

The Sierra Foothills Messenger



a Narcotics Anonymous® Newsletter

Now available online: www.sfana.org

January
2012

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~New Beginnings~

A Curse Into A Blessing

“We have become very grateful in the course of our recovery.... We have a disease, but we do recover” Basic Text, p. 8

Active addiction was no picnic; many of us barely came out of it alive. But ranting against the disease, lamenting what it has done to us, pitying ourselves for the condition it has left us in — these things can only keep us locked in the spirit of bitterness and resentment. The path to freedom and spiritual growth begins where bitterness ends, with acceptance.

There is no denying the suffering brought by addiction. Yet it was this disease that brought us to Narcotics Anonymous; without it, we would neither have sought nor found the blessing of recovery. In isolating us, it forced us to seek fellowship. In causing us to suffer, it gave us the experience needed to help others, help no one else was so uniquely suited to offer. In forcing us to our knees, addiction gave us the opportunity to surrender to the care of a loving Higher Power.

We would not wish the disease of addiction on anyone. But the fact remains that we addicts already have this disease — and further, that without this disease we may never have embarked on our spiritual journey. Thousands of people search their whole lives for what we have found in Narcotics Anonymous: fellowship, a sense of purpose, and conscious contact with a Higher Power. Today, we are grateful for everything that has brought us this blessing.

By Angel B.

Staff: Beverly D, Bill M, James A, Angel B, Marilyn G, Vanessa L, **Your Name Here!**

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 it's contributors and staff only, not NA as a whole.



Question of the Month:



What's new in your recovery today ?

Sponsees,service and giving back,how awesome - teresa ** Believing i can recover and i'm worth it - amber c ** having new sponsees and helping the new comers as they come in - sheila c ** this time,i am running an honest program and taking suggestions from my sponsor - aaron e ** i'm a kind loving responsible person, in and out of the rooms - leeanna m ** I need to get plugged back in,or i'm going to die,even if i have five months clean - nuema ** a new thing called life..... on lifes terms - jodi c ** choices, i have them today,all due to the grace of my higher power - vanessa l ** thinking of god when i'm stuck on a problem, not praying for help,just imagining my concept of god - prema ** lifes problems,where i never had a life before,for that ,i am grateful - sarah ** when i think of this time last year,everything is new - sirci k ** feelings and emotions - kari **i met ozzy and we are both clean -anonymous ** i found alot of things i'm grateful for,that i didn't pay attention to 30 days ago -allie t ** sponsorship,working with more women and loving it - tiffany ** i have learned more stuff about my 3rd step and new ways to better surrender patience - mary k ** expanding my support group from different groups in area - chrissy ** hope - toni ** faith,hope,love and my higher power - amanda ** i'm learning something new everyday,life is finally on track - kandi s ** having my higher power continually open doors that i thought were closed for good,which is giving me more princibles to work on - julie w ** i'm participating in it again,i'm growing and change is difficult,love it - gina ** i'm setting more boundaries today and sticking to them - kevin w ** i have never experienced death of someone close to me,let alone in recovery,this is scary to me, i'm going to reach out - eryl ** my perception on life - anonymous ** feeling great and loving life,it feels like a dream - pete beeing myself instead of the monster,the devil wanted me to be - andrew ** i still have to remember that there is something besides my will - carolyn ** a breath of fresh air and a kiss from him for trying - jessica ** seeing my husband grow in recovery - colleen ** humility - eric ** moving forward in my life,even when i feel like giving up - jess ** miracles all around me,boundries,faith and spritual principles - jamie m ** staying accountable - nicole ** acceptance,accepting people for who they are - todd ** graditude for the gifts of the twelve steps - jennifer ** taking care of me,instead of everyone else - beverly d **

**Theme for January's Newsletter:
"New Beginnings"**

Question of the month for February
How has love made a difference in your recovery?



DECEMBER 2011

CLEAN TIME BIRTHDAYS



New Hope

30 Days

Amber S.
Matt T.
Terry B.

60 Days

Jeni B.
Terry B.
Michelle B.
Tony R.
Ryan B.
Charlie B.
Chris G.

90 Days

Bill L.
Heather G.
Rosie

6 Months

Ashley B.
Doreen B.

9 Months

Heather L.
Kendrick O.
Sarah St, C.

1 Year

Nico

18 Months

Collette

4 Years

June I
Sue B.

9 Years

Patrick D.

26 Years

Chris P.

Hugs Not Drugs

30 Days

Scott
Eryn
Shelladie
Colleen

60 Days

Michelle
Julie

60 Days

Paytra
Jake
Mikey B.
Krystal P.

90 Days

Eric H.

6 Months

Larry R.
Clint T.

18 Months

Rosie M.

2 Years

Debbie H.

4 Years

J.C.

Letting Go

60 Days

Nicole
Cady K.

90 Days

Hildon J.

9 Months

Todd

Dopeless Hopefiends

30 Days **6 Months** **16 Years**

Allie T. Stephanie S. brandi K.

James M. **1 Year**

60 Days Tara T.

Chuck B. Tim L.

Western Nevada County

30 Days

Jeff

60 Days

Eric

60 Days

Yvonne

Melissa

Carlie

Jason

Katie

Randy

90 Days

Frank

18 Months

Beverly

Bill M.

Lori

Krista

5 Years

Andy

12 Years

Jim D.

Marysville Group

60 Days **90 Days** **6 Months** **1 Year** **2 Years** **6 Years**

Austin Danyail Patty D. Kayla N. Dustie W. Brandy D.

Chris Eva Z. **9 Months** Taylor W. Daniel M.

Nicole Mike Jesse C. Tracie C.

**Keep Coming
Back,
It Works!**

Saturday Knight Live

30 Days

Westin

60 Days

Athea

Melissa

Mike T.

90 Days

Don

6 Months

Robby

18 Months

Beverly

12 Years

Jim D.

Lincoln Group

30 Days

Gina

90 Days

Amanda

Mark

5 Years

Julie W.

Your Group's Birthdays

Want to see your groups cleantime 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!!!!!!

From where we are, we do what we can. We walk the path of recovery by picking up our feet and taking the step that's right in front of us. Only when that's been accomplished must we concern ourselves with what comes next. Slowly but surely, we'll find ourselves making progress down the path, visibly drawing closer each day to becoming the kind of person we'd like to be.

Just for today: I will walk the path of my recovery by taking the step right in front of me.

From Just for Today, pg 241

Sierra Foothills Area of Narcotics Anonymous Classifieds

Western Nevada County Fellowship of NA
invites you to our annual

Unity Day

January 21st, 2012

Seaman's Lodge @ Pioneer Park
423 Nimrod St, Nevada City CA

Starting @ 10AM with Coffee & Donut Social followed by 11PM Spiritual Speaker. Meetings and Workshops throughout the day, completing with Dinner and a Dance

NCCNA XXXIV A Vision Of Hope

April 5-8, 2012

San Jose, California

SFANA Activities needs support

Meets 2nd & 4th Mondays 7pm
United Methodist Church,
109 Washington Bl, Roseville

Area Service Position

Literature Distribution for
Public Relations

If interested please attend meeting
6:30PM on the 3rd Thur @ Pioneer
Methodist 1338 Lincoln Way, Auburn

~NEW YEAR SPECIAL~
12 MONTH SUBSCRIPTIONS
\$10.00 each!

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PO Box 621, Grass Valley CA 95945

Meeting News

Area Members: **Does your homegroup need support? Planning an event? Other meeting news?**
Let the Newsletter Team know & we'll put it in the paper for you. Snailmail & email info on front page.

**Western Nevada
County Fellowship**
448 Colfax Ave
Grass Valley CA

New Mtg: 9AM Sat

Mtgs Need Support

Mon 5:30PM

Women's Book Study

Thurs 5:30PM

Surprise Speaker

NEED A HOME GROUP?

Primary Purpose Group (PPG)

1212 High Street,
Auburn, CA

Wed Nights, 7:30-8:45 PM
Closed Meeting

New Hope

Speaker Meeting,
Birthdays, & Dance

3rd Fri ~ Jan.20th

Auburn Vet's Hall, 100 East St

@ Perko's, 1000 Plaza Dr, Grass Valley.
If you want to join on Skype, please email
sfananewsletter@hotmail.com. Next meeting Jan.20th.