

Seattle Area Narcotics Anonymous

NEWSLETTER



January/February 2016

newsletter@seattlena.org



IN THIS ISSUE:

Getting to Know: Caulda P. • Clean Time Birthdays • “The Results of Drinking & Drugging”
(poem by Sam H.) • Ask a Grizzled Old Timer • Home Group Announcements • Events & Activities

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!



Getting to Know...

Caulda P.


Clean date:

February 29, 1984

Home group:

A Simple Solution,
Sundays at 7:00 PM

Current step:

Step Ten

Meetings per week:

Two on average

Service position(s) held:

Alternate GSR

Recovery philosophy:

“Don’t use, no matter what!”

Favorite fellowship cliché:

“A new idea cannot be grafted onto a closed mind.” (*Basic Text, page 96*)

Your hobbies:

I am an avid reader; my interests include history and art.

Surprising Fact:

I have five kids, 16 grandkids, and five great-grandkids!

What would you like to be doing a year from now?

Maybe a little travel.
That would be be good.

*Congratulations, Caulda,
on 32 years clean
February 29th!*

Clean Time Birthdays

Cheryl H.	01/03/84	(32 years)
Caulda.....	02/29/84	(32 years)
Becky G.....	02/15/86	(30 years)
Cathy Jean.....	02/01/04	(12 years)
Maureen F.	02/20/06	(10 years)
Jeremy W.....	01/23/09	(7 years)
Jeff S.	02/15/09	(7 years)
Naomi L.	01/12/12	(4 years)

If you would like to have your NA birthday included in this publication, please email the Newsletter Coordinator at newsletter@seattlena.org. The cutoff for the March/April issue is Sunday, February 28th.

Congratulations!

The Results of Drinking and Drugging

by Sam H.

A devil grew inside my mind
For over fifty years.
It saw me through all kinds of times;
It camouflaged my fears.

I finally threw this demon out,
And set my soul to rest.
I'm telling you what he's about,
This most persistent pest.

This devil is the use of drugs,
And the need for booze.
This demon wins through booze and drugs;
If you use, you lose.

This devil breathes the breath of pain,
Humiliations best.
He creates needs whose only gains
Are the user's death.

Home Group Announcements

- 12 Steps and 12 Traditions (Wednesday, 7:30 PM) — needs support
- Daily Fix (Monday, Wednesday, Friday, 6:15 PM) — needs support
- Hope Dealers (Tuesday night) — no longer a meeting
- The Journey Continues (Monday, 6:00 PM) — Needs support. Women in treatment come in and need women to support them. Also, time has changed from 6:00 – 7:00 PM to 6:00 – 7:15 PM
- Monday Night Raw (Monday, 8:00 PM) — Group is moving location and time to 7:00 PM @ 4308 S Othello St, Seattle WA 98118
- NA Soldiers (Tuesday, 10:00 AM) — Needs people that can carry the message
- S. O. S. (Wednesday, 7:30 PM) — Lots of newcomers, could use support from people with time and experience



Ask a Grizzled Old Timer

Dear Grizzled Old Timer,

Since getting clean, I have really struggled with anxiety. I keep hearing from other addicts in recovery that I need to let go and let God or simply “turn it over.” Do you have any practical advice on how I can do that?

Anxious in NA

Dear AinNA,

Work the steps, or die, motherf***er.

Events & Activities

Saturday Night Dances

Every 2nd Saturday of the month

10:00 PM – 1:00 AM

\$5.00 • Cherry Hall

2701 E. Cherry Street, Seattle

CAR (Conference Agenda Report) Workshop

Sunday, January, 10th

1:00 PM – 4:00 PM

Lake City Community Center

12531 28th Ave NE, Seattle

GSRs and all other members invited

Refreshments provided (optional: bring a side dish for potluck)

CAR available at www.na.org

Username wsc2016, password CP2016

PNWCNA Presents Speaker Jam 2

Saturday, January 16th

Six speakers 1:00 PM – 8:00 PM

Dinner 5:00 PM

Fredonia Grange

1225 McFarland Road, Mount Vernon

BMANA Presents SE WA CAR Workshop

Saturday, January 16th

1:30 PM

To Better Understand the 2016 CAR Motions

First Congregational Church

73 S Palouse Street, Walla Walla

SINAC 2016 — A Change in Perspective

Sunday, January 24, 2016

11:30 AM

SINAC Convention committee needs *you!*

4254 South Graham Street Seattle, WA 98118

WNIRCNA 2016 Event

Sunday, February 14th

12:00 PM

Host committee members needed

Kennewick Roundtable Pizza

3300 W. Clearwater Ave, Kennewick

All positions open for elections

SINAC 2016 – A Change in Perspective

Sunday, February 21st

11:30 AM

SINAC Convention Committee needs *you!*

4254 S. Graham Street, Seattle

31st Annual SKC Men's Retreat

Friday, April 29th – Sunday, May 1st

“No Hiding Allowed”

SKIBACS Lodge, Crystal Mt. Ski Area

Space is limited to 72, so don't delay – this event will sell out!

\$65 until 2/1/16, \$75 thereafter

More info: <http://skcana.org/service>

Clean & Free 2016

Thursday, March 10th – Sunday, March 13th

“Strength Without Limits”

Ocean Shores Convention Center

120 W Chance a la Mer NW, Ocean Shores Pre-

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

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.