

Seattle Area Narcotics Anonymous

NEWSLETTER

August/September 2017

newsletter@seattlena.org



IN THIS ISSUE:

Clean Time Birthdays 2

Upcoming Events & Announcements 4

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.

God, Gurus, and the Promise

by S. S. (Colorado)*

A turning point in recovery came for me at about 18 months clean. It had taken that long for me to work Step One. Yes, I tried for a year and a half to exert power over my disease of addiction. I was drug-free, yet my actions were still being controlled by obsession, compulsion, and impulses! It was through these repeated experiences of failure that I finally could feel and believe in my absolute powerlessness, not just over drugs—they had been out of my life for a while then—but over my addiction, as our First Step says.

All this led directly to Steps Two and Three. All seemed well. However, these steps proved to be another long and confusing struggle. It is this struggle, and some insight that came from it, which I would like to share with the Fellowship.

Since I knew beyond question that I did not hold the answers to my problems, I went looking elsewhere. I found help in many places. Addicts, nonaddicts, so-called “divinely inspired methods” all seemed to offer something. Confusion set in! Other people were doing the same things, so I decided to step back and watch them.

After many months, I began to get some insight. It seems that all of these resources were being turned into “gurus” of sorts. Many of us, in a fervent search for recovery, had received guidance from one source or another. We were now taking these sources and transforming them into all-powerful answers to life’s problems.

(Continued on page 3)



Clean Time Birthdays

Robert B.....09/29/81 (36 years)	Mary O.....09/09/07 (10 years)
Steve N.08/05/82 (35 years)	Valentina T.....08/15/10 (7 years)
Bill M.08/28/86 (31 years)	Tim H.....08/03/11 (6 years)
Benito.....08/19/88 (29 years)	Denise09/26/12 (5 years)
Louie A.09/08/88 (29 years)	Sean D.....08/01/13 (4 years)
Nancy C.....09/01/92 (25 years)	Dulce.....08/18/13 (4 years)
Dan M.08/16/94 (23 years)	Willa.....09/02/14 (3 years)
Christina V.....08/28/98 (19 years)	Vivian.....09/08/14 (3 years)
Stephanie08/04/99 (18 years)	
Tamara.....08/30/07 (10 years)	

Congratulations!

If you would like to have your annual NA birthday included in this publication, please email the Newsletter Coordinator at newsletter@seattlena.org. The cutoff for the October/November issue is Sunday, August 24th.



An old addict is visiting his doctor. After a life of using, it's taken a toll on his health.

"Well, Mr. Smith, you made it to 85, but I'm afraid I have bad news."

"Tell it to me straight doc. I survived the drugs and everthing that comes with it, I can take it."

"Your pancreas and kidneys are shot. Worse, you've got liver cancer. And the tests show early onset Alzheimer's."

"Geez, doc... Alzheimer's — that's the one that affects your memory, right?"

"I'm afraid so."

"Well, at least I don't have cancer."



God, Gurus, and the Promise *(continued from page 1)*

It is difficult to explain, but somehow, others and I were looking to individuals or individual methods for recovery. It was a new way to use people, places, and things. Instead of incorporating these resources into recovery, many of us turned our recovery over to another person or organization.

The destructiveness of all this soon became apparent as a much clearer picture of my disease emerged. Denial, in the form of refusing responsibility, was full-blown. I had been trying to have someone else do my work while refusing to take Step Two and Three. This was stifling not only my own recovery, but the recovery of others as well. By looking to individuals, I was helping them to believe that they had more power than they did. I was placing my own life and the lives of others on the line!

I began to search for a Higher Power that was greater than myself and my other resources. I found this greater power in NA. It works through groups, areas, regions, world service conferences, and the Fellowship; but not necessarily through any individuals. And it is mine. And it is not a guru. And it has no name. And it does

not change other people to be the way I want them to be. And by its very existence it leads me through the steps to the one promise made in the Basic Text.

Our Basic Text states, "Narcotics Anonymous offers only one promise and that is freedom from active addiction, the solution that eluded us for so long. We will be freed from our self-made prisons. (Basic Text, "More Will Be Revealed")

This promise does not ensure a perfectly packaged life for me or anyone else. It simply gives me the opportunity to pursue it. I can go after what I want and periodically evaluate my motives and methods. When necessary, I can accept defeat on some things in life.

These notions and experiences are very dear to me. In fact, they are important enough to give away. They are yours if you want them!

**This article was originally published in the October, 2012 issue of The NA Way magazine, volume 29, number 4.*



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.



Events & Announcements

Little Yellow House of Recovery 7th Annual Summer Potluck

Monday, August 7, 5:30 – 7:00 PM
Edmonds Lutheran Church, 23525 84th Ave W
Regular scheduled meeting begins at 7:00
<http://bit.ly/2ucZgLK>

King County Jail Clearance Application Workshop

Saturday, August 12, 10:00 AM – 12:00 PM
Lake Forest Park Towne Center
17171 Bothell Way NE, Seattle (in the food court)
Bring: a good quality clear color copy of your driver's license of ID; names, address, and phone numbers for at least two personal character references (non-relatives) that you have known for at least five years; a pen and a pencil.
See info sheet regarding criminal records (online <http://bit.ly/2hzhfvkq>)

“Together We Can” Campout

Friday – Saturday, August 18 – 20
Wenberg County Park
15430 East Lake Goodwin Road, Stanwood
Registration price \$65.00
<http://bit.ly/2roU34D>

South King County Area

“Crystal Clear” Recovery Retreat

Friday, August 18 – Sunday, August 20
Crystal Mountain's SKIBACS Lodge
\$75 per person, includes meals and lodging
Pre-registration is required
More info: email Mark M. at crystalclear@skcna.org
<http://bit.ly/2nhf1OA>

YAHCNA “Regardless Of” Speaker Jam

Saturday, August 19, 3:00 PM – 8:00 PM
Family of Grace Lutheran Church
31317 124th Ave SE, Auburn
<http://bit.ly/2vae4Mt>

Recovery by the River

Friday – Sunday, August 25 – 27
Daroga State Park
Adults \$45, kids 13 – 17 \$25, kids 12 and other FREE!
Price includes campsite and meals
<http://bit.ly/2vaXvQG>

Spiritual Connection XXXIV “The Miracle Continues”

Friday – Monday, September 1 – 4
Cornet Bay Environmental Learning Center
at Deception Pass State Park, Whidbey Island
\$75.00 before July 22, \$85.00 after
Registration includes eight meals
<http://bit.ly/2sCDgsI>

Salmon Bake & Dessert Auction

Fundraiser for SINAC 2018
Saturday, September 23, 3:00 – 8:00 PM
Edmonds Lutheran Church, 23525 84th Ave W
Fresh-caught salmon dinner, dessert auction, speakers, and raffle drawings!
\$20 per person, rain or shine

TLCANA Learning Day

Saturday, September 30, 1:00 PM
Fort Borst Park, Kitchen #2
Chili cook-off following at 3:00 PM
Voting/eating, speaker, and raffle
<http://bit.ly/2v8Rzt8>

PNWCNA 40

“Just For Today”
Friday, October 6 – Sunday, October 7
Hyatt Regency, 655 Burrard St, Vancouver, BC
Oldest Annual NA Convention
Pre-registration \$45.00 - \$99.00 through August 31
\$50.00 - \$110.00 after
<http://bit.ly/2qOrDIM>

Seattle Area Men's Retreat “Courage to Change 2017”

Friday, November 17 – Sunday, November 19
Fort Case Whidbey Island
1276 Eagle Road, Coupeville
Registration: \$90 per person for lodging and meals
Scholarship nominations and PayPal payment requests:
email thxna88@gmail.com
<http://bit.ly/2o4Texf>

WNIRCNA XXXIII

“A Day Clean, a Day Won”
Friday – Sunday, May 4 – 6, 2018
The Coeur d'Alene Resort
115 S 2nd St, Coeur d'Alene, ID 83814
<http://bit.ly/2s6dS1Y>