

Seattle Area Narcotics Anonymous

NEWSLETTER



August/September 2014

newsletter@seattlena.org



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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.

Seattle Area NA Website
www.seattlena.org

NA World Services
www.na.org

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

Cover illustration by Molly C.

An Internalization Exercise

by Phil O. (New York City)

“The message... is meaningless unless we LIVE it” (Text 48). And so is stepwork. You can do the writing, answer all the questions, we can get together and go over it, and still you won’t necessarily get better. We’re creatures of habit; old ways die hard. So there needs to be something in between the work we do and incorporating the principles into your life: internalizing them.

How do we do this? How do we get to where it has become “increasingly more natural for us to practice spiritual principles and increasingly more uncomfortable for us to act out” (SWG 117)? The Guide suggests one way: “writing about our understanding of each step as we prepare to move on helps us internalize...” (SWG 18). Writing. Still more writing!

A better way is to include the work in your sharing at meetings. And with others one-on-one. Doing this consciously, not accidentally. Picking particular questions and how you answered them and what that makes you aware of. Using the language of the literature... prone, endless loops, resignation, loss of perspective, tornadoes, etc., etc. in order to absorb what these concepts mean. Chewing up the food so you digest it and so it becomes part of you.

Besides helping yourself, you’ll help others too. When you refer in your sharing to the work you’re doing, it’s a statement — that you do work, that you trust the process. Those who are just abstaining may get motivated when they hear that you’re into stepwork. But regardless of how others respond, you’ll be making the program more a part of you. We practiced old behaviors a long time. So we need a lot of practice of these new ideas. First, we talk the talk. Then something happens: we walk the walk!

Clean Time Birthdays

Louie A.....	09/08/88	(26 years)
Nancy C.....	09/01/92	(22 years)
Dan M.	08/16/94	(20 years)
Patricia A.	07/11/95	(19 years)
Valentina T.....	08/15/10	(4 years)
Michael P.....	08/01/11	(3 years)
Neal T.....	08/16/11	(3 years)
Heidi C.....	09/03/11	(3 years)
Dan D.....	09/08/11	(3 years)
Elizabeth B.....	09/10/11	(3 years)
Angela B.....	09/16/11	(3 years)
Sean D.	08/01/13	(1 year)
Matt B.	09/02/13	(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 October/November issue is Sunday, September 28th.

Congratulations!

Demons In My Pocket

by Bianca I.

I carry demons in my pockets

Their blood-soaked Angel's wings gleaming
And heavy

They flitter and rustle
They don't want to stay put

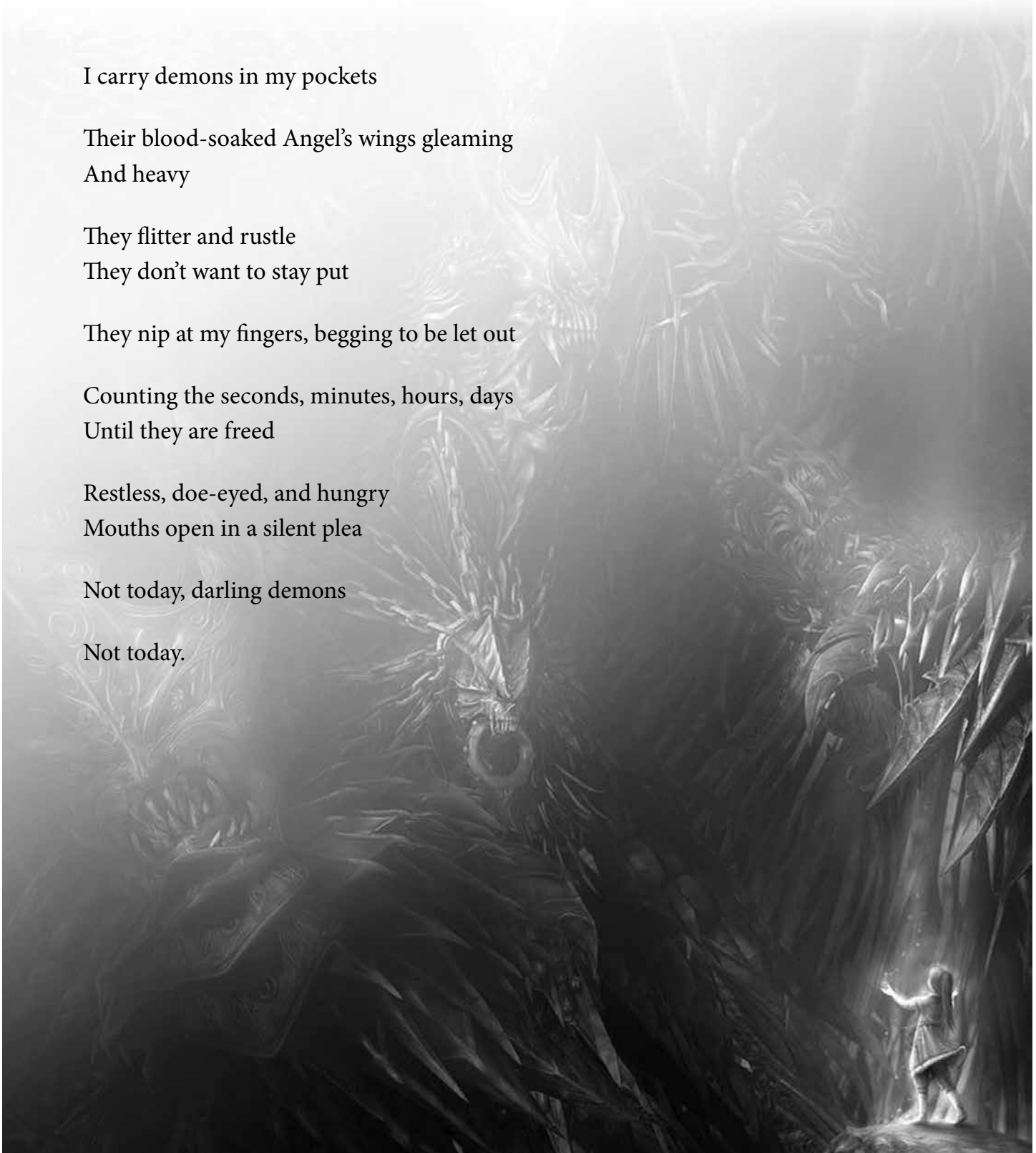
They nip at my fingers, begging to be let out

Counting the seconds, minutes, hours, days
Until they are freed

Restless, doe-eyed, and hungry
Mouths open in a silent plea

Not today, darling demons

Not today.



Events & Announcements

New Meeting on Tuesdays: More Will Be Revealed

Open, literature study reading Living Clean: the Journey Continues
Tuesdays 12:00 – 1:00 P.M.
Old Sanctuary, Center for Spiritual Living
5801 Sand Point Way NE, Seattle
Between Children's Hospital and Magnuson Park

Seattle Area Activities Committee needs your support!

Meetings every first & third Thursday at 6:30 P.M.
Capitol Hill Presbyterian Church
1729 Harvard Ave, Seattle

Serenity Circle's Annual BBQ — "Day of the Geoduck"

Thursday, August 21
Food at 5:30 P.M., meeting at 7:00
Golden Gardens, Tables 1 & 2 (last set on the left)

Hardcore NA (SKCNA) presents:

Second Annual Men's Spiritual Breakfast

Saturday, August 23, 9:00 A.M.
La Quinta Inn & Suites, 1425 E 27th St, Tacoma
Tickets: \$30
Speaker: Adam T. (Santa Monica, CA)
Limited edition "Friend of Jimmy K." t-shirts available
More info: email MensSpiritualBreakfastNCNA@gmail.com

Portland Area Convention of Narcotics Anonymous

Friday, August 29 – Sunday, August 31
For more information or to register, visit
portlandareanaconvention.org

NA World Unity Day

Saturday, August 30, 10:00 A.M. PST
Inspired by the ties that bind us together, we will join together to reflect on our worldwide fellowship and the addict who still suffers. You may have an event, join together with friends, or just take a moment to yourself as NA members around the world share the Serenity Prayer on this day of unity. No telephone link, no big event — just a moment and a prayer.

Recovery By the River

Friday, September 5 – Sunday, September 7
Daroga State Park, 1 S. Daroga Park Road, Orondo, WA 98843
Ticket prices: \$45 adults, \$25 ages 12 – 17, free for kids under 12
Price includes five meals and the campsite

BNA Picnic

Saturday, September 13
Golden Gardens Tables 20 & 21
Bring food, bring friends

21st Annual Men's Night Out

Friday, September 19 – Sunday, September 21
Brooks Memorial Environmental Learning Center near Satus Pass, Goldendale, WA
Special pre-registration rate (by 7/31/14) is \$60 and includes Friday night prime rib dinner, all meals Saturday, breakfast Sunday, a cabin bunk, and an event t-shirt. Registration after 8/1/14 or at the event is \$70 and does not include a t-shirt (some shirts may be available at the event for purchase)
Questions: Contact Greg A. (509) 491-0036 or Kendal B. (509) 308-0007

Day of the Dinosaurs 2014

WNIRCNA XXX Fundraiser

September 20
Doors 11:30 A.M., Speaker Jam to follow
Grace Luthern Church, 22975 24th Ave S, Des Moines
Dinner & ADULT Comedy Show (Mike Cummings, Los Angeles, CA)
Dinner & show: \$25; meetings, as always: FREE

Canadian Convention NA XXII

Friday September 26 – Sunday, September 28
Vancouver Island Conference Centre, Nanaimo, Vancouver Island, BC
For more information, visit candianconvention.com

NNWCNA #37 "Free to Fulfill Our Dreams"

Friday, October 24 – Sunday, October 26
Valley River Inn, 1000 Valley River Way, Eugene, OR
Online registration available at www.PNW37.org

Halloween Dance

Friday, October 31
More info TBA

H&I/PI Learning Days 2014

Friday & Saturday, November 7 and 8
Edmonds Lutheran Church, 23525 84th Avenue West
Workshop leaders needed! For more information, please contact Julia, Oona or Jimmy from the Seattle area at hipi2014learningdays@yahoo.com

Gratitude Dinner

Thursday, November 27
More info TBA

Got an article, anecdote, announcement or artwork you would like to share?

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, spelling/grammar, and/or compliance with our Traditions.