

Seattle Area Narcotics Anonymous Newsletter

2020 - July, August, September

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How the NA Program Can Help Us With COVID-19

During these unusual times keeping our program strong and growing may seem daunting.

Here are some tips that can help:



1. Letting go of control

We are prone to seek control and to seize it whenever possible. During a pandemic when so much is out of our control, the best gift we can give ourselves is to follow the Serenity Prayer.

The prayer encourages us to let go of the things we cannot change and to focus only on things we can control. "Letting go" calms us and assures us that we're neither designed nor able to fix the entire world.

2. Patience

One of the central ideas of NA is the notion that in any crisis there are rarely quick-fixes. A crazy addiction or a crazy pandemic didn't happen overnight, and it won't resolve itself overnight, either.

We can work on increasing our patience by understanding that solutions to big problems require a process that is already well underway. We can trust that process and allow it to unfold on its own timetable. Letting go of our need to fix and control can help foster patience.

3. Keeping the focus on oneself

NA teaches us that the solution to most problems resides in our own attitudes and mindsets. Spiritual teachers throughout the ages have cautioned against taking the mental stories in our heads too seriously.

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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.

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A pandemic quarantine offers an opportunity for stillness and solitude — two keys to calming ourselves and changing the self-narrative to gratitude and to letting go of the need to control things beyond our own individual lives.

4. Trust

NA emphasizes the importance of trusting that even when things seem to be going wrong, there is a deeper, more long-term perspective that we can take. Such a perspective sees the potential good in any situation.

We can trust that despite appearances, a power greater than ourselves is in charge and will somehow provide solutions that we're unaware of right now. Trust means, again, letting go of control and having faith that the world is slowly but surely healing itself.



5. Living in the present

One of the most important tools of NA's 12-Steps is the practice of staying in the present moment. Our minds can easily wander to the past, where regrets or resentments lie waiting for us, or to the future, where anxieties lurk.

There are no problems in the present moment, only challenges that can be met one at a time, one moment at a time. Staying in the present keeps our fears at bay and converts our problems into bite-sized, manageable issues that we can easily deal with.

6. Social connections

It has been said that every person with addiction's "sore spot" is the feeling of isolation, of being socially disconnected. Yet many agree that the need to belong is central to every model of human well-being. NA strongly encourages its members to find a mentor, a sponsor who can walk the path of life with us.

We each need to have one or more persons we can turn to for advice, for comforting words, for companionship, even if it's over Zoom or the phone. Reaching out to people, even just texting them, can promote our well-being.

7. Service to others

The 12th and final step of NA states that the key to maintaining our own emotional well-being is to help, encourage, and comfort others. Each one of us possesses a gift to share with the world, whether it is painting, writing, singing, or simply listening. The latest research is very clear: When we reach out to help others, we are helping ourselves get better, too.

Meetings Around the World During the Pandemic

It's been rewarding to see how quickly the fellowship in Seattle and worldwide was able to adapt to lockdowns and the pandemic it's been hard but we did it. Within days after things got locked down, online versions of long-standing meetings sprang up that were able to keep much the flavor and personality of our in-person meetings, and new online meetings started as well.

Before the pandemic I had never been to an online meeting. I used to work with computers for a living, and for recovery I wanted people in dingy church basements and coffee shops, face to face and with lots of hugs. But we change when we have to! When things first shut down, I stuck close to home (virtually speaking), just going to my home group and some other familiar Seattle meetings. But then I realized I could just as easily go to a meeting anywhere! I've still wanted to go to meetings I feel some connection with, rather than just randomly picking something from virtual-na.org. So lately, besides my home group still, I've mostly been going to Berlin meetings, where I've spent time off and on over the years. I was at the big English-speaking international meeting yesterday, and in an hour I'm going to a small German-speaking one (they are very nice about putting up with my accent and bad grammar). The recovery journey continues!

Alan B



Events

PNWCNA44
SPEAKER JAM
WALKING THROUGH THE 12 STEPS
13 Speakers covering the 12 steps over 8 hours!

Saturday July 25th
1pm - 8:30pm PST

Featuring:

Step 1: Liam A - UK - 1:30pm	Step 7: Brenda W - Seattle - 4:45pm
Step 2: Zammurad - NY - 2:00pm	Step 8: Tana S - Spokane - 5:30pm
Step 3: Reese - London - 2:30pm	Step 9: Marisha - BC, Canada - 6:00pm
Step 4: Ron H - New Mexico - 3:15pm	Step 10: Rick J - Arlington - 6:30pm
Step 5: Angie S - Spokane - 3:45pm	Step 11: Mike S - Spokane - 7:15pm
Step 6: George BH - Texas - 4:15pm	Step 12: Tom & Tali - Hawaii - 7:45pm

On Zoom
Meeting ID: 545 182 8377
Password: 2020
One tap mobile
+12532158782,,5451828377#,14,2020# US (Tacoma)
+16699006833,,5451828377#,1#,2020# US (San Jose)
Dial by your location
+1 253 215 8782 US (Tacoma)
+1 669 900 6833 US (San Jose)
+1 346 248 7799 US (Houston)
+1 312 626 6799 US (Chicago)
+1 929 205 6099 US (New York)
+1 301 715 8592 US (Germantown)

Contribute! via **venmo**
@ PNWCNA-Fourtyfour

Get Raffle tickets for a chance to win a Full Convention Package!

Limited Edition Basic Text Blue - Facemasks for Only \$15!

All purchases and contributions go to fund the PNWCNA44
We thank you for your support!



Birthdays

Happy Birthday to Normajeen who celebrated 12 years on May 17th!

