



Volume 5, Issue 1

January — February — March, 2008

South Central Area of Narcotics Anonymous

Try Recovery Times



NA SERVICE

Everything that occurs in the course of N.A. service must be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers. It was for this reason that we began this work. We must always remember that as individual members, groups and service committees, we are not and should never be in competition with each other. We work separately and together to help the newcomer and for our common good. We have learned, painfully, that internal strife cripples our Fellowship; it prevents us from providing the services necessary for growth.

~ Basic Text

NA Service



I Have Already Done That

NA SERVICE

I was railroaded into service work thirty days after my first NA meeting. I will never forget that night that I was asked to become the chair of the Friday night meeting held at Lutheran Hospital. My first response was, "but I have nothing to offer" and my first thought was I have nothing to say. I am so glad that the NA train stopped and whistled for me because SERVICE saved my life.

There have been many times that year long service commitments have really interfered with my life, with my sleep, because it was too cold outside, or I was just angry at someone that I did not want to work with let alone sit in the same meeting with him.

Today, I feel so glad that I was able to get out of myself long enough to stop and get on the NA service train. I have found that I can be angry and mad and still be productive in NA service. This Twelve step program has really saved my life.

The point that I am trying to make is that service was and is today a lifesaver for me.. I do try to practice what I preach.

So, if you are really looking a way to get something out of this program, try giving back something by participating in NA SERVICE. We only kept what we have by giving it away.

~ Signed NA, my friend forever.

I HAVE ALREADY DONE THAT

(The concept of re-service). Warning: this article is directed to members Of



Help!

SCANA that have been have been around awhile. It may contain the truth.

I've already done that. I've served time in that position. I don't want to go to Area. Can't we get a newcomer to do it? I've got too much going on in my life. I've got a life outside of N.A. How long do I have to do it? I have a sponsor that would be great for that job. I'm burnt out on service. I already have to much to do at Area. I already have too much to do at my home group. I have to check with my sponsor and I will get back to you. I'm in a relationship now (or again).



HELP

Any of this sound familiar? Have you ever heard any of this or found yourself saying these things?

At some time in my recovery journey I might have said or thought any or all of this but, I must remember one thing. When I first got here no one ever said they were too busy too help me. Do we addicts remember that we are now busy with things we never thought possible while using, and we are not using because of the help we found in NA and are now too busy to



help.



Help

As addicts we sometimes have overloaded ourselves with service to the point of exhaustion and certainly frustration. Remember we overload ourselves on all sorts of things, even being clean. It's not all about the drugs.

As an addict, I can become complacent, I can become lazy. As a clean addict I can rationalize all sorts of excuses for my inaction. As an addict I can forget the words of my sponsor about finding balance.

Where would our area and our groups be (and thus where would we be) if everyone just did one service position one time?

Addicts being of service have helped each and every one of us when our tails were falling off and the only thing asked of us in return was to keep coming back.

Our area, SCANA- yours and mine needs service help from the groups to the sub-committee level. We need people who have done it before as much as the new members if for no other reason then to show them how it is done.



HELP

Check with your sponsor, check with your higher power, and check the help wanted listed in this issue and remember balance. And do some re-service.

For this addict "I've already done that" or "I don't want to go to Area" is me being selfish and too lazy to do the next right thing. Remember someone being of service helped you and me when we could not help



HELP!



SCANA SERVICE POSITIONS

HELP WANTED

Qualifications: The desire to keep what we have by giving it away. The pay-off: increased clean time, the serenity of helping someone through something that has happened to and you both stay clean, friendships that otherwise not have happened, a stronger home group, a stronger area, more phone calls to your sponsor, and tolerance.

SCANA GROUPS

There are three (3) trusted servant positions that are usually filled at the group level. These positions usually ask for a one year commitment. Here is a brief description; Group service representative (GSR). The information listed below is from the Group Booklet. GSR's provide constant, active influence over the discussions being carried in the area service structure. This communication is in a two-way form. Issues affecting all groups are brought for input and a group conscience, and group concerns and issues flow upward in the structure to area. The GSR carries the message to addicts in both directions. Many groups have a GSR alternate to fill in if the need arises. Most of us know the GSR's as the person that reads the NA announcements at meetings.

Treasurer: From the NA group booklet. When the group consolidates responsi-

bility for all it's funds to a single treasurer, the group makes it easier to account for the contributions it receives and the expenses it pays. It is usually that person that passes the basket at the meetings.

Secretary: The secretary takes care of the physical affairs of the groups meeting location and conducts the monthly business meeting. The coffee you drink, the chair you sit in, and the literature you pick up and read was put there by the group secretary.

SCANA SERVICE POSITIONS

All subcommittees need members

Listed is a brief description of SCANA subcommittees:

HOSPITALS AND INSTITUTIONS:

The H&I subcommittee carries the message of hope and the promise of freedom to individuals that for a variety of reasons cannot get to our regular group meetings. This subcommittee meets at 1:15 p.m. the first Sunday of each month.

PUBLIC RELATIONS :

PI is in charge of getting the NA message out to the general public and others in the NA service structure. They do presentations, mailings, conferences, fill literature racks and much more. Meets at 10:30 a.m. the first Sunday of

each month.

ACTIVITIES: The SCANA area hold a recovery function or activity each month. No addict is ever turned away in SCANA due to lack of funds. These include; Memorial Day picnic, annual campout, fall bonfire, holiday dinner, and dances and speaker throughout the year. The activities committee plans these events and then does the legwork to make these functions happen. Meets at 12:15 p.m. the first Sunday of each month.

LITERATURE AND ARCHIVES:

This subcommittee reviews possible new NA literature, conducts workshops, publishes a quarterly newsletter, and maintains the area archives. This committee is fun-filled and it rocks. It meets at 9:15 a.m. the first Sunday of each month.

Note: Many of these positions may or may not have a clean time requirement. But, there is no clean time requirement to become a member and to get involved and serve others.



SERVICE NEEDED

AREA POSITIONS:

Literature and Archives

Alt Editor, Secretary Archivist

Public Relations

Chair, Vice Chair, Lit. rack coordinator, Lit. rack co-coordinator, Flyer coordinator, Phone line volunteers, 12 step volunteers.

Activities

New members

GROUP POSITIONS:

Monday 7:30p.m. - "Truth or Consequences" - needs - Secretary

Wed. 7:30p.m. - "We Found Hope" needs - Group Service Representative Alternate

Thurs. 7:00p.m. - "Principals of Recovery" needs- Secretary and Group Service Representative.

Friday 12 noon - "Found A Way Out" needs- Treasurer and Group Service Representative.

Friday 7:00p.m. - "Free Addicts Recovering Together" needs - G.S.R. Alt.

Sunday 7:30p.m. - "Eastside Recovery" needs - G.S.R. Alt.

Saturday 9:00a.m. "Basic Text Study" - All positions open

We help others when we participate in service work and try to carry the message of recovery to the addict who still suffers.

We learn that we keep what we have by giving it away. Pg. 56 - Basic Text

Proper Service is "Doing the right thing for the right reason." pg. ix. - Basic Text

Service work is carrying the message to the addict who still suffers.

IRCNA in Des Moines in 2009

It Started Over Coffee After A Meeting

According to one seasoned, grizzled, SCANA member, wearing paint-stained shorts and a stocking cap it came about over coffee. Four to five addicts were fellowshiping after a meeting discussing what else, our area and says to increase unity.

It was suggested that we should try to host the Annual Iowa Regional Conference of N.A. (IRCNA) here in Des Moines in 2009.

IRCNA was last held in Des Moines in 1999.

The idea was brought to several groups at business meetings and a meeting was scheduled for and announced for all interested persons. The Committee was formed at an Area meeting in December 2007. The committee usually meets at Caribou Coffee on Ingersoll Ave. in Des Moines, Iowa.

From these humble beginnings last fall, an IRCNA bid package from the SCANA Area in Des Moines was presented at the Iowa Regional Service Committee meeting held February 16, 2009. Now the waiting begins. The successful host Area will be announced at the June IRSC meeting.

The committee of a dozen or more members have met a half dozen times and selected a theme of, "We Are Each Other's Eyes and Ears," and would be held the first week of July in 2009.

Various hotels were revisited by committee members and a decision on a hotel was reached several times.

Look for the next committee meeting to be announced at your home group.

SCANA Hosts Iowa Regional Service Committee meeting. (IRSC)

SCANA recently hosted the Iowa Region of N.A. service meeting. The event took place on Saturday, February 16, 2009. It was held at Link Associates— in Des Moines.

Just like our Area meetings, sub-committees (Literature, Hospitals and Institutions and Public Information), met throughout the day, with a general business meeting of trusted servants of the area within Iowa in attendance. The IRSC meets four times a year at various locations around the state.

Topics discussed in the open forum and business meetings included: the increasing amount of new literature being generated by N.A. World Service, insurance and liability issues, the conference agenda review, IRCNA bid proposals, IRCNA banners, creating and keeping unity in member areas, various interpretations of Robert's Rules of Order.

Lunch was prepared, delivered and served by loyal SCANA members. The next IRSC meeting will be held in June and an Area location to be announced.

CAR (Conference Agenda Report) Gathering held in Des Moines

An N.A. C.A.R. Conference Agenda Report gathering was held in Des Moines on February 17, 2009. The event was held at 3500 Kingman Blvd. Although the weather was cold and icy, addicts from Des Moines and around the state gathered for this service commitment.

Topics for the 2008 N.A. World Conference are presented at the group Area level. SCANA will hold a C.A.R. gathering in late March 2009. The Area conscience will be carried by an regional delegates to the Iowa Region C.A.R. meeting held in Marshalltown, Iowa on April 5, 2009.

Topics discussed included bronze and silver medallions, roman numeral and Arabic numbered medallions, basic text - edition 6, proposed new literature and an outstanding legal issue.

Stay tuned to your local home group for the time and locations of the SCANA Area CAR gathering.



Upcoming Events

St. Patrick's Day Dance

Sat., March 15, 2008 at Link Associates Meeting at 7:00 p.m.
Dance to Follow.

Sat., April 19, 2008 at Link Associates

H. & I. Learning Day 1:00 p.m.

Public Information Learning Day 4:00 p.m.—6:00 p.m.

All at 4301 N.E. 14th st., Des Moines, Iowa

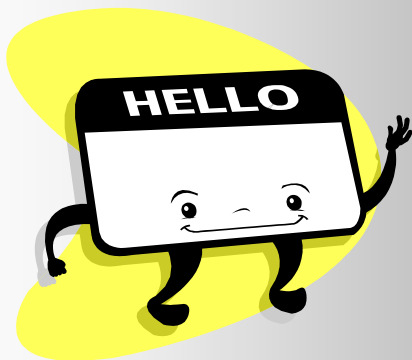
Iowa Region: CAR gathering Sat., April 5th - 2008 in

Mashalltown, IA. Location to be announced. Members from NA Areas around the state will meet and form a conscienc for the 2008 Conference Agenda Report (CAR).

Scana annual Memorial Day Picnic - Walnut Woods State Park. Don't miss one of the largest Area events. Totally free event. Family atmosphere with kids in a park setting. Side dishes to feed more than several people. We have plenty of chips.

IRCNA: The Iowa Region N.A. Annual Conference - This is held in Waterloo, Iowa. The dates are July 4, 5th and 6th, 2008. Speakers, Workshops, Marathon meetings, and addicts from around Iowa and beyond. Registration available at most N.A. meetings.

SCANA Annual Campout usually held Mid August at Campground #4, Jester County Park near Grimes, Iowa. Camping, workshops, fireside meetings, huge mowed field for kids to be kids in, and lots of fellowship at this annual event. More to be announced.



Getting Involved

The SCASC Literature Committee and the staff of the Try Recovery Times encourage you to submit articles, poems, or drawings expressing your recovery experience, strength and hope for publication in subsequent issues of the Basic Newsletter. We do, however, request that you fill out the following release form when submitting.

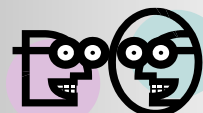
I, _____, give permission to the Basic Newsletter to print the accompanying material. I also give permission for the editing of syntax and offensive or "non-specific N.A. language." I am aware that content will not be edited. This release form is valid only for publication in the Basic Newsletter.

Signature _____ Date _____ Phone number: _____

Please deliver or mail to: Try Recovery Times—Literature And Archives Sub Committee

P.O. Box 743, Des Moines, IA 50306 ♦ Do you want your first name last initial at the end of you entry?

YES NO



**Dopeless
Hope fiends**