

Seattle Area Narcotics Anonymous

# NEWSLETTER



February/March 2012

[newsletter@seattlena.org](mailto:newsletter@seattlena.org)

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**24-Hour Helpline**

**206-790-8888**

*Call before you use!*

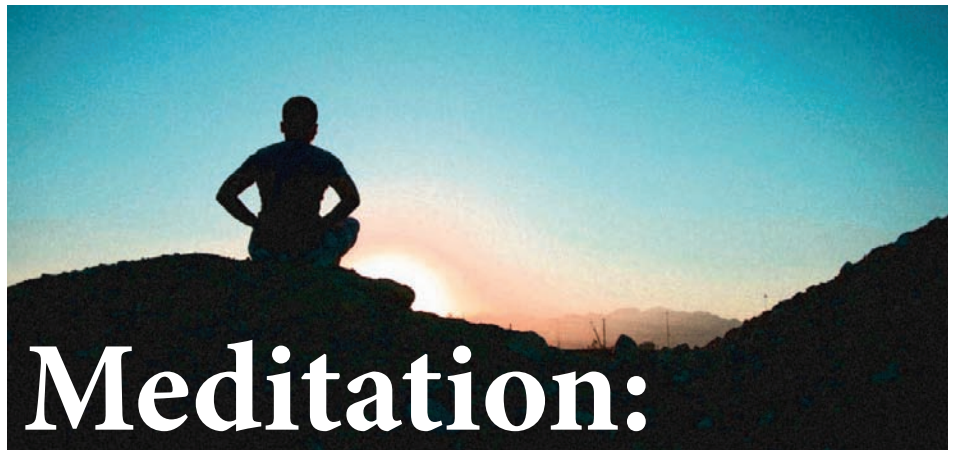
**Seattle Area NA Website**

[www.seattlena.org](http://www.seattlena.org)

**E-meetings:**

[naonlinerecovery.org](http://naonlinerecovery.org)

*The purpose of this newsletter is to keep Seattle Area Narcotics Anonymous members informed of the events and happenings of the fellowship. Every attempt is made to adhere to NAWS guidelines and SASC guidelines for newsletters. The content contained herein expresses the views and knowledge of its contributors, not NA as a whole. Please read this publication with that in mind.*



## Meditation:

### Where Is It?

*by John L.*

I am in the early stages of my recovery (again) and have tried many things except meditation (lately). I hear and read about it in every group meeting I go to, but rarely see it practiced. I want to try this new method in my recovery to see if it helps me stay clean.

I went to my first of two 30-day treatments when I was 20 and in the military. A big part of that treatment was guided imagery, biofeedback, and meditation. That was 34 years ago; I want to try to incorporate it into my present-day recovery, but it is difficult for me. I am distracted and need guidance on what to say, when to do it, who to do it with, etc. I don't want to wait until I reach the 11th Step to start meditation. I want a better way of life! I want to live!

I have read that praying is talking to my Higher Power, and meditation is listening for his answers. What questions do I ask? What kind of answers do I listen for? I am so sick of using — and the behaviors that come with using — and am desperate for a new way of life! Can practicing meditation help me stay stopped and grow in recovery?

I have noticed that some members find it unbearable when there is silence between sharing and seek to end it with double-dipping. I find this quiet time for reflecting on what I have heard at that meeting, and perhaps to listen for my Higher Power's voice.

I had no problem seeing that my life was unmanageable, but it has taken me some time to admit that I was powerless over my addiction.

## One Foot In Front of the Other . . .

*by Cassandra Q.*

It's been about 196 days and my mind is still in a haze.  
It's running so fast, around and around,  
I'm tryin' to remember that this isn't a race.  
It's more like a maze, but I've got a guide.  
I'm so amazed that it stays by my side.  
I know that it placed these things in my life.  
I've got faith that it's gonna be alright.  
It's been about six months and one week.  
The obsession is not leaving me.  
I just sit and pray and try to get through it.  
I know what not to do, because I've done that and  
blew it.  
Don't wanna do that again because I always get beat  
I want to face Victory, not Defeat.

## The Sounds of the City

*by Blumeadows (song lyrics)*

The sounds of the city, do I even care  
Loud sirens and engines invade my air  
Disco blasting from a passing car  
Punk rock coming from a smoky-lit bar  
Then I look up in the sky and just what I see  
A noisy iron bird flying over me  
The sounds of the city  
The sounds of the city can also be a fright  
Gun shots fill up the blackened night  
A man gets shot; Dope deal gone bad  
Blames his addiction on his drunkard dad  
Now he is on the warpath, throughout day and night  
Looking for someone to pick a fight  
Well, he met his match and he is lying in a grave  
Another addict gone, that we might have saved.



***Do you have an article, anecdote, or poem you would like to share with the Fellowship?***

*We would love to hear from you! Send an email to [newsletter@seattlena.org](mailto:newsletter@seattlena.org).*

*Submissions may be edited for length, clarity, or compliance with our Traditions.*



### Recovery One-Liner:

If you're sitting on your laurels, you're wearing them on the wrong spot! –David H.

## Birthdays

Becky G.....2/15/86 (26 years)	Rachel B. ....3/25/10 (2 years)
Ruvim M. ....3/01/02 (10 years)	Jacob H.....3/27/10 (2 years)
Scott M.....2/08/04 (8 years)	Reilly G. .... 2/19/11 (1 year)
Maureen F. ....2/20/06 (6 years)	Tina H..... 3/06/11 (1 year)
David H.....2/26/07 (5 years)	Jerry K..... 3/21/11 (1 year)
Doug T. ....2/26/07 (5 years)	Nick B. .... 3/23/11 (1 year)
Stuart R.....3/09/08 (4 years)	Amanda S..... 3/23/11 (1 year)
Audrey-Rose .....3/31/09 (3 years)	Megan M..... 3/26/11 (1 year)
Brian J. ....3/09/10 (2 years)	

*If you would like to have your annual NA birthday included in this publication, please email the editor at [newsletter@seattlena.org](mailto:newsletter@seattlena.org). If you do not have access to a computer, feel free to call or text (206) 605-2605. The cutoff for the April/May issue is March 25th.*

*Congratulations!*

## Recovery Word Search

A R D B H F W A L E E F A O X  
 H I H Y U Q A B L M U N C C C  
 S K F T O H K B L W A Y X Q D  
 M E U E F I A G O D Y T R Y B  
 T R L W V D G G N G S I E A F  
 E N R F N A N F E M I V S E R  
 D Q E E I I L E L Z Y I Y N E  
 P P P M T S R E I N C T C M E  
 Z E W P E Q H V N T P P K C D  
 D I M Q W G H F E T T A F C O  
 K E R O B V D X S T I C Q E M  
 T B K I Y L T U S U S N E T C  
 F O R G I V E P J E C A E P O  
 D I S A P P O I N T N G P S X  
 N O I T I D A R T N E A Y R X

BASIC TEXT  
 CAPTIVITY  
 DEPENDABLE  
 DISAPPOINT  
 FORGIVE  
 FREEDOM  
 FUTURE  
 JUDGEMENT  
 LONELINESS  
 PAST  
 PEACE  
 SELFISH  
 TEMPTING  
 TRADITION  
 VALENTINES

## Meetings

New meeting on Tuesdays named **Mid-Morning Meditation** will be from 10:30 – 11:30 A.M. at the Little Yellow House. Twenty minutes of meditation followed by sharing. One hour long.

### Free At Last

Tuesdays and Thursdays  
12:00 – 1:00 P.M.

Seattle First Church  
4401 2nd Ave NE, 98105  
(Bus # 44)

In the Wallingford neighborhood, behind the 45th Street Dick's Drive-In. Enter church on the 44th Street side through Mosaic Cafe. Go upstairs in back of the cafe and follow hallway to room in north-west corner of church. Parking is available on the street or in the church lot.

## Service

### Opportunities

#### SINAC

Committee meetings are at the First Church of the Nazarene, 4401 2nd Ave., 98105, on Friday, February 17th at 6:30 P.M.; Saturday, March 17th at 2:00 P.M.; Saturday, April 14th at 2:00 P.M.; and Saturday, May 12th at 2:00 P.M. For contacts and more information, check out the website at [SeattleNAconvention.org](http://SeattleNAconvention.org).



## Upcoming Events

### O'hana Luau

Saturday, February 18th  
Newport Covenant Church  
12800 Coal Creek Pkwy SE  
Bellevue, 98006  
Morning speaker 10:00 A.M.  
Workshops 11:30 A.M.  
Luau 4:00 P.M.  
Evening Speaker 6:30 P.M.  
Presale tickets \$20 (kids 12 & under \$10); \$25 at the door

### Talent Show/Taco Feed

Saturday, February 25th  
5:30 P.M. (dinner at 6:00 P.M.)  
Philadelphia Church  
7704 24th Ave NW, 98177  
\$10 admission  
Talent acts: please register via email at [unityday2012@gmail.com](mailto:unityday2012@gmail.com)

### Seattle Area Unity Day

Saturday, April 21st  
Seattle Center  
Basic registration: \$15 before March 31st, \$20 after  
Full package (includes basic registration + dance and dinner): \$45 before March 31st, \$50 after  
For more information, email [unityday@seattlena.org](mailto:unityday@seattlena.org).

## We need your ideas, talent and input!

The Seattle Area Newsletter needs your touch!

It can be a personal story of how you, the Fellowship, or your Higher Power helped to get you through a tough time; your views on a particular quote from the NA literature that you happen to like; or a simple expression of gratitude.

You do not have to be a professional writer, and please don't worry if you think you can't write well enough — we will be happy to make any spelling or punctuation corrections for you. The important thing is that you will be sharing your recovery with other addicts. After all, we can only keep what we have by giving it away.

The length of your article isn't important, either. The only real criteria for submissions is that they reflect the message of Narcotics Anonymous and stick to the identification of ourselves as addicts suffering from the disease of addiction.

Email submissions to [newsletter@seattlena.org](mailto:newsletter@seattlena.org). Thank you for your time, support and for getting involved. Hugs and luvs!

