



# THE NA TIMES



Phoenix – West Valley – East Valley

November 2024

**Step 11:** *Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*

I do not know why, but I want to quit the meetings and the program every other week. Every day I do Step 10 and take inventory and admit when I am wrong. Every day I do Step 11 and pray for knowledge of His will and the power to carry that out. However, as soon as I am serious about quitting, God presents a new opportunity for me to engage in the program and to stop me from leaving. This could be a new meeting that just started. This could be a three-day conference or retreat to attend. This could be an invite to someone's house to celebrate that person's anniversary clean date. It could be any number of events that "pull" me back in.

Sometimes I cannot comprehend how a member with decades clean still attends meetings and events. "Aren't you done by now?" I think to myself. But I am so grateful they are at the meeting as an example to me to keep coming back. Through prayer and meditation, I persevere and always walk out of a meeting with gratitude and something profound whether small or large from it. I do not understand it and probably never will. I just need to accept that God will always supply my needs even when I do not ask for it. He is just always there.

I recently was faced with a dilemma. I had to attend an out-of-state family function for five days. There would be temptations to "indulge" in the big celebration. I wanted to join and celebrate the happy occasion but not "indulge." I prayed and meditated for several months before this event. I shared my anxiety in the meetings and with my sponsor. I wrote words of wisdom from the readings on note cards to bring along with me.

When the big event finally occurred, it was no longer tempting to me to indulge. God gave me many happy distractions during the event. He gave me "knowledge of His will...and the power to carry that out," Step 11. An otherwise anxious time became a joyous and comforting time because I had my Higher Power with me. "Regardless of our state of mind when asking for guidance, we can be sure that our consistent efforts to seek knowledge of our Higher Power's will for us will be rewarded." *It Works How and Why*, page 110.

*Kathy M.*

**11<sup>th</sup> Concept:** *NA funds are to be used to further our primary purpose and must be managed responsibly.*

Our literature tells us this about the 11<sup>th</sup> Concept. "Narcotics Anonymous funds should always be used to further our primary purpose. Money is used to pay the expenses involved in running NA recovery meetings, to inform the public about NA, and to reach addicts who can't get to meetings. It is used to develop, produce, translate, and distribute our message in written form, and to bring our members together in a service community committed to the vision of spreading our message around the world to those in need. All of this is done in support of NA's spiritual aim: to carry the message to the addict who still suffers."

Groups handle their expenses according to that group's conscience, which is the collective wisdom of its group members decided on at that group's business meeting. Many groups offer refreshments, such as coffee and snacks. These

items often come from the group donations. Other meetings decide not to furnish food from the members' 7<sup>th</sup> Tradition donations but may take up a second collection to pay for an anniversary event, or potluck food items. Some groups have the anniversary persons bring their own cakes; other groups may decide to pay for it out of the 7<sup>th</sup> Tradition funds.

Responsible management of our money helps us more effectively carry the message. Our literature states, "Clear, frank communication from our service structure is the best way to help our groups contribute their funds in a responsible way."

Our areas, our regional service committees and our world services all require money to carry our message of recovery more effectively. When groups do not contribute to their areas, or areas fail to contribute to their regions, this fund flow can break down.

## Guidelines for the Group Treasurer

1. A *Guide to Local Services in Narcotics Anonymous* says that clean time counts when we choose group officers:

***There are a couple of things to think about when looking for a group officer. One is maturity in recovery. When those new in recovery are elected to a position, they may find themselves deprived of time and energy they need for their early recovery. Group members with a year or two clean are probably already established in their personal recovery. They are also more likely than new members to be familiar with NA's traditions and service concepts as well as group procedures.***

Of course, clean time "standards" will vary from one NA community to another. As the Guide says, it is important to "establish *realistic* terms of service and clean time requirements" that work in your community.

2. It is a good idea to have two people count the Seventh Tradition collection, not just the group treasurer or someone else.
3. Do not "borrow" the group's money. Our experience tells us that treasurers and others who make this a practice tend to not return to the fellowship, nor do they return the funds.
4. Do not spend the group's money without asking the group first at a business meeting.
5. If it is practical, open a bank account for your group, and have more than one signature on the account. This will protect your group's money and make it easier to keep track of it.

It is important to remember our Fifth Tradition: "Each group has but one primary purpose—to carry the message to the addict who still suffers." When your group has more money than it needs, make sure you pass the extra money along to the area, region, and world levels of NA service. Extra money hoarded in your group treasury will not help NA carry its recovery message.

7. There should be only one person handling the funds in your group, preferably the treasurer.
8. It is very important that every treasurer hand over his or her records to the next treasurer. Doing this will help the group figure out in the future what has been done with its money in the past.
9. All funds in excess of the prudent reserve (i.e., all money in excess of monthly expenses) should be sent on to other levels of service according to your committee's practice as discussed in the information pamphlet, *Money Matters: Self-Support in NA*.

What I see as my weakest of the 12 Steps, the 11th Step is what I have been asked to write about: prayer and meditation as it exists in my experience before and during my journey of recovery.

My history in prayer started so well that Catholic school was a natural progression, and I was Joseph, the guy who was married to the Virgin Mary in the second grade. In the third grade, I was chosen for stardom, altar boy with a possible free education, then on to the seminary. I remained obedient and disciplined. God knows I tried, but the devil tricked me so easily. That devil became disguised as a holy man and I fell from grace and tortured myself and my loved ones for decades after I decided that prayer was not a working system for me. I chose drugs, over and over and over again.

As for meditation I saw it as the preferred system for those who couldn't memorize prayers and rejected the idea straight away. Then the time for recovery came and I was not at all eager to pray or get involved with that God I had seen in my youth.

I was diagnosed with cancer, and a long-lost friend surfaced totally unexpectedly and in the nick of time. He and I hitched across the country together, hung out on a commune called Earth People's Park in the Green Mountains of northern Vermont. When I left there for California, he was whiskey-bent and hellbound and was about to check into an institution.

When I next heard from him, he had 11 years clean and was living in Harlan City, Tennessee. He also recently had major surgery for the same cancer I had. To me, this guy was my miracle sent by a Power greater than myself exactly when I needed a miracle.

He taught me how to pray and sent me books about leading a spiritual life, and information about what options I had to choose from for cancer treatment. We were both Vietnam-era veterans and both had PTSD. He spent a year in the jungle, wary of every sound every minute of every day. Way tougher duty than I had as a Navy corpsman and it showed.

He helped tremendously in a bunch of ways until Agent Orange cancer took him about 10 years after our reunion.

I am currently getting my lazy self more involved in efforts to add meditation to my agenda. So far I enjoy it like I enjoy afternoon naps or my time alone. But I have difficulty quieting my mind and focusing on one mantra or topic. It takes practice like the 12th Step teaches, and the rest of the Steps proved to me. The coolest part of this whole journey is how good I feel taking the path NA has laid out in front of me.

Staying within myself, mind, body and spirit, is a wonderful goal to strive for because the peace it brings when I get it right is better than all the time, effort, crime and money I used to think I had to chase for a chance at mental stability.

NA saved me. I came to believe and that's exactly why I keep coming... to believe.

*Dave S.*

**Tradition 11:** Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.” (*It Works How and Why*)

The Eleventh Tradition is the cornerstone of NA’s public relations policy. But Tradition Eleven is only one of six traditions that address various aspects of our relations with the public. The Third and Fifth Traditions talk about the primary purpose and ultimate target of our public relations efforts. Traditions Six and Seven describe the nature of our relations with other organizations, and the Tenth Tradition details our policy concerning public pronouncements on issues outside the scope of our recovery program. Clearly, our traditions are just as concerned with our public relations as they are with our internal relations. Most NA groups have some sort of contact with the public in their everyday affairs. But the public relations spoken of in the Eleventh Tradition are more deliberate than our group’s routine encounters with those outside the fellowship. The existence of a public relations “policy” implies the importance of a public relations

“program” in carrying out our fellowship’s primary purpose. Public information work, done properly, is not promotion; rather, it seeks to make NA attractive to those who might need us. As NA groups, service boards, and committees, we deliberately and energetically cultivate good public relations, not as an incidental result of our normal activity but as a way to better carry our message to addicts. Narcotics Anonymous is not a secret society; Tradition Eleven speaks to personal anonymity, not fellowship anonymity. The better known we are by the public, the more likely it is that addicts seeking recovery—or their friends, relatives, or co-workers—will think of us and know where to find us when they decide to seek help. One way to take part in NA’s public relations program is to become involved in the local public information subcommittee. (**Continues pg. 5**)

The Eleventh Tradition tells us that, when we engage in public relations activity, we are to speak simply and directly of what Narcotics Anonymous is and what we do. We are not to make exaggerated claims about NA. Our public relations efforts should be as inviting and nonpromotional as our program itself, saying to addicts and society at large, “If you want what we have to offer, this is what we are and how we work. If we can be of service, please let us know. Some organizations use celebrity members as public spokespersons, hoping to enhance the organization’s credibility by tying it to the celebrity’s status. This may be fine for other organizations. But Tradition Eleven tells us in no uncertain terms that, in NA’s public relations efforts, we must never do this—not with celebrity members, not with any member.

If our fellowship used a celebrity member in a public announcement about NA and the celebrity later relapsed or otherwise suffered a loss of prestige, what good would that do our fellowship’s credibility? The same could apply to any individual member put in the public spotlight on NA’s behalf. The credibility of NA’s message can be greatly affected by NA’s messengers. In the public eye—including press, radio, films, and all other media—we need always maintain personal anonymity. The same applies to other kinds of public information work. Public anonymity helps keep the focus of our public relations on the NA message, not the PI workers involved.

We never do PI work alone because a team—even a pair—better displays NA as a fellowship to the public, while individuals tend to draw attention to themselves. Teams also tend to keep the personalities of their members in check, the better to ensure that NA and not the individual addict is what we present to the public. The truism that “an addict alone is bad company” applies to our public relations efforts just as well as to our personal recovery. In most circumstances, though, personal anonymity is a purely personal decision. However closely we may have guarded the secret of our addiction, most of those close to us probably knew we were in trouble when we were using. Today it may be helpful to tell them about our recovery and our membership in Narcotics Anonymous. Other circumstances may also warrant the disclosure of our NA membership. When a friend tells us about the struggles another person is having with addiction, we may want to let that friend know about Narcotics Anonymous and what it has done for us. (Continued pg. 5)

***For Anyone inside AZ  
Dept of Corrections: The  
NA Basic Text Audio  
Book is available in  
English & Spanish on the  
tablets statewide!***

# UPCOMING EVENTS

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

<b>Game Group – Ray of Hope</b>	Saturday, November 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> 2-4pm
<b>Bluesfest</b>	Saturday, November 9 <sup>th</sup> 8am-5pm
<b>Peace @ The Peak (SCAA)</b>	November 15 <sup>th</sup> -17 <sup>th</sup> All Day
<b>Narathons</b>	Saturday Novemver 28 <sup>th</sup> – 29 <sup>th</sup>
<b>EV Skyline Serenity Hike</b>	Saturday November. 23rd 8:00am – 1pm

## Tradition 11 (Continued)

When a co-worker has a drug problem, we may want to share our experience with that person. None of us will want to indiscriminately trumpet all the gory details of our addiction to everyone in town, nor will we disclose our NA membership to everyone we meet. When we think we may be helpful to someone, however, it may be appropriate to share a bit of our story and the recovery we've found in Narcotics Anonymous.

All our members play a part in our public relations, whether or not they're involved in public information work. When individual addicts demonstrate recovery at work in their lives, they become our strongest attraction, a living testament of NA's effectiveness. Seeing us now, those who know what we once were like will spread the word to those they meet that NA works. The further that message is carried, the more likely it is that addicts seeking recovery will be attracted to the warm, loving support of our fellowship. By the same token, we must remember that, wherever we go, we always represent NA to some degree. If we are seen acting poorly while we prominently display an NA logo on our T-shirt, we carry a distinctly unattractive message about our fellowship to the public. What we say and what we do reflects on our NA recovery and the NA Fellowship. As responsible NA members, we want that reflection to be a source of attraction rather than a source of embarrassment.

Български Eesti Nederlands मराठी தமிழ்  
Bahasa Melayu Malti বাংলা Türkçe Slovenèina  
Suomi Moldoveneasca English नेपाली  
Íslenska 中文  
Portugues العربية  
日本語  
ಕನ್ನಡ  
Afrikaans  
Anglicized  
हिन्दी  
hrvatski  
Svenska  
Polski  
فارسی  
Brasileiro Norsk Russkij Magyar Filipino  
Deutsch Ελληνικά Español Italiano  
मनपूरि Bahasa Indonesia ગુજરાતી Swahili

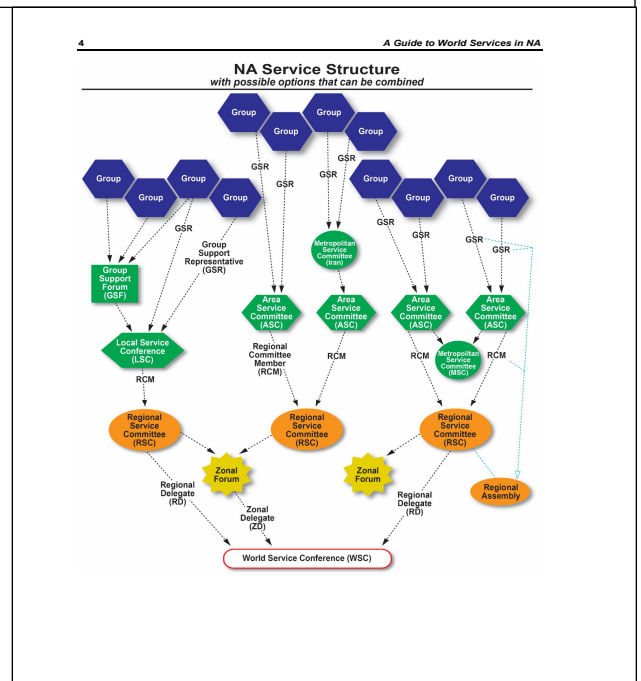
### A Vision for NA Service

All of the efforts of Narcotics Anonymous are inspired by the primary purpose of our groups. Upon this common ground we stand committed.

Our vision is that one day:

- Every addict in the world has the chance to experience our message in his or her own language and culture and find the opportunity for a new way of life;
- Every member, inspired by the gift of recovery, experiences spiritual growth and fulfillment through service;
- NA service bodies worldwide work together in a spirit of unity and cooperation to support the groups in carrying our message of recovery;
- Narcotics Anonymous has universal recognition and respect as a viable program of recovery.

Honesty, trust, and goodwill are the foundation of our service efforts, all of which rely upon the guidance of a loving Higher Power.



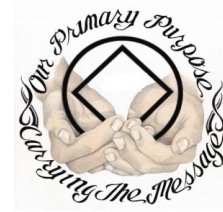
# Sponsorship Behind the Walls

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

# GAME GROUP

**SATURDAYS  
2PM-4PM**

JOIN US FOR  
FELLOWSHIP  
&  
BOARD GAMES!

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