

Seattle Area Narcotics Anonymous

NEWSLETTER



June/July 2014

newsletter@seattlena.org



Beau H., Hope, 2014. Ink on paper, 12 x 10 in.

IN THIS ISSUE:

**A Message From the Activities Chair • Spiritual, Not Materialistic
Holding Hands • Events & Announcements • Clean Time Birthdays**

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!



A Message From the Activities Chair

by Yvette C.

Hello Everyone,

The Seattle Area Narcotics Anonymous is in full swing, planning events for all of our NA members. I hope everyone has had a chance to attend some of our events, if not all of them. It is our hope as a committee that we can provide fun and exciting activities throughout the year for all to enjoy. I hope everyone takes the opportunity to come to our events, have some fun and show your support for the Activities Committee and the events we provide for everyone to enjoy.

The Relationship Workshop that was held on May 17th was great! Thank you so much to everyone who took time out of their schedule to either attend, help with workshops, or speak at the workshops. I appreciate everyone's service and dedication to the NA Program, to the people in NA and to the support you show for our events. A big thank you to Tony T. and all your helpers for preparing, providing, cooking and serving all of the food for the day. The snacks were great and the dinner was fabulous! You guys were awesome! And thank you, as always to the Activities Committee for all of your hard work and service. Without all of you guys, it would not have been possible.

Our next event was originally scheduled for June 14; however, it has been postponed until June 28th. It is the NA Prom, titled, "A Touch of Class Prom". We are working on the location and I apologize for not having it secured already. We are planning on having a dinner, speaker and then the prom. Dinner and speaker will be from 6:00 to 7:30 pm and the prom will be from 8:00 pm to 1:00 am. We will have pre-sale tickets available for dinner, speaker and dance. The cost is ten dollars. If you do not wish to have dinner, then you can pay \$5 for the dance only at the door. Please save the date and I will get a flyer made as soon as the location is secured. This is a prom, so please dress accordingly.

We will have the Fourth of July BBQ on July 4th at Lower Woodland Park, located at 100 North 50th Street, Seattle, WA 98103 in Shelter 1, from 10:00 am until 6:00 pm. There will be a \$5 BBQ available. We are asking home groups to please bring a dish to share. The Activities Committee will provide hot dogs and hamburgers. There will be lots of games and of course lots of fun, so please come on out and show your support!

GSRs, please go to your home groups and ask for a liaison to represent your group at our Activities Committee meetings. We desperately need help! We meet twice a month and it doesn't have to be the same person who represents your group, although that would make it easier. It is very hard to plan and provide activities with only a few members in attendance. So, please, show some support and be of service. The Activities Committee meets the first and third Thursday of every month, 6:30 pm at Capitol Hill Presbyterian Church, 1729 Harvard Avenue in Seattle.

All questions, comments and concerns are welcomed at anytime. You can reach me at (206) 834-556 for phone calls and text, or email me from the seattlena.org website, click on Service and then Activities Chair.

I hope to see everyone at our events! Recovery is fun, so come join us!

With Love and Gratitude,

Yvette

(Your Activities Chair)

Spiritual, Not Materialistic

by Phil O.

If I were a newcomer today, I might get the impression that recovery was all about what we drive, what we wear, and how often we get laid. And I wouldn't want what we have to offer.

As I understand our transforming program, we do internal work through the Steps to gain self-acceptance and self-esteem. In time, we can afford to try to do the next right thing – we no longer need to be so self-seeking. Now we're attractive and other benefits come with that. Even material rewards may result from our new way of life, but they aren't its purpose.

In the '80s, I had a thriving business producing high income, yet I was miserable. A failure in all human relationships, haunted by guilt, and feeling less-than in so many ways. For a while, drugs medicated all that pain. Money couldn't buy contentment. As my disease progressed, I even used during work hours and soon lost all my clients along with the income they had brought me.

Working an NA program helped me deal with what caused those problems, and today I have rising self-worth, healthy relationships, and a great life. And limited income! "Joy doesn't come from material things, but from within ourselves."

It seems like soon after we get clean, we look for a way to fill the void. We may buy new outfits, tell others what they want to hear, and seek some way to fit in. (Mine was to overdo service.) And that's OK for a while – just don't use! But at some point, hopefully, we compare our insides to our own outsides and find we're falling short.

It's an inside job. Doing drive-bys in your new expensive vehicle does not impress us experienced members as much as watching you "open up like a flower in the sun." Adding letters after your name can be a good thing, if you're also increasing your self-awareness. Getting your family back may look good, but "social acceptability does not equal recovery."

What I find uplifting is when I respond differently to a situation that would have had me act on a defect. Or finding myself giving unconditionally when in the past I'd have an ulterior motive. Or saying no when I mean no, rather than people-pleasing like I did before. And so much more that doing stepwork has produced. Now those are priceless gifts!

Holding Hands

by Sarah K.

Spiritual presence
Impossible to ignore
My footprints in the sand
From days before
Am I walking in circles
I felt so lost
I must find myself
At any cost
Am I the girl I was before
I used this desert as a metaphor
When I refused to live
And to understand
Refused to hold
Onto God's hand
He's showing me these footprints
So I can see
How far I've come
In finding me
The addictions I once
So eagerly fed
Are lost in this desert
And the one in my head
I'll leave them here
When I leave this place
I'll look in a mirror
And see my true face
All the while
I'm holding God's hand
And writing poetry
In the sand



Events & Announcements

WNIRCNA XXX Logo Contest

Theme: "Years of Direction"

Winner receives full registration (excluding hotel/lodging)

Entries must be submitted no later than June 22nd at the WNIRCNA XXX

Committee meeting (10:30 A.M. at

536 Oregon Way, Longview) or given to a member of committee for submission prior to that date.

Contacts: Eric M. dapc_eric@live.com,

Mike S. mrsilvery@comcast.net

Mail to: WNIRCNA XXX, PO Box 412, Kelso, WA 98626

A Touch of Class Prom

Saturday, June 28th

Location TBA

(See *A Message From the Activities Chair*, page 2)

2014 WNIRNA Mobile Convention

Saturday, June 28th from 10:00 A.M. – midnight

1225 McFarland Road, Mount Vernon

Main Speaker: Julie M. (Cle Elum)

There will be workshops, fellowship, dinner, and a dance.

Contact info: Chair – Candace B. (360) 820-8538,

Vice Chair – Jesse D. (360) 840-6717

Clean and Free 2015 Logo Contest

Theme: "Building Bridges"

Entries must be received by July 1st

Winning entry will receive one full registration package (lodging not included)

Three (3) color maximum; digital/PDF entries preferred, drawings also accepted

Email your logo(s) to CleanAndFreeLogo@gmail.com

Or mail to: Clean and Free Logo Contest, 4848 Pacific Ave, PMB 24, Tacoma, WA 98408

Fourth of July BBQ

Friday, July 4th

Lower Woodland Park, Shelter 1

(See *A Message From the Activities Chair*, page 2)

SINAC 2014

Seattle International NA Convention

Friday, July 25th – Sunday, July 27th

3711 196th St SW, Lynnwood

For more information or to register, visit seattlenaconvention.org

Portland Area Convention of Narcotics Anonymous

Friday, August 29th – Sunday, August 31st

For more information or to register, visit portlandareanaconvention.org

21st Annual Men's Night Out

Friday, September 19th – Sunday, September 21st

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

Canadian Convention NA XXII

Friday September 26th – 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 24th – Sunday, October 26th

Valley River Inn, 1000 Valley River Way, Eugene, OR

Online registraton available at www.PNW37.org

H&I/PI Learning Days 2014

Friday & Saturday, November 7th and 8th

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

Clean Time Birthdays

Dennis B.	07/15/89	(25 years)
Kris W.	04/04/97	(17 years)
George B. H.	07/08/00	(14 years)
Robyn A.	06/10/03	(11 years)
Terry G.	06/30/04	(10 years)
True K.	06/10/07	(7 years)
Scott J.	07/22/09	(5 years)
Christina R.	06/01/10	(4 years)
Jim L.	06/13/10	(4 years)
Charmaine M.	07/08/11	(3 years)
Mikel K.	07/21/13	(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 August/September issue is Sunday, July 27th.

Congratulations!