Editor’s Note: This newsletter contains the opinions of some of the members of Narcotics Anonymous (NA). In the NA beliefs of freedom, empathy and awareness; our hope is to provide their writings in the spirit of sharing and caring, giving our readers the written expressions of other members’ views on N.A. literature, their N.A. experiences and how N.A. is working for them.

Would you like to contribute to the newsletter? We are always looking for contributions from our membership. Do you have something to say? We’d like to hear it. You don’t have to be an Edison to contribute. Just send your news article to: EVNAnewsletter@gmail.com for consideration. We may edit slightly for clarity and length, but your voice will be heard.

Groups In Need Of Support

Recovery in Queen Creek - Every Monday 7pm – 8pm: 24414 South Ellsworth Rd, Queen Creek, AZ 85142

Clean on Campus – Every Wednesday 7pm – 8pm: 301 E. Orange Street, Tempe, AZ. Meets in Memorial Union (MU) Room 206. There’s also a parking garage available (LDS PS).

It’s Time – Every Friday 7pm – 8pm: 301 N. Hartford, Chandler, AZ 85224

East Valley Area Service Opportunities and Subcommittee Meetings

East Valley Area Service Committee has an opening for Alternate (ALT) Secretary. Position requirements: 2 years clean time, general office or clerical skills and service experience should include 1 year as a secretary of a group and general service experience in one or more areas subcommittees. Please e-mail eastvalleysecretary@arizona-na.org with interest or questions.

Outreach Subcommittee meets the 2nd Wednesday of the Month at 7PM at 646 E. 10th Drive Mesa, AZ. 85204. It’s here that we plan to visit various home groups and serve the fellowship of Narcotics Anonymous! In the most recent month, Outreach visited 11 homegroups and organized 2 road trips to NA East Valley meetings! Come Join the fun. Contact Tony G. 480-280-9853 or Eric R. 602-477-9223 for more info.

East Valley Hospitals & Institutions (H&I) Subcommittee and Public Relations Subcommittee meets second Sunday of every month from 1pm to 3pm (before East Valley Area Meeting) at the Tempe Escalante Center: 2150 E. Orange St. Tempe 85281

Open H&I Service Positions

Facility Chairs needed at Center For Hope (Women Only) every other Sunday and Banner Behavioral Health every other Thursday at 8pm.

East Valley Area H & I Meeting Co-Chairs Wanted For Florence Prison: Prison Guidelines: Men Only. 3 years off Probation/Parole. Volunteer application to be filed. Contact: Marty W. 602-672-9861

East Valley Activities Subcommittee will meet Sunday, April 5 from 10:30am – 11:30am at Dunkin' Donuts, 2105 South Alma School Road Mesa, AZ 85210
Phoenix Area Helpline
Got a phone? Want to be of service? Simple way of one addict helping another! Your Sponsor will approve! Call the Phoenix Area Helpline at 602-325-4702 and join today!

Fellowship Events

East Valley Activities is hosting a St. Patrick’s Day Dance on Saturday, March 14 at 1701 S. College Ave in Tempe (Community Christian Church). Event is from 7pm to 10pm with a Guest Speaker from 8pm to 9pm. There will be fun for the whole family: DJ and Music, Dance Contest, Face Painting, Kids Crafting Table & Activities and Raffles throughout the entire event. $5 suggested donation. Food will be available: $5 for Adults, $2 for Kids, Sodas 75 Cents for everyone. See you there!


Home Sweet Home is hosting a Spring Fling Picnic on Saturday, April 18, 2020 from 11:00am to 6:30pm at Daley Park, 1625 S. College Ave, Tempe, AZ (College Ave & Encanto Dr). Free Hot Dogs & Hamburgers (bring a side dish to share if you want). Fun family activities, bring your sports stuff (Volleyball, Pinata, Frisbee). Speaker Meetings at Noon AND 5:30pm. Recovery Centers welcome.

The April Skyline Serenity Hike is at Boulder’s Loop in Payson on April 25, 2020. Flyer with details posted to calendar at arizona-na.org


Member Contribution: A Labor of Love Lies in the Harvest

In 1993, I tried to attend a NA meeting on the yard in prison, Arizona Center for Women. The dis-ease was very alive and well in my head, as a result I told the facilitator I couldn’t relate to her. She suggested I take a little white book with me when I was leaving. A few evenings later, alone and empty inside, missing my kids and full of shame, I read a bit out of the little white book. It was enough to help me get some sleep that night.

It would not be ‘til 3 yrs later, lost parental rights of my 5th kid, new felonies pending and more pain and shame that I would find the rooms of Narcotics Anonymous. The end of the road and another nudge from another judge, finally I saw I needed something different and had the gift of desperation. Through a multiple of powers greater than myself (Probation Dept and the system), I was heavily encouraged to keep coming back to NA to get my paper signed. In that process, I began to see the hope shining from others and I started to do the suggestions like getting a sponsor and calling other females in the program. It all was so new to me and I was so afraid of anything new. Because I didn’t have anything else to lose, I did it anyway until it wasn’t so hard and I came to an understanding of the program for myself. Part of that understanding was, I hadn’t been honest with myself since I was a young kid and through our literature (Basic Text & It Works How & Why) I knew I had to become totally abstinent from all mood altering and mind changing substances. That next evening, I got honest at my homegroup and my recovery began.

Many things have happened over the last few decades that are beyond words, stuff I never thought possible for me like reuniting with children, getting my rights back, learning self-care, deep invaluable relationships with my sponsor and others in my tree. As I’ve been living on life’s terms I’ve walked through difficult times I never imagine possible and clean: the end of relationships, death of parents and child, various different losses, etc. You see, when I came in off the streets I
thought I was tough and not strong, turns out through the steps I’ve come to know myself and I’m not tough, though I have found my strength. For sure I know, when life shows up again and the dis-ease tells me: ‘don’t share with others, they don’t want to hear it, just stay home, no one understands, etc.’ I have a whole fellowship to help me walk through it. The predecessors I’ve had in my life and our literature taught me, if I’m to have a complete program, I need to practice actively all the parts of our universal program explained in our Basic Text section: Our Symbol. I have done this to the best of my ability throughout this journey and in this process I’ve not been let down.

Just the other night, when I got to chair an H&I meeting, a young woman said she wasn’t an addict and turned to leave. I remembered that evening back in 1993 on the prison yard, my younger self. I handed the young woman a little white book and mentioned it may come in handy some evening back in her cell. I am reminded in the Basic Text section: Preface “The full fruit of a labor of love lies in the harvest and that always comes in its right season...”

Thank you NA for carrying the message to me!
– An NA Member

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<th>NA Clean Time Anniversaries (Birthdays)</th>
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<td>3/9/2015 Debbie S.</td>
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<td>3/10/1990 Rose W.</td>
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<td>3/15/1997 Cheryl D.</td>
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<td>3/16/2016 Brittney M.</td>
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<td>3/16/2013 Oscar W.</td>
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<td>3/26/2012 Todd B.</td>
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<td>3/28/2012 Dan M.</td>
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<td>3/28/2015 Lorisa W.</td>
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<td>4/1/2010 Tommy W.</td>
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<td>4/3/2006 Elliot C.</td>
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<td>4/5/2016 Tiffany D.</td>
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<td>4/5/2016 Tony L.</td>
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<td>4/5/1993 Wayne K</td>
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From The Basic Text: Random Acts of Kindness

A Random Act of Kindness is a Non-premeditated, inconsistent action designed to offer Kindness towards the outside world. The phrase “Practice random kindness and senseless acts of beauty” was written by Anne Herbert in 1982. “Kindness makes you the most beautiful person in the world, no matter what you look like”. Aaron Shuster

Why aren’t people in recovery good dancers? Because they lose interest after 12 steps.

One Member’s Take On The 12 Steps and Step 12

I have been told by many Old timers that the 12 Step Program of NA is a model originally derived from Alcoholics Anonymous, that has shown benefits for helping a variety of addictions. The steps follow a similar pattern, with slight modifications, no matter what the addictive behavior is. This is because the problem is seen as the same, no matter what the particulars are. 12 step programs concern themselves with repairing a spiritual disease. It is this which is thought to underlie whatever the specific addiction may be.

The first three steps are situational – recognizing an addiction exists and understanding it is beyond individual control. They finish with a commitment to turn over the problem to a higher power. The next four involve coming to grips with the practical nature of the problem. They include a moral inventory and discovery of character flaws, a confession of wrongs and asking the higher power to help remove those flaws. The next two have to do with making amends to those wronged – the consequences of most addictions. These are followed by two which continue the steps before in a more thorough fashion. The last of the 12 steps is a way to pass it along to others. When someone is “working the steps” they are using them as a
guide. There is much more detail in each step than listed here. The 12 step program of NA is not proclaimed as a “cure.” They are meant to manage what is seen as a lifelong disease. For this reason, No one truly completes the steps. They continue to work the program and maintain their health.

Barry N.

“Having had a Spiritual awakening as a result of these steps, We tried to carry this message to addicts, and to practice these principles in all our affairs.” The Joy of living is the theme of the 12th step and action is the key. Having had many spiritual awakenings, I can give of myself and expect no rewards, because love has no price tag. In some ways I am recovered and my new state of consciousness is received as a daily free gift: in service, healing and prayer. I am truly living a magnificent new reality, just 2 years and 4 months after coming into the rooms of NA. There is a tremendous reward when I help other addicts practice the principles. I too have seen calamity transformed into an asset. I have shared my grief and found laughter, joy, and fellowship. We are not a spiritless, gloomy bunch of addicts. By apply the 12 steps to any problem in my life, I continue to grow in my faith and trust that spiritually is always the answer. My attitude and outlook has changed. As my time in this fellowship continues, I will experience a greater understanding of humility and service which I sure my predecessors have also experienced. On another note I have learned about the 12th tradition of Anonymity; the spiritual substance of which is sacrifice. Anonymity can be real humility. May your Higher Power be with you, always.

Barry N.

The 12th Step “Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see fellowship grow up about you, and to have a bunch of friends! This is an experience you must not miss! We know you will not want to miss it! Frequent contact with newcomers and with each other is the bright spot of our lives.”

Barry N.

Dear Reaching Out -
I am an addict named AS. I cannot tell you how long I used; however, I can tell you my behaviors have always been bizarre. It took a very long time for them to publicly wreck my life to the point that I was in ruins. The authorities had also taken notice. Personal efforts to stop using were not successful. I had no idea that a solution existed. My first attempt at getting clean did not stick, but it did introduce me to meetings. When I finally made it to the rooms Narcotics Anonymous, I was given an opportunity to hear the message of recovery. The presence of NA in my life changed me. Hope made me excited learn to live again. Thank you, Narcotics Anonymous. AS, Georgia, USA

Arizona Regional Service Committee (ARSC)
The Arizona Regional Service Committee (ARSC) as well as the subcommittees meet on Sunday, March 15, 2020 at St Luke’s Behavioral Health, 1800 E Van Buren St, Phoenix, AZ. In general, this takes place the third Sunday of every other month. Enter from 18th Street, 2nd Entrance North of Van Buren.

ARSC Public Relations meets at 8:45am – 10:00am in the Auditorium

ARSC BOD Meeting meets at 10am – 12pm in the Auditorium

ARSC H&I & Behind the Walls meets at 10:30am – 1:00pm in the Conference Room

ARSC RCM FORUM meets 11am – 12pm In the Auditorium

ARSC - regional service meets 12:15pm – 4:00pm in the cafeteria
When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends—jails, institutions, or death—or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man’s entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual—not religious—program, known as Narcotics Anonymous.

Narcotics Anonymous, “We Do Recover”

IT’S BACK!
AT IT’S TIME
SATURDAY NIGHT MEETING
7PM – 8PM
STARTING SATURDAY, MARCH 14, 2020

301 N. HARTFORD, CHANDLER, AZ 85225
At The First Church of The Nazarene (North side of the Church...follow the NA signs)

It’s Time – the BEST home group in Chandler!

FYI...Saturday Noon Meeting is still going strong. Go to both!

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HOW DO YOU PRACTICE SPIRITUAL PRINCIPLES?

We’re collecting and weaving together member experience for NA’s next book. Capture your experience in a couple of paragraphs and send it in. We will weave together member experience to create a new book—written by addicts, for addicts—with each day focused on the application of a spiritual principle.

Be a part of this new book in the making!

Got a phone?
Want to be of service?
Simple way of one addict helping another!
Your Sponsor will approve!
Call the Phoenix Area Helpline at 602-325-4702 and join today!