no longer struggle and suffer as I did so dreadfully those days
 I've found a great love and freedom, to live in a brand new way
 And I have everything to thank, I have it all because of the gift of the rooms of NA.



One Day She Prays

by Stacy K.

Tolerant of ignorance; every step of the way.
 One day she prays.
 Sitting back breathless; awaiting the next foolish choice.
 One day she prays.
 Always offering knowledgeable advice hoping just one, the
 message would sink in.
 In her I see a solemn inner spirit awakening to all the pos-
 sibilities of love, laughter and a strong will to fight...
 She shines, she sparkles, and she is the light in my life.
 Self taught in life persevering and somehow, someway,
 Constantly she questions her actions.
 One day she prays.
 Is this the right way? Was that enough? Did I say the right
 thing?
 For me I know, there is no question.

There is no manual for motherhood and life.
 One day I pray.
 That I do even half of what has been displayed to me.
 She educated guidance with discipline and love.
 Although I listened, I very seldom heard,
 These lessons I had to endure for myself,
 Still enduring,
 One day she prays.
 I know you pray Mom, I pray too.
 One day I pray I will allow myself to the ability to conquer
 anything without a struggle.
 The courage, the wisdom and integrity I possess – I gain
 from you. Thank you for all your prayers.
 I love you, Mom. Happy Birthday.

My NA Family

by Dawn L.

I am an addict; my name is Dawn. Two years ago, I moved from Seattle to Parkersburg, West Virginia to be near my family. Moving from my solid NA family in Seattle – where the highest clean time amount was 20+ years – to a small town where I am the person with the most clean time at meetings was a very hard decision for me to make. I was very scared, as I did not know what to expect when I stepped off that plane two years ago.

I started going to meetings and sharing with others about my experience, strength, and hope. I got called a lot, and was approached by newcomers at meetings to tell them what it was like for me to move from a major metropolitan city to a small town. I was also asked about my addiction.

Leaving Seattle was one of the hardest decisions I ever had to make, but it was the right one. I miss my Seattle NA family, but I know no matter where I go, I will always have family with the folks that make up the NA fellowship.

Two years later, I sit with a little over five years clean, a very nice apartment, very good NA friends, an NA sponsor, my mom and dad, but most of all the strength of my Higher Power.

I want to thank my NA family in Seattle for helping me make it through the good, bad, and the ugly times. I will never forget the wonderful things that you guys taught me. I love you all very much!

Living without drugs

Life is what you make of it

Surrender daily

– haiku by Chris M.

A Spiritual Awakening

by David N.

Just over two weeks ago, I had a major operation on my back. Afterwards, I was given a large amount of morphine and oxycodone. I took the painkillers more or less as needed; after two weeks, I saw that it was time to stop. The pain wasn't too bad — nothing I could not handle. And I was looking forward to “pill time” a little too much. So, on day, 14 I took my last dose of pills and flushed the rest of them. No reason to try stopping with pills in reach. Day 15 was a rough day, to say the least. I was in full-blown detox, or “dope sick” as I have always called it. I began writing this on day 18, by which time it was over for the most part. I was still a little worse for wear, but feeling very lucky that the detox was as easy as it was. I'd never had it last such a short time — but I'd never stopped in two weeks, ether.

Now I'm on day 22, and I feel very good about being able to stop when I did. I had never in my life been able to make the decision to stop using once I had started, no matter how long it was. And when I woke up sick, I had the means to use but I chose to lay down and get through it — something else I had never done in my life.

A lot of things have happened in the last year. I'm not going to say that they were good or bad — just life. Lately it seems like one thing after another. You might think that would weaken my resolve, but it has done the opposite — it's made me stronger. Every time I get through one of life's curve balls, I get stronger in my recovery and my faith grows.

Today, I have a higher power in my life that gives me strength to make the right choices. Never have I been so strong in my faith and recovery as I am today. I thank NA, my higher power, my sponsor, and all the people who have supported me through this. I truly believe that as long as I'm doing the right thing in recovery, I will never be alone and I will be able to get through whatever comes down the line — drug free!

Through Suffering and Serenity

by Kris W.

I have learned in NA that if I keep living by spiritual principles, deeply painful memories that rend my heart today can one day turn into simple memories of pain. Through NA, I now see my life is so much more than only the sum total of all my problems. Today, I can choose to source my strength from the unconditional love of my higher power – who I now realize

formed me to have joy. My first sponsor taught me to embrace not only my pleasant feelings, but also to embrace my pain, because all my emotions connect me with humanity. By accepting all my painful emotions as a valid part of my experience, I free my soul to join my NA brothers and sisters as we journey through suffering as well as serenity. I am forever grateful for my place in NA.

Events & Announcements

Public Relations Fundraiser

Saturday, December 7th, 2013

Edmonds Lutheran Church, 23525 84th Ave W

Join us to help raise funds for our special project

“Operation Front Lines.”

Doors open at 5:00 PM; salmon dinner at 5:30 (\$15.00), speakers at 6:30, bingo at 8:00 (first card free, option to purchase additional cards)

Operation Front lines is a project to educate staff in urgent care and emergency room facilities. Our goal is to strengthen our relationship with medical professionals in the community and educate about NA as an option for their drug seeking clients.

Hope For the Holidays 2013

Free event presented by Everett Area Activities

Tuesday, December 24th, 2013

Doors open 3:00 PM, dinner 5 PM, Santa and children's activities 6 PM, speaker 7 PM, dance to follow

Wednesday, December 25th, 2013

Breakfast, lunch and dinner

Marathon meetings both days

Labor Temple Hall, 2810 Lombard Ave, Everett

For information contact Andy G. (360) 550-0146

or Becca H. (425) 314-6326

NA Regulars End of the Year Celebration

Monday, December 30th, 2013

Central Lutheran Church, 1710 11th Ave (across from Cal Anderson Park)

Free parking on site

Potluck 6:30 PM, speaker meeting to follow

New Year's Eve Dance

Tuesday, December 31st, 2013

Lake City Community Center, 12531 28th Ave NE

Details TBA

Clean & Free “Wave of Recovery”

Thursday, March 6th – Sunday, March 9th, 2014

Ocean Shores Convention Center

120 W Chance a La Mer NW, Ocean Shores, WA 98569

Pre-register at <http://www.wnirna-reg.org/>

Activities Needs Your Support!

The Activities Committee meets the first and third Thursday of every month from 6:00 PM to 7:30 PM at Lake City Community Center.

Outreach meets the second Saturday of every month, 6:00 PM at Third Place Books in Lake Forest Park (17171 Bothell Way NE).

We can always use additional support, so please come by.

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

We would love to hear from you! Send an email to the Newsletter Coordinator at newsletter@seattlena.org.

Submissions may be edited for length, clarity, or compliance with our Traditions.

Clean Time Birthdays

Lori R. 01/11/83 (31 years)

Cheryl T. 01/03/84 (30 years)

Julia R. 12/21/84 (29 years)

Jeff E. 12/02/87 (26 years)

Tammy D. 12/20/88 (25 years)

Mike C. 01/05/90 (24 years)

Kae Cee C. 12/23/90 (23 years)

Jeannie E. 11/01/99 (14 years)

Jon C. 12/29/01 (12 years)

Derek C. 12/20/03 (10 years)

Andy D. 12/01/06 (7 years)

Steve P. 12/12/07 (6 years)

Josie S. 12/15/07 (6 years)

Emily K. 12/04/10 (3 years)

Sarah S. 12/14/11 (2 years)

Felicia L. 01/31/12 (2 years)

Stephen R. 12/31/12 (1 year)

If you would like to have your NA birthday included in this publication, please email the Newsletter Coordinator at newsletter@seattlena.org. If you do not have access to a computer, feel free to call or text (206) 234-2125.

The cutoff for the February/March issue is Sunday, January 26th.

Congratulations!