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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.

Just Keep Coming

*by Nancy S. (New York)**

It's a suggestion that was always frustrating to me because of its vagueness. Just keep coming back—and what? But now I realize that that's the beauty of it: Just keep coming, and anything!

When I keep coming back, one of the benefits is the opportunity to do the next positive thing for myself and my recovery—go to a meeting, call my sponsor, read some literature, say a prayer, go for a walk. If I'm not going anywhere for the moment, I might as well do something that might help ease the pain, clarify the confusion, or just help me not get high. I love that moment when I look back and see that I didn't get high and did the next right thing. I got through it and I felt better. It really does work if you work it.

And then there are the long-term benefits when we just keep coming back—the millions of moments when I just didn't get high add up to years of experience and growth. I thought I would never get over the guilt I felt in early recovery or the sadness of my mother's death. I thought my painful character defects would be with me forever. Changing jobs, losing a friend, or making a mistake at work would send me into a tailspin. So many things that seemed insurmountable in the moment became the foundation of who I am today. I learned to live in the moment, trust the process, and let the miracle happen.

And that's the real beauty of it. If I just keep coming back, I get to grow into the person I'm meant to be. I hate to scare people, but I had years of confusion and discontent in recovery. I had read the Fourth Step and I thought it said we were going to get rid of that stuff, so I was very frustrated to still have it. I thought there was something wrong with me. Well, I reread it and it says we're going to sort through it, and it doesn't say it's going to happen overnight. The steps and the tools of Narcotics Anonymous are the keys to my growth and change, but there's no quick fix. I have to keep coming; practice patience, trust, and acceptance; and allow the process to happen. I'm so glad I did (even though I was white-knuckling it at times) because I am mostly not confused and discontented anymore, even if it took years of sorting.

(Continued on page 3)



The Door

by Randy H.

As I walk through that door ashamed and alone
 I was thinking I should turn around and go home
 So I sat in the back of the room
 Waiting for the impending doom
 My mind was racing, "What are they thinking?"
 I tried to figure it out while my heart was sinking
 I felt out of place and didn't even know
 I just kept telling myself it was time to go
 But I looked and began to listen to what they
 were saying
 And to myself I just kept praying
 The next thing I know, it was time to go
 They said a saying I didn't understand
 Then this person held my hand
 We broke from the circle and all went home
 The next thing I knew I felt so alone
 The next day I didn't know why
 I went back through that door and didn't
 get high
 I sat a little closer and started listening too
 Again and again I didn't feel blue
 They just talked about what they had to say
 The next thing I know I kept going day
 after day
 So I tell you from my heart go through
 that door
 And with NA and our help you don't have to
 use any more
 The door's always open, just walk on through
 I can honestly tell you, when you leave you
 won't feel so blue
 Walk through the door, it works

Clean Time Birthdays

Nick H.	07/29/84	(33 years)	Christine R.	06/01/10	(7 years)
Dennis B.	07/15/89	(28 years)	Jim L.	06/13/10	(5 years)
Carole W.	07/15/94	(23 years)	Freddie H.	07/07/11	(6 years)
Bridget	06/29/97	(20 years)	Dmitri Z.	07/14/11	(6 years)
Selina	06/12/00	(17 years)	Jory	07/30/11	(6 years)
Patty W.	07/05/00	(17 years)	Joe	07/11/12	(5 years)
George B. H.	07/08/00	(17 years)	Mikel K.	07/21/13	(4 years)
Robyn A.	06/10/03	(14 years)	Jerome	07/11/14	(3 years)
Art	06/24/06	(11 years)	Micheleen H.	06/15/15	(2 years)
Erin	07/09/06	(11 years)	Phoenix	06/03/16	(1 year)
True K.	06/10/07	(10 years)			
Martha	07/21/08	(9 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 August/September issue is Sunday, July 30th.



Just Keep Coming *(continued from page 1)*

So the perspective of time is another benefit of "just keep coming back." Mountains become molehills. Things we thought would never change, whether they're outside situations or personality traits, do. We come in as kids (no matter what our age) and grow into mature adults. Not everything can be fixed by work and determination; some things just take time. So when I hear someone share in a meeting, "Why am I still like this?" "Why do I still feel so bad about myself?" "Why can I still not get along with my mother?" I tell

them to just keep coming back. The change is slow and gradual and often painful, but it's also ongoing and rewarding and awe-inspiring.

Through all my highs and lows, I just kept coming back. I'm so proud that I stuck it out, so amazed with the results, and so lucky to be a part of Narcotics Anonymous. I hope you'll just keep coming back, too!

**This article was originally published in the July, 2014 issue of The NA Way magazine, volume 31, number 33.*



Events & Announcements

“In All Our Affairs” Relationship Workshop

Saturday, June 17, 12:00 – 4:00 PM
 Salvation Army Temple
 9501 Greenwood Ave N, Seattle
<http://bit.ly/2qMzEUr>

Speaker Jam & Taco Feed

Saturday, June 24, 3:00 – 8:30 PM
 Salvation Army, 95th & Greenwood, Seattle
 \$10.00 per person (SINAC 2018 fundraiser)

Fourth of July BBQ

Tuesday, July 4, 11:00 AM – 4:00 PM
 Lower Woodland Park, Seattle
 \$5.00 suggested donation
 Bring your favorite side dish!
<http://bit.ly/2qOskM6>

7th Annual Unity on Whidbey

“Tides of Change”
 Saturday, July 15, 10:00 AM – 10:00 PM
 Admirals Cove Beach Club
 75 Keystone Ave, Coupeville
 BBQ on the beach (main dish supplied)
 Tickets \$10.00 (no addict turned away)
<http://bit.ly/2s5Zzdq>

“Together We Can” Campout

Friday – Saturday, August 18 – 20
 Wenberg County Park
 15430 East Lake Goodwin Road, Stanwood
 Pre-registration price \$55.00 (deadline July 21)
 Registration price \$65.00
<http://bit.ly/2roU34D>

South King County Area

“Crystal Clear” Recovery Retreat

Friday – Sunday, August 18 – 20
 Crystal Mountain’s SKIBACS Lodge
 \$70 per person before May 1, \$75 after
 Includes meals and lodging
 Pre-registration is required
 More info: email Mark M. at crystalclear@skcna.org
<http://bit.ly/2nhf1OA>

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>

PNWCNA 40

“Just For Today”

Friday – Sunday, October 6 – 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/2qOrDlM>

Seattle Area Men’s Retreat

“Courage to Change 2017”

Friday – Sunday, November 17 – 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, Coer d’Alene, ID 83814
<http://bit.ly/2s6dS1Y>



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.