

# THE RECOVERY REPORT

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[na.org/meetingsearch](#)



## Home Group Spotlight

### Pink Progress Club

Find your community at the Pink Progress Club! We offer a safe, welcoming NA recovery space designed specifically for women, trans, nonbinary, and queer addicts. Experience the therapeutic value of one addict helping another—you don't have to do this alone!

- When: Sunday | 6:30–7:30 pm
- Where: Luther Memorial Lutheran Church (13047 Greenwood Ave N, Seattle)
- Focus: That any addict can stop using drugs, lose the desire to use, and find a new way to live.

**24-Hour Helpline: 206-790-8888 (Call before you use!)**



## Springing into Action: The Power of Sponsorship

As the days get longer and summer approaches, we start thinking about getting out and enjoying our freedom. But to truly enjoy that freedom, and handle whatever life brings, we need a strong foundation in our recovery. One of the best ways to build and maintain that foundation is through sponsorship.

It's easy to think a sponsor is supposed to have all the answers or tell us how to live. But that's not the case. A sponsor isn't a boss, therapist, or advisor—they're more like a copilot. They are simply another addict in recovery, sharing their experience, strength, and hope as they walk the Twelve Steps alongside you. They don't run your life; they help you navigate your own path.

It is also important to remember that a sponsor isn't perfect. They may have many years of recovery under their belt, but they still struggle with living life on life's terms. Sometimes, it can be frustrating to see a sponsor not handle an issue the so-called "right" way. They might blow up on someone when they feel disrespected, or act on a character defect that makes them seem like a hypocrite or a fraud. When the glow of early recovery fades, it is easy to be crushed and disillusioned when we finally see this human side of our sponsor. But the truth is, falling short doesn't mean they aren't spiritual; it just means they are human. They are ordinary recovering addicts just like we are, and if they were completely perfect, they wouldn't need this program.

Sponsorship is a two-way, spiritual partnership that benefits both people. When you reach out, you're not a burden—you're helping your sponsor stay clean, too. In our program, we believe that we can only keep what we have by giving it away.

As we move into this season, remember you don't have to do it alone. If you don't have a sponsor, find someone you trust and ask. If you do, reach out and connect. That shared experience can be the foundation for a strong, clean, and fulfilling summer.

**By: Victor V.**



## Meeting Etiquette Corner

### The 7<sup>th</sup> Tradition in a Digital Age

In today's world, passing the basket looks a little different, but the spiritual principle remains exactly the same: "Every NA group ought to be fully self-supporting, declining outside contributions". If your group uses digital apps like Venmo or CashApp, you can still gracefully practice this tradition. Remember that the money we collect pays for rent, literature, and refreshments. Just be sure to check your app's privacy settings to protect your personal anonymity when making your contribution!.

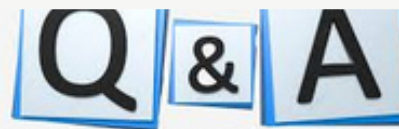
### Sharing vs Cross Talking

We've all been there—someone shares a struggle, and our first instinct is to jump in and offer advice. However, in NA, members are encouraged to avoid "crosstalk," which means we share our own experiences instead of responding to other members. The temptation to give advice is great, but doing so can cloud our message and cause us to lose the respect of newcomers. If you really connect with what someone said, save that direct conversation for before or after the meeting.

### The Two (2) Minute Rule

Do you remember how nervous you were walking into your first meeting? Often, what keeps an addict coming back instead of walking out the door is a simple, warm welcome. Since the newcomer is the most important person at any meeting, we can enhance our atmosphere of recovery by actively greeting them. Try the "Two-Minute Rule": dedicate the first two minutes after a meeting closes to greeting someone you don't know. A simple handshake or hug can make all the difference.

**By: Victor V.**



**Q: I recently relapsed and feel so ashamed to return to meetings. How do I come back?**

A: It is not shameful to relapse—the shame is in not coming back. We must smash the illusion that we can do it alone. If you have relapsed, it is vital to get back to meetings as soon as possible and swallow your pride. Addicts who relapse are as welcome at NA meetings as any other newcomer

**Q: I take prescribed medication for a mental health condition. Does this mean I am not clean?**

A: NA is a program of complete abstinence, but we leave medical issues up to doctors. It is entirely possible to find freedom from active addiction in NA while taking medication prescribed by an informed healthcare professional for a mental illness. We simply suggest working honestly with your sponsor and doctor while applying spiritual principles

**Q: Why do meetings ask people to avoid "crosstalk"? I am just elaborating on a good point that was raised.**

A: We avoid crosstalk to help ensure our meetings retain their focus on an atmosphere of recovery. First and foremost, we share our own experience, strength, and hope instead of offering advice or theories. We help best not by trying to manage someone else's life, but by honestly sharing our own personal journey

**By: Victor V.**

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## Subject Matter Deep Dive: Can an “Open Meeting” serve as a “Home Group”

There is a common myth that an open meeting cannot serve as a member's home group. This is simply not true! Any NA member can make a personal commitment to support one particular group as their home group. An open meeting can absolutely be your home group.

Many newcomers ask if the meeting type matters for their commitment. The answer is no, because a home group is really about support, stability, and connection.

A home group provides a stable recovery base for its members. When you join a home group, you commit to regular attendance, financial support, and voluntary service. NA groups are totally autonomous, meaning they govern themselves and pick their own meeting formats. Both open and closed meetings share the exact same primary purpose, which is to carry the message of recovery to the addict who still suffers.

While closed meetings are for addicts only, open meetings welcome anyone wishing to experience our fellowship. Having dedicated home group members at an open meeting is incredibly vital. They provide a core of regular, committed members that gives the group stability.

These committed members help navigate distractions and keep the meeting focused on recovery. They also warmly welcome community members, friends, and family who want to learn about NA.

Choosing a home group is a highly personal choice. As home group members, we show up to meetings, take part in group conscience, and fully support our fellowship.

Committing to an open meeting perfectly aligns with our primary purpose. It ensures the doors stay open for the addict who still suffers!

**A Discussion based on The Guide to Local Services – Narcotics Anonymous (2023) & The Basic Text – Narcotics Anonymous (2008) by Victor V**



## A Recovery Deep Dive: The Spiritual Depth of Grief

Grief is a natural part of life, and in recovery, it can become a catalyst for profound spiritual awakening. Instead of just threatening our abstinence, loss allows us to experience the fullness of our human nature and deepens our faith in the Narcotics Anonymous program.

Many members often wonder, “How do I truly find healing?” The answer is viewing grief as a spiritual gift:

- Vulnerability gives us the freedom to feel deeply without judging our own emotions.
- Unresolved past losses can finally be grieved safely as we process our own current pain.
- Conscious contact with a Higher Power is strengthened during times of deep stillness and sorrow.
- Helping others transforms our most painful experiences into powerful tools for carrying the message.

Grief in recovery isn't just a hurdle—it is an opportunity to expand our humanity. By allowing ourselves to fully experience sorrow, we partake much more deeply in our own spiritual growth. Healing takes time, but even the absolute worst pain can be beautifully transformed into profound grace through the fellowship.

**By: Victor V.**



## **Passing the Virtual Basket: The 7th Tradition in a Digital World**

Our 7th Tradition states: "Every NA group ought to be fully self-supporting, declining outside contributions." While passing a physical basket is standard in-person, the digital shift doesn't change our spiritual principles. Virtual groups are free to practice self-support, ensuring our message remains uncompromised and unaffiliated. Self-support online is vital because it keeps our groups independent. Even without a physical room, virtual meetings have expenses like platform subscriptions, mailing literature/keytags, and supporting Area or Regional services. These funds help carry the NA message worldwide.

For many of us, contributing was the first time we felt a sense of belonging to something bigger than ourselves. We want newcomers online to feel that same sense of responsibility. While setting up a digital basket can feel confusing at first, it is very doable. Here is a quick, step-by-step guide to setting up your group's digital 7th Tradition:

### **Step 1: Pick a Cash Transfer App**

The most common way to collect digital funds is by using cash transfer apps. Group members can send their contributions directly to the group treasurer or to a group bank account through these apps. Discuss with your group to find an app that works best and is easy for your members to use.

### **Step 2: Be Careful with Personal Accounts**

You must be very careful if your group uses a personal bank account to receive these digital contributions. You should carefully check your local tax laws before doing this. Using a personal bank account for group money could accidentally create personal tax liability for your treasurer. Whenever possible, it is much safer to set up and use a dedicated group bank account.

### **Step 3: Protect Member Anonymity**

Anonymity is the spiritual foundation of all our traditions. When setting up a digital payment method, make sure to review the app's privacy settings. You want to find out if there is an option for members to make donations without showing their full names. Protecting everyone's personal privacy is vital, especially on the internet.

### **Step 4: Offer Alternative Ways to Give**

Not everyone uses the same cash transfer apps. Sometimes these apps are not available in every country, or they cost too much for international transfers. To fix this, your group can offer more than one way to give. Let members know they can also send contributions directly to local service bodies or to NA World Services. Many service body websites have simple "contribute" buttons to make this easy.

### **Step 5: Share the Instructions Clearly**

Make sure everyone knows exactly how to give during the meeting! You can post the payment instructions on the screen while the meeting is going on. You can also drop the payment links directly into the meeting's chat box. Be sure to include a short self-support statement in your meeting format. This helps everyone, especially newcomers, understand why the money is being collected and where it goes.

In the end, our 7th Tradition is about much more than just money. It is a commitment to the addict who still suffers. Whether we drop a dollar bill into a physical basket or click a button on our phone, we are sharing our gratitude. We give what we can so that Narcotics Anonymous will always be there for the next addict reaching out for help.

**By: Victor V.**

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## **Awake in the Ache: Why Grief is the Ultimate Sign of Healing**

While it is natural to view grief primarily as a threat to our abstinence, NA literature offers a profoundly different perspective: grief is not just a hurdle to survive, but a deeply spiritual process that expands our humanity and connects us to a Higher Power. Instead of focusing purely on the mechanics of staying clean through a loss, we can view grief through the lens of spiritual transformation.

### **The Price of Loving Deeply**

In recovery, we love, care, and share more deeply than we ever did before. Because our lives become incredibly rich and full of people we care about, we inevitably open ourselves up to the pain of losing them. When we hurt, we may experience the reservation that caring for others only results in loss and pain. However, this vulnerability is not a flaw in our program; it is the ultimate reward of a life lived fully awake. We learn that the capacity to feel this deeply is a sign of our healing.

### **Unlocking the Unresolved Past**

A loss experienced in recovery often triggers emotions left over from earlier losses that we never had the chance to properly grieve while we were using. Because we are no longer numbing ourselves, emotions we avoided in the past finally catch up to us. While this can feel overwhelming, the grief process forces us to make peace with unanswered questions. In that way, the grief itself becomes a gift, allowing us to clear out the wreckage of our past that we couldn't face before.

### **Grieving Without Judgment**

We often judge our own mourning, worrying we are "doing it wrong" if a wave of emotion hits at an inconvenient time, or if our feelings aren't as deep as we think they "should" be. Grief is a unique experience for every addict. The literature encourages us to give ourselves the powerful gift of feeling our emotions without judging them. By allowing our grief to move at its own rhythm and on its own timeline, we honor our process and practice the principle of self-acceptance.

### **A Gateway to Conscious Contact**

Perhaps the most profound perspective shift is recognizing grief as a catalyst for spiritual growth. In moments of intense pain and deep stillness, we can reach a level of conscious contact with a Higher Power that nothing else could bring us. By allowing ourselves the freedom to fully experience this sorrow, we partake much more deeply in our recovery and our own human nature. It is often in our darkest hours that the light of our spirit shines the brightest.

Ultimately, grief is not a roadblock to our recovery—it is a transformative experience. Even the absolute worst things we endure can be transformed into profound lessons, which then become the very tools we use to help heal others.

**By: Victor V.**



## **Sharing vs. Cross-Talking: Keeping Our Meetings Safe**

Walking into an NA meeting, we find a safe place where we no longer have to feel alone. We meet other recovering addicts who understand us because they have felt the same pain and share the same feelings. The true heartbeat of our program is when two addicts share their recovery; it is how we heal and how we help others heal. However, there is a big difference between sharing our own experience and cross-talking. Understanding this difference is key to keeping our meetings safe and full of hope.

### **What is True Sharing?**

Sharing is a basic tool in our recovery program. When we share, we honestly tell our own story. We talk about what it was like for us, what happened, and how we stay clean today. When we share, we offer our own experience, strength, and hope. We do not share theories we heard somewhere else, and we never share someone else's story. By talking about our own journey, someone else might identify with us. We share what worked for us instead of preaching. A simple, honest message of recovery always rings true.

### **What is Cross-Talking?**

Cross-talking happens when we stop sharing our own story and start responding directly to another member. Sometimes we hear someone struggling, and our first instinct is to jump in and fix it. We might want to give them advice on how to manage their life. But in NA, we are highly encouraged to avoid crosstalk. It is not our job to tell someone else where to work or how to live. We help them best by just sharing our own experience, rather than trying to manage their decisions.

### **The "Bank Shot" Comment**

Sometimes, crosstalk is sneaky. We might not name the person, but we make a "bank shot" or roundabout comment aimed at what someone else just talked about. We might think we are being helpful, but in reality, we are reacting to them rather than looking inward at our own recovery. This turns sharing into a lecture and breaks the trust in the room. It shifts the focus from our own spiritual growth to the behavior of others, which can make members feel defensive.

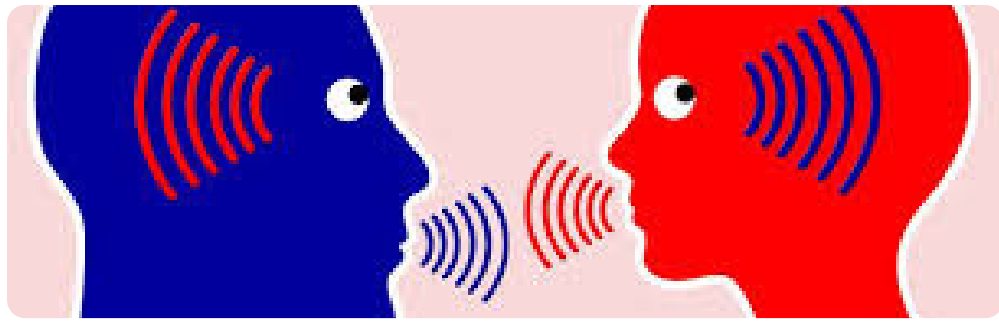
### **Keeping the Focus on Ourselves**

Our primary purpose is to carry the message. We do this best by keeping the focus on our own recovery. Giving advice clouds our message and destroys the safe atmosphere of our meetings. Any addict should be able to pour out their pain without feeling judged or embarrassed. If you really connect with what someone shared, save it for after the meeting! You can talk one-on-one and offer your support. During the meeting, let's keep our sharing focused on our own experience to keep our community safe.

**By: Victor V.**

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## **An Ode To Cross Talk: A Satirical Look At Cross Talking**

I love to cross talk and I'm tired of pretending that I don't. For the longest time I had no idea what crosstalk was, let alone why it was frowned upon.

So many meetings advise to "keep crosstalk to a minimum" or flat out prohibit the act during the Preamble Readings. Once I realized that expounding on what another addict had shared or commented on a previous share was considered "crosstalk," there was no way I could adhere.

I've been to countless meetings where the "Just for Today" reading was uninspiring, or the chairperson's experience, strength, and hope was hard to connect with. But you know what did get me going and fired up to speak: the addict who just spoke to my soul with a fire share. I have ascended beyond starting my share off with a meek and guilt-ridden "I don't mean to crosstalk BUT...". No way, Jose. I am ten toes in on my crosstalk. I'll say the person's name, repeat their share verbatim, and let the meeting know how moved, driven, or fired up their words made me.

My crosstalk does have its limits. I won't use my entire time to analyze and dissect what I heard. My crosstalk is more of a springboard into a more in-depth share. And my crosstalk appreciation isn't reserved exclusively for yours truly! When another addict joins in on the cross talking, either knowingly or unknowingly, a smile creeps onto my face. I look at crosstalk as one addict helping another. Sure, sometimes the cross talking shares go off the rails, but the flipside of that coin is a meeting finding its topic by way of a share so inspiring that crosstalk was a viable option. Give crosstalk a chance!

**By: Eric L.**



Narcotics Anonymous  
Group Service Member  
Suggested Guidelines

# Your Group Has a Voice. Are You Using It?

Think about the meeting that saved your life.

Maybe it was a Tuesday night in a church basement. A Saturday morning circle where somebody said exactly what you needed to hear. A room where, for the first time, you didn't feel like a lost cause. That meeting mattered. It still matters. And somewhere behind it — making sure the lights stayed on, the information kept flowing, and the group stayed connected to something bigger — was a GSR.

**A Group Service Representative. One person. One commitment. Enormous impact.**

## The Problem Right Now

Right now, Seattle NA needs more of them. We are underrepresented at the Area level, and that means groups across this city are making decisions without a seat at the table. It means voices go unheard. It means the concerns of real members — people in the rooms, people like you — never make it into the conversations that shape our fellowship.

**That's not okay. And you can change it.**

## What A GSR Really Does

Being a GSR isn't about being the most polished speaker in the room or having every answer memorized. It's about showing up for your home group the same way this program showed up for you. Once a month, you attend the Seattle Area Service Committee meeting. You carry your group's voice into the room. You bring information back. You close the gap between your home group and the heartbeat of NA in Seattle.

**Show up. Speak up. Report back. That's it.**

## Why It Matters More Than You Think

**The future of this fellowship is decided at Area. If we want decisions that reflect our ideas, we have to show up. Otherwise, we only have ourselves to blame for being left out of the conversation.**

The decisions made at the Area level touch every meeting in Seattle — resources, events, outreach, the future of this fellowship. When your group has a GSR, they have influence. When they don't, they're invisible. The ripple effects go further than you think.

## You Won't Be Doing This Alone

GSR orientation runs every first Sunday of the month at 1:30 PM, right before the SASC meeting. Experienced members will walk you through everything. You'll leave knowing exactly what to do and feeling like you belong there — because you do.

## The Ask

**Recovery gave you something worth protecting. Service is how you protect it.**

Your home group has a story. It has struggles and strengths and things the rest of Seattle NA needs to hear. Don't let another month go by without someone at that table speaking for them.

Talk to your group. Raise your hand. Take the commitment.

Be the person who shows up the way others showed up for you.

**GSR Orientation: 1:30 PM SASC Meeting: 2:00 PM First Sunday of every month**  
**Questions? Contact Fellowship Development: [info@seattlena.org](mailto:info@seattlena.org)**

**By: Victor V.**

# Know Your Trusted Servants

CLICK RED BUTTON BELOW TO NAVIGATE TO THE PAGE

Volunteer Name	Committee Role	Email	Last Update
Jill M.	Chair	area-chair@seattlena.org	1/4/2026
Nick W.	Vice Chair	vice-chair@seattlena.org	1/4/2026
Lucas B.	Recording Secretary	secretary@seattlena.org	1/4/2026
Nick M.	Asst. Recording Secretary	assistant-secretary@seattlena.org	4/12/2026
Cheryl T.	Treasurer	treasurer@seattlena.org	10/5/2025
Tonia V.	Asst. Treasurer		10/5/2025
Kristen C.	Unity Day Chair	unityday@seattlena.org	10/5/2025
Matt J.	PR Chair	prchair@seattlena.org	1/25/2026
<b>OPEN</b>	<b>PR Vice Chair</b>	<b>prvicechair@seattlena.org</b>	<b>Open</b>
Deborah S.	Literature Chair	literature@seattlena.org	10/5/2025
Andres A.	RCM1	rcm1@seattlena.org	10/5/2025
Korry B.	RCM2	rcm1@seattlena.org	1/4/2026
Dylan S.	C&E Chair	cande@seattlena.org	10/5/2025
Michelle C.	Fellowship Development Chair		10/5/2025
Victor V.	Newletter Cooridinator	newsletter@seattlena.org	1/25/2026
Eric L.	Assistant Newsletter Coordinator	newsletter@seattlena.org	1/25/2026





## Open Positions by Committee

Here is a breakdown of the currently vacant roles within our local Seattle Area subcommittees, along with a brief description of what each committee does. If you are looking to get involved and be of service, consider attending one of these committee meetings! These open positions were taken from our [seattlena.org](http://seattlena.org) website as of April 26, 2026.

### Fellowship Development Subcommittee

- What it does: This subcommittee strengthens the unity of Seattle Area groups and the service structure in keeping with the 12 Traditions and 12 Concepts of Service. They offer support, compassion, and guidance to groups, which includes helping them set up and transition to virtual online meeting platforms.
- **Open Positions: Vice-Chair, Secretary, Workshop Coordinator, Caravan Coordinator, and Database Facilitator.**

### Public Relations (PR) Subcommittee

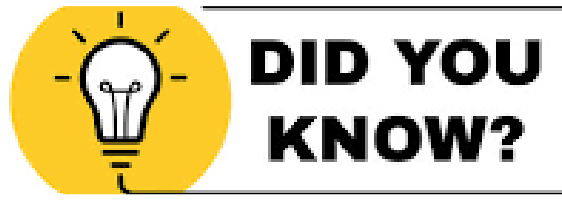
- What it does: The PR Subcommittee serves NA groups and the community at large to ensure the message of recovery reaches all those who might benefit. They clarify what services NA can provide, build reliable relationships with the public and professionals, and carry the message to addicts who have limited or no access to regular meetings.
- **Open Positions: PR Vice Chair, Public Information Coordinator, Special Projects Coordinator, and Helpline Coordinator. (Note: The Web 2 Coordinator and PR Secretary roles were recently filled in February 2026. Web 1 was filled on April 26, 2026).**

### Seattle International Narcotics Anonymous Convention Committee (SINACC)

- What it does: SINACC coordinates and conducts an NA Convention in the Seattle area, bringing members from the city and outlying areas together for a celebration of recovery every other year. They schedule meetings, workshops, and activities to encourage unity and fellowship among the membership.
- **Open Positions: Records and Archives Keeper (requires 3 years clean time). The following sub-committee positions require a minimum of 2 years clean time: Marathon Meeting Chairperson, Convention Information Chairperson, Arts & Graphics Chairperson, Webmaster Admin, and Entertainment Chairperson.**

### Unity Day Subcommittee

- What it does: This subcommittee works to promote unity by organizing a once-a-year convention event to celebrate unity within the Seattle Area of NA. They organize fundraisers leading up to the main event and have recently accepted the invitation to host the upcoming 2026 4th of July picnic.
- **Open Positions: Vice Chair, Treasurer, Arts and Graphics, Entertainment, Food, Hospitality, Merch, Set-up/Clean-up Coordinator (these two roles are currently being merged), and a newly created Decorations Chair**



## PR and PI – Taking NA Into the World

The purpose of the Public Relations subcommittee (which contains H&I and Public Information, Helpline, Schedules and Web services) is to serve the NA groups and the community, to ensure the message of recovery reaches all those who might benefit. Our external goals include:

- To demonstrate NA as an effective, reliable program,
- Inform professionals through outreach,
- Build and maintain relationships with the community and
- Carry the NA message to those without access to meetings.

In the past quarter, we have been working to fulfill our purpose in the following ways:

### **Helpline, Schedules and Web coordinators**

The helpline, schedules and web coordinators work to maintain services that provide members and prospective members with information that help them find meetings, events and know more about both Seattle NA and NA in general. If you want to know more about what is happening in the area, region and world, check out the events calendar on [seattlena.org](http://seattlena.org)! You can also reach out to the web servants with events and updates at [web@seattlena.org](mailto:web@seattlena.org)

We just picked up the new spring schedules and they are available at area through the literature committee!

### **Hospitals & Institutions (H&I)**

The H&I committee currently runs 19 panels a month and are working with both DSHS and UW Medical to start panels in new facilities including detox centers, UW NW Hospitals civil commitment floors and UW Harborview Hospital. The H&I committee is also working with King County to take panels back into King County jails.

The H&I committee is always looking for new speakers, people to become panel leaders and take panels into facilities and also people to be of service within the committee. If you are interested in knowing more, you can email [h-and-i@seattlena.org](mailto:h-and-i@seattlena.org)

### **Public Information (PI)**

While H&I focuses on taking the message into places where addicts cannot get out to meetings, PI focuses on getting our message out to the community. This quarter that includes attending the Roosevelt High school mental health fair and working to set up monthly presentations (with help from H&I) to people undergoing IOP at Lakeside Milam Eastlake.

Public information has also put together 500 frontline workers packets that include NA business cards, schedules and IPs which we have started distributing to hospitals, fire houses and police stations so that they can be provided to people in need.

If you want to know more or want to get involved in carrying the NA message out in the world, please feel free to contact the committee at [pr-chair@seattlena.org](mailto:pr-chair@seattlena.org)

# WORD JUMBLE

Seattle SASC Newsletter · May / June

Unscramble these 30 NA words. Scan the QR for the answer key.

01 YREVRCEO

02 PSHILOLEFW

03 NCENEBIAST

04 NERDRESRU

05 SYTHOEN

06 NGSSEIINLWL

07 GAEURCO

08 THAFI

09 TYLIMUHI

10 NTCAECPCEA

11 ROSPNOS

12 SPSET

13 ISNTOADIRT

14 SPTECNOC

15 ONYTRNVEI

16 TCESEFD

17 NDSAME

18 REYPAR

19 AINOTETMID

20 TUEDRIGAT

21 TYHMAPE

22 NSIOSPMACO

23 NCEATOREL

24 YNTIEESR

25 CITADD

26 AENCL

27 SLPEICRPNI

28 TMIYONNYA

29 YNMOAUOT

30 TULIASRPI



## STUCK?

Scan the QR code  
to reveal the answers.

Offline answer list –  
no website, no login,  
no account access.

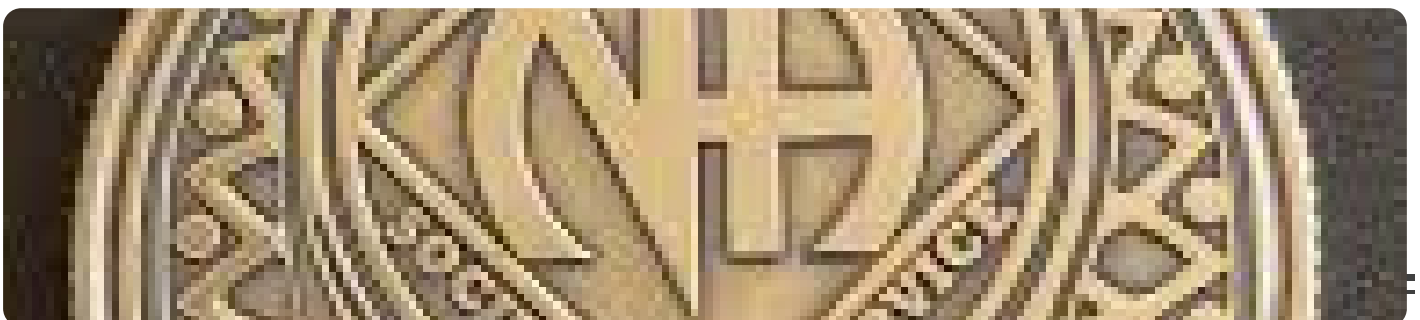
Seattle SASC · [seattlena.org](http://seattlena.org)

# **STORIES: FROM OUR BASIC TEXT**

NARCOTICS ANONYMOUS, 6TH ED. (VAN NUYS, CA: NA WORLD SERVICES, INC.), P. 120.

**“Today, I can look in the mirror and laugh at myself. I won’t say that I have a good self image today, but it’s better than it used to be. When I was using, I mastered the art of fight or flee. I would either run from a situation or fight it out, but never face it. Most of the time, it was me I was running from. The words serenity and surrender were foreign to my vocabulary. I am learning that I usually have as much serenity as I have surrendered. For half my life I have been careening wildly through the sea of chaos and destruction. The Program of Narcotics Anonymous has shown me serenity and direction. I am growing to realize that my experience can benefit those who still suffer. The freedom that I have always sought I have found in the steps of the program. ”**

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# May Calendar of Activities & Events

## May 2026

S M T W T F S

<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b> Service ... SKCA Men's Retreat	<b>2</b> 10:00 am - 2:00 pm SASS 2026 Spons or Your Spons or Pa nc a ke E ve nt 7:30 pm - 9:00 pm WSC Unity Day - Speaker Meetings from a r ound the world
<b>3</b> SKCA M... 7:30 pm - 9:00 pm WSC Unity Day - NA History pr e s e n t a t i o n s	<b>4</b> 7:30 pm - 9:00 pm WSC Unity Day - NA History Pr e s e n t a t i o n s	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> 7:30 pm - 9:00 pm WSC Unity Day - Speaker Meetings from a r ound the world
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> WNIRCNA 41	<b>16</b>



S M T W T F S

<b>17</b> WNIRCN...	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> He Do Recover Men's Re... The Lie Is Dead Speaker ...	<b>30</b>
<b>31</b> He Do R...	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Sun Lakes Campout - E...	<b>6</b>

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Email the web coordinator: [web@seattlena.org](mailto:web@seattlena.org)

**ENJOY  
OUR  
SPRING**  
ACTIVITIES



# June Calendar of Activities & Events

## June 2026

S M T W T F S

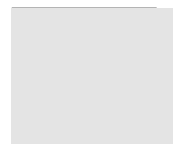
<b>31</b> He Do R...	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> Sun Lakes Campout - E...
<b>7</b> Sun Lak... 10:00 am - 1:00 pm Recovery on the River 10:00 am - 5:00 pm M obile C onve ntion 2026	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> 5:00 pm- 8:00 pm Fundr a is e r : Roc ky Horror Picture Show Viewing Pa r ty!
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> Chicks in the Sticks - Sav...



S	M	T	W	T	F	S
<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Chicks i...						

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# ENJOY OUR SUMMER ACTIVITIES



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# BREAKING NEWS

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ISSUE 02



SEATTLENA.ORG



MAY-JUNE 2026

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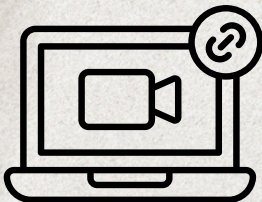
## MEETINGS THAT NEED YOUR SUPPORT

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### VIRTUAL MEETINGS

Monday thru Sunday  
12:00 pm - 1:30 pm  
Needs Support  
Hope Fiends  
Seattle, WA, 98133  
Zoom Meeting ID: 108 261 693  
Meets Virtually  
<https://zoom.us/j/108261693>



### PHYSICAL MEETINGS

Saturday  
4:00 pm - 5:00 pm  
Needs Support  
What's In The Bag  
Eastside Alano Club - Back Room  
12302 NE 8th St, Bellevue, WA,  
98005

Sunday  
3:00 pm - 4:00 pm  
Needs Support  
The Journey Continues (New)  
Fountain Court Apartments  
2400 4th Ave, Seattle, WA, 98121  
Meeting held in community room.  
Gate code 9992. Street parking is  
free.

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# BREAKING NEWS

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ISSUE 02



SEATTLENA.ORG



MAY-JUNE 2026

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## MEETINGS THAT NEED YOUR SUPPORT

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### PHYSICAL MEETINGS

Sunday

6:30 pm - 7:45 pm

**Needs support.**

**Sunday Night Underground NEW!**

The Other Place

235 SW 153rd St., Burien, WA,  
98166

Entrance in Back Alley

Sunday

7:00 pm - 8:30 pm

**Needs Support**

**Carry The Message (New)**

Hope Hall

8305 Meadowbrook Way SE,  
Snoqualmie, WA, 98065

Monday

7:00 pm - 8:30 pm

**Needs Support**

**NA Regulars**

Central Lutheran Church

1710 11th Ave, Seattle, WA, 98122

Bus: 7, 9, 10, 14, 43, 49, & 60

Monday

7:00 pm - 8:15 pm

**Needs Support**

**Last House On The Block**

Ronald United Methodist Church  
17839 Aurora Ave N, Shoreline,  
WA, 98133

Meeting room at rear carpark. Bus:  
348, E Line



Click  
Here

# DEAR ANONYMOUS

# NA

# COFFEE REPORT

## THE "OLD-TIMER" SPECIAL

**IF YOU SEE SOMEONE WHO HAS BEEN AROUND SINCE THE NIXON ADMINISTRATION, JUST HAND THEM THE POT. THEY DON'T WANT A "POUR," THEY WANT A TRANSFUSION. AND REMEMBER: IF THE COFFEE ISN'T HOT ENOUGH TO MELT A LEAD PIPE, YOU'RE GOING TO HEAR ABOUT IT DURING THE "HOW IT WORKS" READING.**

## The Sugar & Creamer Situation

**We are here for spiritual progress, not to recreate a milkshake. If you find yourself using twelve sugar packets and half a carafe of creamer, you aren't drinking coffee—you're eating a dessert. Also, if you use the last of the "good" creamer, don't just put the empty carton back in the fridge. That's a 4th Step inventory waiting to happen.**

## The Clean-Up Commando

The meeting doesn't officially end at the "Just For Today" part; it ends when the grounds are in the trash and the air-pots are rinsed. Don't be the person who "forgets" their half-full cup on the chair rack. Leaving your soggy dregs for the Secretary to clean up is the fastest way to block your channel to the sunlight of the spirit.

**By: Victor V.**

# DEAR ANONYMOUS



## TOP ONE-LINERS

FROM THE ROOMS OF SEATTLE NA

BY: ERIC L.

GOD DIDN'T SAVE US  
FROM SHARK INFESTED  
WATERS JUST SO WE  
COULD DIE ON THE  
BEACH.

THE ANSWER TO A  
CHARACTER DEFECT IS  
A SPIRITUAL PRINCIPLE.

THERE IS A GOD ...  
AND I AM NOT IT.

OBEDIENCE IS BETTER  
THAN SACRIFICE.

WHO'S  
ACTUALLY IN  
CHARGE OF ME?

ME?  
OR MY OPINION  
OF ME?

WHEN I TURN THE  
"WE" THING INTO A  
"ME" THING: I AM IN  
TROUBLE.

RELAPSE DIDN'T MAKE  
ME AN ADDICT WHEN I  
PICKED UP. I WAS AN  
ADDICT BECAUSE I  
NEVER PUT IT DOWN.

# DEAR ANONYMOUS

## THE HOME GROUP



### THE MEETING AFTER THE MEETING ETIQUETTE

One of my home groups has a long-standing tradition of hitting the local diner right after the meeting closes. While the intention is to build community, these outings often fail to account for the fact that not everyone has the financial resources to join in. I've seen newcomers stand awkwardly in the parking lot, embarrassed because they can't afford a meal, and eventually slip away into the night before any real fellowship happens. It's understandable—it's hard to admit when you're struggling. The following list is a general guideline for members with more resources or time to take the lead in making sure everyone feels welcomed, regardless of what's in their wallet.

By: Victor V.

#### DO'S:

- Suggest "coffee only" spots: Steer the group toward places where someone can sit for an hour with a two-dollar coffee and still feel part of the conversation.
- Offer to "pick up the tab" quietly: If you have the means, pull the newcomer aside early and let them know dinner is on you—no strings attached and no fanfare.
- Keep the invitation broad: When announcing the plan, explicitly mention that "everyone is welcome, even if you're just grabbing a glass of water.
- Watch for the "Parking Lot Lean": If you see someone lingering by their car, go to them first. Don't wait for them to approach the "successful" looking group.
- Focus on the connection, not the food: Remind the group that the primary purpose is to talk and support each other, not to have a five-course meal.

#### DON'TS

- Assume everyone has twenty bucks: Don't push for the expensive steakhouse or "fancier" spots that immediately alienate the person living on a budget.
- Make a scene out of generosity: Avoid loudly offering to pay for someone in front of the whole group; it can be more embarrassing than being broke.
- Ignore the "financial insecurity" factor: Don't just assume people are "busy" or "tired" when they decline; consider that they might just be short on cash.
- Talk shop about expensive hobbies: Avoid spending the whole meal discussing your new car or vacation while sitting across from someone struggling to pay rent.
- Let the "Inner Circle" take over: Don't let the old-timers dominate the seating; leave the chairs closest to the center for the newcomers so they aren't sidelined.
- Forget that we've all been there: Never lose sight of the fact that many of us arrived with nothing; it's our responsibility to hold the door open for the next person.