



# THE NA TIMES

Phoenix – West Valley – East Valley

May 2024

**Tradition 5:** *Each group has but one primary purpose—to carry the message to the addict who still suffers.*

Tradition Five of Narcotics Anonymous reads: “Each group has but one primary purpose — to carry the message to the addict who still suffers.” This succinct statement summarizes the essence of service within the NA Fellowship. It underscores the collective commitment of members to extend a hand of support and hope to those still grappling with addiction.

At its core, Tradition Five emphasizes the unity of purpose among NA groups as a whole. Regardless of geographical location, cultural background, or individual circumstances, each group within the Fellowship remains united in its mission to offer help to those in need. This unity fosters a sense of belonging among members, reinforcing the notion that no one needs to travel the recovery path alone.

Service lies at the heart of Tradition Five, serving as a powerful catalyst for personal growth and healing within NA. By actively engaging in service work, members not only contribute to the well-being of others but also strengthen their own recovery. Through acts of service, individuals experience the transformative power of selflessness, finding purpose and fulfillment in helping others overcome the same struggles they once faced.

Moreover, service serves as a potent antidote to self-destructive tendencies. By shifting the focus away from one's own struggles and toward the needs of others, individuals in recovery cultivate a sense of empathy, compassion, and interconnectedness. In doing so, they break free from the isolation and self-centeredness that perpetuated their addiction, forging meaningful connections with fellow members.

Central to the fulfillment of Tradition Five is the act of sharing; sharing one's own experiences, strengths, and hopes with those who are still struggling. By sharing our personal story of struggles and triumphs, we offer a beacon of hope to those who may feel lost or hopeless. These stories serve as powerful reminders that recovery is possible, that no matter how dire the circumstances may seem, there is always a path forward toward healing.

Tradition Five extends beyond the walls of NA meetings, serving as a guiding principle for individuals in all aspects of their lives. By embodying the spirit of unity and service, we not only strengthen our recovery but also become beacons of inspiration and hope in our families, workplaces and communities at large.

Tradition Five of Narcotics Anonymous says, “Each group has but one primary purpose — to carry the message to the addict who still suffers.” And just what is that message? “The message is that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom. When all is said and done, our primary purpose can only be to carry the message to the addict who still suffers because that is all we have to give.”

Rosey

**GAME GROUP**

**SATURDAYS 2PM-4PM**

JOIN US FOR FELLOWSHIP & BOARD GAMES!

MARICOPA LIBRARY & CULTURAL CENTER  
18160 N MAYA ANGELOU DR  
MARICOPA, AZ 85139

**REGISTRATION OPEN**

June 7th - 9th, 2024  
Embassy Suites by Hilton  
5001 N Scottsdale Rd, Scottsdale, AZ 85250

Register Here

Book Your Room Here

www.nacona.org  
NACONA FUNDRAISING EVENT  
**PANCAKE DAY**  
& PAJAMA PARTY!!

8.17.24  
10:30 - 2:30

\$15/ suggested donation  
Speaker | Auction & Raffle  
PANCAKES, SAUSAGE, COFFEE, & JUICE WEAR YOUR PAJAMA'S - BEST ONE WINS!

301 E McNeil - Show Low

Adriana 928-800-4748  
or Annette 206-681-8144

## Enjoy It, It's Happening!

## Steps 4 and 5

2

In 2019 while I was in Perryville prison I suffered a stroke, and I was in a comma for three weeks. When I woke up, they had removed part of the right side of my skull for an emergency surgery to save my life and had to shave that side of my head. They also had put me in a helmet because my brain was vulnerable where they had removed part of my skull, so I had to wear that helmet for a year while in prison.

I tell you all that to tell you this : No matter what is happening you can always make the best of it. I had a friend help me make a unicorn horn and I was the unicorn of Lumley for almost two years. It was purple with silver glitter, and I even had the officers laughing with me about it.

But no matter what, you can make light of things and be better for it. Laughing really is great medicine. I made hot rod jokes all the time. I told certain officers that I would take a speeding ticket if they really wanted to write one, LOL. I still giggle about that one.

Just remember that you can always turn things around with some humor, humility and lightheartedness. I love you all, and I hope you have a great day!

*Terese B.*

Pepe [one of our predecessors] and I were discussing the need to have these concepts [surrounding Steps 4 and 5] simplified so people like me can really understand their necessity. We were specifically discussing the 4th and 5th Steps.

Pepe shared something that had been around in the rooms for a while, but I had never heard before. He called it the "3 D's" – “Discover, Disclose and Discard.”

We begin to “Discover” things about ourselves that our addiction had been hiding from us, patterns of destructive behavior that keep us from the Light of our Higher Power.

As we see these behaviors we begin to “Disclose” them with people we trust. The trust is developed as we Disclose but if that is as far as we go we are shortchanging ourselves.

The most important D is “Discard” – Letting it go.

Pepe told me many times, "Mijo, in the West we labor under the false belief that if it's not complicated it's not valid, and we believe that simple means simpleton." Nothing could be further from the truth."

Think about it...

*John A.*

*Yours in service to our community,*

## When Was the Last Time You Thanked Your Hosting Facility?

We forget that many times, hosting NA meetings comes with risks. If we're meeting in churches, for example, the congregation may have concerns about “a bunch of addicts hanging around” or “they left the coffee pot on again!” that the facility leadership must address.

Often, our members forget to respect the host's rules, such as no smoking, or cleaning up after a meeting, or hanging out front for an hour after a meeting.

However, many times, our meetings stay at a facility for many years. Even when there's a problem with a member perhaps going rogue and upsetting the balance of the relationship between the home group and the facility, we are generally able to smooth things over and continue the meeting without further disruption.

When was the last time that you thanked your facility's leadership for their ongoing support? In today's busy world, we often forget to thank those who support our efforts. To say thank you to your facility is within our Twelve Traditions – We are not endorsing the facility, we are simply recognizing them for their support of our meeting.

Talk to your group and see how you can show appreciation to your host facility. It may be as simple as a handwritten note, a floral bouquet, or offering to do a little extra cleaning for them. But this I know – They will appreciate your gratitude.

Anything we can do to maintain relationships with our hosting facilities allows us to keep our meeting places a stable, welcoming venue.

## Thought for the Day

*Life throws a lot at us, but often the best thing we can do is take time and sleep on it. I find that a lot of times that if I have a problem, I sleep on it and I am calmer in the morning. But if I'm not calmer, it tells me there is a bigger problem that I need to address.*

*I use the reset button of sleep as a tool to figure out what is really going on inside me and what needs to be addressed. I encourage anyone to try to try to sleep on a problem before reacting or responding to it. Have a good day*

*Therese B*

What a relief doing Step 5 was for me. In the beginning, I did not know if I had the courage to face my fears and be honest and truthful about all my faults and bad behaviors. I was so good at hiding my addiction for decades from my family and co-workers, it was not natural for me to open up and “tell” on myself. What if I turned out to be such an awful person that no one, even my sponsor, would like me or trust me ever again?

“Addicts tend to live secret lives.” (*Basic Text*, page 33). But I knew not doing the 5<sup>th</sup> Step would send me back into addictive behaviors again. Why? If I told my spouse how I lied and secretly hid my addiction from him, I could no longer hide it from him – my secret would be out. He would now recognize that behavior and call me on it.

If I told my sponsor all my defects of character, she could then know how to help me when I asked for help. These are all good reasons to “confess.” Even though telling the truth was fearful at first, I had to muster up the courage to admit to my Higher Power, myself, and to another human being so I could finally breathe a sigh of relief, to get it off my shoulders, and have the freedom to move on to Steps 6 and 7.

My husband was shocked at how good I was at deceiving him. My sponsor was understanding and had good advice and support. I feel more honest and less selfish that I will be “found out” on my lies and deceitfulness. Now I pay more attention that I do not act on my defects of character. I speak with my Higher Power a lot more. I let my spouse know my feelings right away. I call my sponsor when tempted to act out my shortcomings.

“We now know that the patterns of our lives were rooted in dishonesty, fear, selfishness, and many other defects of character.” *It Works: How and Why* page 58. Now my spouse can trust me. It feels good and freeing. We have a great, open and honest relationship. It took a lot of courage to trust myself to tell the truth, but the rewards are fantastic!

*Kathy M.*

## AWESOME SAUCE CONTEST

Phoenix Area Activities Committee presents



## LIP SYNC BATTLE

MAY THE 4TH BE WITH YOU



- Don your best Star Wars Attire!
- Bring your very best pasta sauce to submit for the Awesome Sauce Contest!
- Speaker Meeting
- Fellowship & Fun.
- Raffle!

**SATURDAY | 05.04.2024 | 5:00 – 10:00PM**

**SUGGESTED DONATION**

**\$10**

**CRAZY COFFEE**

**\$5**

**DOORS OPEN @**

**5PM**

**WESTMINSTER CHURCH**

4735 N 19th Ave.  
Phoenix, AZ

**CALL NATE**

480.370.5090

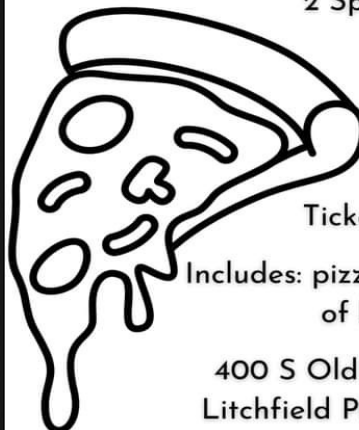


ARCNA 37 E&F presents

## Sponsor/Sponsee Bingo Luncheon

**May 25th 11am - 3pm**

**2 Speakers**



**Tickets: \$15**

**Includes: pizza and 4 games  
of bingo**

**400 S Old Lithfield Rd.,  
Litchfield Park, AZ 85340**

# UPCOMING EVENTS

## Check out *Arizona-NA.ORG* for more Details

Game Group – Ray of Hope	Saturday, May 4th, 11th, 18th, 25th 2-4pm
Sponsorship Luau	Saturday, May 4th 10:00am
PAAC May the 4 <sup>th</sup> Be with You Awesome Sauce Contest and Lip Sync Battle	Saturday, May 4th 5:00pm
Annual Mt. Lemmon Bash	Thursday May 9 <sup>th</sup> – Sunday May 12th
Cinco de Mayo (SEAZNAC Fundraiser)	Sunday, May 5 <sup>th</sup> 11:00am
Sedona Campout	Friday May 17 <sup>th</sup> – Sunday May 19th
EV Skyline Serenity Hike	Saturday May 25 <sup>th</sup> 9:30am
Sponsor/Sponsee Bingo Luncheon – ARCNA Fundraiser	Saturday May 25 <sup>th</sup> 11:00am
BBQ and Speaker (Yavapai Area)	Saturday May 25 <sup>th</sup> 12:00pm

The NA Way – January 2007  
(Volume 24 Number 1)



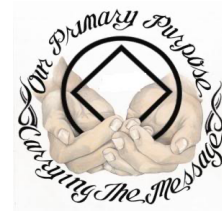
# Sponsorship Behind the Walls

Sponsorship in Arizona for inmates is 100% voluntary and can begin with just a letter of willingness to participate. Once your message of interest has been received, your initial projects to be completed will be sent to you. After completion, a sponsor is then assigned to work with you as long as the communication remains open. Your Sponsor will send you an initial welcome letter letting you know who they are and how to further reach them with "Step Work" and other correspondence. This method of sponsorship is useful for those who are serving six months or longer than six months from their release date.

**Where to mail your letter:**

Arizona Region of Narcotics Anonymous – H&I  
PO Box 1351  
Phoenix, AZ 85001

While you wait to hear from us, search out your unit for existing NA meetings and begin attending. In the meantime, let us welcome you to Narcotics Anonymous, **Arizona Sponsorship behind the walls.**



**A. Write to us about:**

1. What did using cause you to lose or give up/away?
2. Where did you first hear about Narcotics Anonymous?
3. What have you gained from working a program of recovery?
4. If you are working with a sponsor:
  - a. Is he an inmate?
  - b. Someone from before?
  - c. Or from writing to "Sponsorship behind the walls"?
5. What keeps your interest in NA alive?
6. How long will you remain incarcerated before release and your concerns for that eventful day.

**B. Guidelines for writing:**

1. Keep your story concise and fit it on one page or less.
2. No need to over emphasize with cussing.
3. Please don't write with excessive details about the drugs or drug class which you used.

**C. Once completed send your story to:**

East Valley Prison Coordinator  
PO Box 5264  
Mesa, AZ, 85221



## Inmates! *Show your creativity*

We would like to publish your artwork. **The NA Times** - Phoenix, West Valley, East Valley – is looking to involve the members of the fellowship **Behind the Walls**. Send your artwork and a piece of your recovery story to us for publication (Keep the artwork clean and recovery related).

**Send to:**

Narcotics Anonymous Prison Coordinator  
PO Box 5264  
Mesa, AZ 85221