

Seattle Area Narcotics Anonymous

NEWSLETTER

October/November 2016

newsletter@seattlena.org



Create Your Own Helper

by Sam H.

If you find no one to help you,
create a helper,
If you are stuck in your dreams and no one
Will help you off the floor or out the door,
Make one up,

A lesson years in learning,
Yet easy to grasp,
If no one will help you up,
Find a way,

Yes, I know that is easy to say,
But no harder than looking for help,
That isn' t there,

Start with your dreams,
If no one will haul you out of your helpless situation,
Give that power to someone else if your friends won't help
you,

Get up,
Show your dog how to do it if you have to,
Give the chore to someone else,
If you can't help yourself.

24-Hour Hotline

206-790-8888

Call before you use!

Seattle Area NA Website
www.seattlena.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.



Events & Announcements

New Meeting on Sundays: Beyond Belief

General discussion open meeting for atheist and agnostics (all are welcome as per our 3rd Tradition)

Sundays 8:00 – 9:00 p.m.

Lynnwood Alano Club

4001 198th St.SW, Lynnwood

Activities Subcommittee call for support

New meeting time and place:

1st and 3rd Thursdays, 7:00 PM

Edmonds Lutheran Church, 23525 84th Ave W, Edmonds, WA

PNWCNA 39

“Healing Our Spirit”

Second oldest convention in NA

Friday, October 21 – Sunday, October 23

Hilton Bellevue Hotel

Register before September 10 for discounted pre-registration prices!

Register online at wnirna-reg.org

Spiritual Breakfast

Fundraiser to support Unity Day

Saturday, November 5, 10:00 AM (speakers at 11:00)

Edmonds Lutheran Church, 23525 84th Ave W, Edmonds, WA

Tickets \$15

<http://bit.ly/2dzsAna>

Courage to Change XXVII

27th Annual Seattle Area NA Men's Retreat

Friday, November 18 – Sunday, November 20

Fort Casey (Coupeville), WA

Pre-registration only

\$90 per person, includes room, board and meals

(Friday night is a potluck)

<http://bit.ly/2cKKtTW>

Save the Dates:

October Carnival

Saturday, October 29

More info TBA

Gratitude Dinner

Thursday, November 24

More info TBA

WNIRCNA 2017

“Here to Stay”

Friday, May 19 – Sunday, May 21, 2017

Marriott - Seattle Airport

WNIRCNA2017@gmail.com



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.

Clean Time Birthdays

Mike H. 11/13/97 (19 years)

Jeannie E. 11/01/99 (17 years)

Adam S..... 11/10/03 (13 years)

Darla S. 11/26/03 (13 years)

Tamara W..... 09/01/07 (9 years)

Jennette C..... 11/24/07 (9 years)

Oona G..... 11/21/08 (8 years)

Isabella 11/26/08 (8 years)

Jack F. 11/18/14 (2 years)

Michael P..... 04/10/15(18 months)

Shane M. 04/25/15(18 months)

Congratulations!

*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 December/January issue is Friday, December 23rd.***