

The Sierra Foothills Messenger

a Narcotics Anonymous Newsletter

July
2010



available online: www.sfana.org

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NCCNA XXXIII- Program

Main Speaker Group

by Ken P.

Portrait of a Sponsor

by Angel B.

Many service positions for next April's Northern California Convention of Narcotics Anonymous in Sacramento will require lots of work in the weeks leading up to the event.

But the main speaker working group, which helps choose the convention's main speakers, needs help sooner rather than later.

So far about 13 eager service members are listening to a couple hundred speaker tapes and CDs, evaluating them in areas such as clarity of message and ability to stay on topic. The group's evaluations will go to the NCCNA regional subcommittee, who has the final say in choosing the half-dozen or so main speakers for the event.

"We'll be receiving speaker tapes and CDs until October 22. As the cycle matures, there's going to be a greater and greater demand to pick up some of the workload," said Sparky C., the main speaker group's co-leader.

"The more people we have in our workgroup, the greater the conscience will be on recommendations," said Sparky.

The main speaker working group meets the 3rd Monday of each month at the Unity Church, 1212 High Street in Auburn. Those who wish to be of service should attend and introduce themselves at the group's subcommittee meeting, held on the 2nd Monday of the month at the same location.

Continued on page 4

I can't give solutions to all of life's problems, doubts, or fears. But I can listen to you, and together we will search for answers.

I can't change your past with all its heartache and pain, nor the future with its untold stories. But I can be there now when you need me to care.

I can't keep your feet from stumbling. I can only offer my hand that you may grasp it and not fall.

Your joys, triumphs, successes, and happiness are not mine; Yet I can share in your laughter.

Your decisions in life are not mine to make, nor to judge; I can only support you, encourage you, and help you when you ask.

I can't prevent you from falling away from friendship, from your values, from me. I can only pray for you, talk to you and wait for you.

I can't give you boundaries which I have determined for you, But I can give you the room to change, room to grow, room to be yourself.

I can't keep your heart from breaking and hurting, But I can cry with you and help you pick up the pieces and put them back in place.

I can't tell you who you are.
I can only love you and be your friend.

Staff: Erica J, Marilyn G, Ken P., Krista F.

The purpose of this newsletter is to carry the message of recovery to addicts and to keep Sierra Foothills Area Narcotics Anonymous members informed of the events and happenings of our local, and worldwide fellowship. The content herein expresses the views and knowledge of its contributors and staff only, not NA as a whole.

Area Subcommittee Service

want to be of service? want to try something different? want to know how area works? want to be a part of something bigger than your local meeting? want to have fun? want to keep busy? want to reach out to our community? want to help a fellow addict? want to know how it works?

H&I

Hospitals & Institutions

Hello Sierra Foothills Area NA members. Have you ever thought about doing H&I but didn't know if you would fit in... or what does H&I really do? Or I can't do H&I work, I've never been to jail! Well, let me just say we have a great subcommittee, lots of fun, lots of great people and we would love to have you join us. We carry the message, Oh ya, jail time is not a requirement.....we meet the second friday of the month at 7pm. Come check us out. H&I contact Steve Lint 916-806-6411 or slint@att.net

Newsletter

Do you keep a journal that might have some insights to help another recovering addict stay clean for another day? Ever written something on facebook that has cheered up another recovering addict? Are you an artist that used to draw marijuana leaves and now you are drawing recovery pictures? Well, the Newsletter needs you! Please submit your creations to: sfananewsletter@hotmail.com or mail to SFANA Newsletter, PO Box 621, Grass Valley, CA 95945.

Are you interested in deciding what should go into our Newsletter? Are you good on the computer or have hidden PageMaker skills? Come to one of our meetings. They are held on the last Friday of every month at 7pm. See your meeting schedule for more information or email us at sfananewsletter@hotmail.com.

PR

Public Relations

The principle of service, critical to the application of our Eleventh Tradition, is not a passive principle. To be of maximum service to the still-suffering addict, we must energetically seek to carry our message throughout our cities, towns, and villages. ...We must take vigorous steps to make our program widely known. (PR Handbook)

Here are some of the things we have in the works.. Website, Helpline, Volunteer Workshops, Schedules, PACT(parole and community team) A minimum of 75 parolees are exiting the system into our SFANA monthly.

Our vision in Public Relations is to promote growth for Narcotics Anonymous. In order to grow we need to get the NA message out to our communities, which include but not limited to schools, hospitals, the government system and the public at large. To become a viable resource within our Sierra Foothills community and to maintain those relationships that we are working so hard to build.

Activities

Please see your meeting schedule for more information.

be a part of....our **PROSE GARDEN**

in our September issue we will be featuring your poetry and prose. make sure it's recovery, higher power or spiritually based. try to keep it clean, loving and kind. deadline for submissions is august 25th. you may mail your creation to sfana newsletter, po box 621, grass valley, ca 95945 or send by email to sfananewsletter@hotmail.com.

Ask a Sponsor

Answered by a well qualified
Narcotics Anonymous sponsor!



One Addict's View*



Why are you a hard-nosed sponsor?

As an old timer I have sometimes been told that I am scaring people in the rooms. I tell them that they should be more scared of the chemicals that they put in their bodies and the life styles they lived while using them.

I grew up in a world of old timers who also were very adamant about telling us to work the steps or die mother fucker(thank you, bob berg) and told us about having the ability to look at our misgivings and false rationalizations and justifications to flirt with death on the street.

Yes, I understand the misgivings fellow addicts might have with the old timer full of fire and brimstone, but, you have to have lived this program in the world that we did, when our only option was death, not jails and institutions.

You will have to understand the emotional twangs of heartache, regrets, and, remorse, that we brought into the rooms. you will have to imagine in your hearts the love that we have for this program, the importance of utilizing this program to save your lives, the validity that we share with those of you with family, children and loved ones that we have had to give emotional support to after a funeral because of this deadly disease.

We have been the people that have tried so long to get other addicts to realize this special program given to us by hp, the ultimate response to those that prayed and cried and hoped that their would be an answer to the disease that destroyed families for so many years.

Yes we do get emotional at times, but, it is because we have seen so much, and have been frustrated by those unwilling to use this program, the desolation of the world of addiction, the deaths of those needlessly taken from us that we cared so much about, the urgency in which we try to convey these truths to those that would listen.

And its because those that came before us gave so much, experienced so much, relied on each other to survive, and, learned to use this program collectively and individually, that we can not exphasize enough the importance of the na program as was originally taught to us. Those ideals and hopes and dreams have not changed.

In my family of origin I got mixed messages. My mother believed I was worthless and made sure I heard her truth regularly. My dad was loving and tried to be supportive, but he had to do that behind my mother's back...

As I became an adult and slipped into full blown active addiction I was just too oblivious to care. Inside, I was embarrassed but I was truly powerless and somehow I believed they didn't know. I lost my dad when I was out there, barely able to say goodbye. My mother distanced herself after that, and quietly passed away one night.

Needless to say, it's been difficult to get close to people for most of my life. My initial assumption was that no one could really care about me, that I was vulnerable to being used, and ultimately that's what I deserved. It was easy to be a victim. At least then I could be irresponsible and blame others for my condition.

Narcotics Anonymous changed that for me. By working the steps, and becoming a part of the fellowship, attending meetings, and being of service, I have been able to alter the way I view things.

Now I feel certain that I am in the right place at the right time. I understand that challenges make me stronger and I use that perspective when I'm going through stuff. Lately I've become appreciative of my calm demeanor when things get prickly.

I've learned to step up and represent myself in the best way I can. To me, being a contribution is important. Sometimes I have to dismiss my ego and let myself shine, because I am worth it.

I can still confuse myself with the mixed messages of my youth, but the principles of the program give me a map to find my own truth. Today, I recognize that I am at choice. I support myself emotionally by following the spiritual path I began in the program of Narcotics Anonymous. It makes doing the next right thing feel natural and I feel blessed.

I am so grateful for my recovery,
Marilyn G.

Question of the month: What does it mean to be self-supporting?

*To be responsible for one's self, not taking assistance from outside – Jill N.*To take care of your life yourself, and the group take care of itself – Chris S.*We are self-supporting through our own contributions. This keeps anonymity safe – Laurie S.*Being able to take care of yourself financially and spiritually – Richard P.*Paying my bills, taking care of myself. It means I'm free – Linda*Not acting out, seeing my part and when I'm having feelings reaching out – Sandra D.*To be accountable for your recovery; it's a gift. Show that it works – Anonymous*To take care of myself and know when to ask for help – Erica J.*Being able to care for yourself and asking your support group for help when needed – Joyce C.*Being responsible, calling my sponsor, being of service and helping newcomers – Kyle H.*Being of service in any way – Rocky R.

NCCNA XXXIII - Main Speaker SubGroup (con't from front page)

"You can't possibly come up with a more enjoyable service position than listening to speaker CDs. It's like the dream position. And I'm looking forward to attending a convention that has in some small part been a result of my willingness to be of service," Sparky said.

Sparky said he's noticed "a conspicuous lack of personalities" in the working group, "which of course lends itself to unity."

He explained further, "Whenever you're dealing with groups of people in a principled and loving manner, you're going to end up with unity. Personalities get in the way of true service. There's an atmosphere of cooperation and unity in this group."

NCCNA XXXIII will be held at the Sacramento Convention Center on L Street from April 21 to 24, 2011. Put on by the Northern California Region of Narcotics Anonymous.

For more information go to www.norcalna.org.

Activities Subcommittee is looking for volunteers for upcoming events.

See the meeting schedule for meeting times and location

CAPTURE THE BANNER*

Reported by Activities Vice Chair, Lisa S

As of 6/30 the banner was with
Marysville NA

Captures for June

Fresh Start 2

Marysville NA 2

*You know,
t h o s e
a d d i c t s
i n
R o s e v i l l e
h a v e
o n l y
c a p t u r e d
t h e
b a n n e r
o n c e .
Y e p ,
j u s t
o n c e .
W h a t ' s
u p
w i t h
t h a t ? !*

"In order for a group to Capture the Banner, at least 5 members of that Home group must attend the regularly scheduled meeting of the group that currently has possession of the Banner."

**FROM THE TWELVE
GUIDELINES FOR
CAPTURING THE
BANNER**

For up-to-date information on the whereabouts of the banner, call:

***The Banner Hotline number is (530) 633-9686.**

JUNE 2010 CLEAN TIME BIRTHDAYS

Western Nevada County

<u>30 Days</u>	<u>90 Days</u>	<u>1 Year</u>	<u>9 Years</u>
Beverly	Karen	James	Maura
Chelsea	Tammy	Justine	
Shannon	Crystal		<u>19 Years</u>
Joe	Chelsea	<u>18 Months</u>	Brian
Jacob	Stormy	Rick	
<u>60 Days</u>	Denise		<u>27 Years</u>
Prema	Derick	<u>4 Years</u>	Steve A.
Matt	Larry	Amber	
Sean	<u>6 Months</u>		
Chelsea	Stacy	<u>6 Years</u>	
Dorthea	Kelly	Karen	
Victor	Sam	Shannon	
Angie	<u>9 Months</u>		
Joe	Bruce	<u>7 Years</u>	
Sam	Wendy	Rob	

**CLEAN-TIME
BIRTHDAY
CALCULATOR
FOR
JUNE**

DAYS 53,568
YEARS 146

Folsom Home Group

30 days

Kelly
Nick B.
Ken
Mia

60 Days

Katie

90 Days

Sierra

9 Months

Jason B.

4 Years

Kyle C.

5 Years

Eric K.

A Better Opportunity

90 Days

Alex

6 Months

Linda

18 Months

Terri E

4 Years

Joey L

Lincoln Group

30 Days:
Brandon T.
Robert C.

I AM NOT IMMUNED TO FEELINGS OF USING

Originally posted on Facebook by Kevin W. over a year ago.

Hello Everyone,

Yesterday on my way to a meeting I had a strong desire to use. I can only thank my higher power and the fact that I have worked my steps to give me the tools I desperately needed to get through that feeling. Even after 4 years 5 months and 10 days clean I learned that I am still an addict and subject to those feelings. It has been over 4 years since I have felt that way. I got in to the solution immediately. I called my sponsor and grand sponsor, went to the meeting where my sponsor took time out of his evening to meet me and I shared about it. I am doing a daily inventory (10th step) for the next 7 days to find the root of this occurrence that is most likely based on anger and fear. I'm not sure where it came from yet but the feeling has passed and I no longer have that obsession to use. I think my higher power may have been giving me a lesson in humility. Had I not made those phone calls and attended that meeting I probably would not be writing this message and would really be in a world of pain right now. Today I can play the tape through to the end and get through it.

I Love You All.

Olivehurst Group

6 Years
Eric S.

27 Years

Mr. X

Home on the Grange

6 Months
Dolores

8 Years

Mike B.

Your Group's Birthdays

Want to see your groups cleantime celebrations here? Each month your GSR is given a "Birthday Sheet". Volunteer to fill in the names and send them in via mail or email, and we'll publish them for **all** to see!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Don't have a meeting schedule?

Use your phone!

The Sierra Foothills Area of Narcotics Anonymous now has a way to get meeting information, time and place by phone.

(530) 645-1635

Sierra Foothills Area of Narcotics Anonymous Classifieds

Upcoming Events

Sierra Foothills Area Annual



Picnic

Sunday, July 4, 2010

Auburn Recreation Park
123 Recreation Dr
H & I Breakfast
2 Speaker Meetings
Food, Fun
& Fellowship!

11th Annual Marysville Group of NA Riverfront Park Campout

July 9 - 11, 2010

Registration includes campsite,
(1st come, 1st serve) Sat brkfst &
dinner, + Sun Continental Brkfst
Lots of Meetings * Games for
kids & adults * Entertainment
including a play by the
Napa-Solano Players

Olivehurst Group
2nd Annual Campout
July 23-25 @
Sycamore Ranch in
Brown's Valley

American River Area Narcotics Anonymous

25th Annual

Unity Day

Saturday, August 7
William Land Park

Sutterville Rd & Freeport Bl
Sacramento

No Pets Allowed - Service Animals
Only

For more info contact:
unitydaychair@sacramentona.org

Sierra Foothills Area 3rd Annual

"Keeping It Simple"
Campout

August 20, 21, 22, 2010

Big Reservoir
Morning Star Lake
Resort

Foresthill CA

Come and Join us for a
weekend of Fun, Sun,
Serenity and Recovery



Help & Support Wanted

Lincoln Group is looking for a GSR, 1 year clean time requirement and 1 year commitment. Must be able to attend monthly ASC Meeting & Groups Business Meeting that is at 8pm the Monday after the ASC Meeting. If interested please attend our business meeting on July 5th at 8:10pm immediately following Monday Group meeting at the United Methodist Church 629 "I" Street in Lincoln.

Our Choice in need of Alt GSR and support. Lots of newcomers. Meeting is Thursdays 7-8pm at the Methodist Church, 109 Washington Blvd in Roseville.

Auburn Breakfast Group needs an Alternate GSR. Great food and good recovery. We meet at 10 -11:30am at 1590 Lincoln Way, Mary Belle's Restaurant,

New Meetings

"We Found a Home" meets the 1st, 3rd, 4th and 5th Saturday at the Placerville Alano Club, 5810 Motherlode Dr # 4. Speaker discussion.

We Do Recover: First meeting will be July 9th at 2 pm. 1152 B Ave Mental Health/Sierra Room. Flyers will be at the 4th of July picnic.

Looking for the perfect recovery gift?

Get your sponsor/sponsee a gift that lasts a whole year! A subscription to the newsletter! Just fill in and mail form below with a check. It's that easy!

Subscription Form

Name _____

Address _____

City _____

State _____

Zip _____

Enclosed is a \$12.00 check or money order for a full year subscription, twelve issues mailed to your door.

___ Please change my mailing address.

Incarcerated Members FREE, include your ?

CDC# _____ Release Date _____

Please make checks payable to:

"Sierra Foothills Area"

PO Box 621, Grass Valley CA 95945