



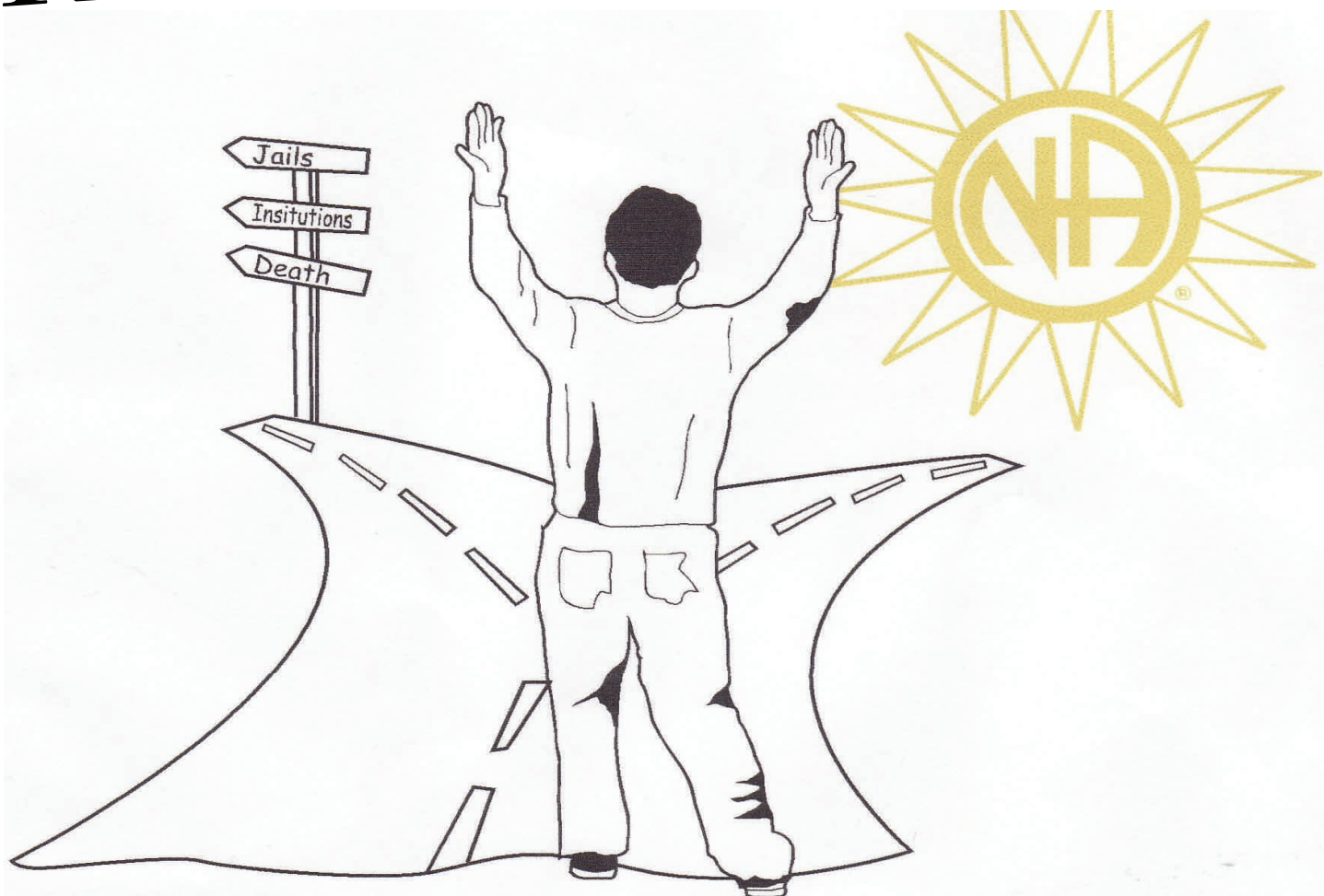
Volume 5, Issue 3

July-August-September 2008

South Central Area of Narcotics Anonymous

Try Recovery Times

Recovery is a Journey



In this issue:

IRCNA XXVI (2009) is coming to Des Moines
Iowa Region and SCANA P.R. rocks at the Iowa State Fair !
Complete list of upcoming events : local and out of town

RECOVERY ON A STICK

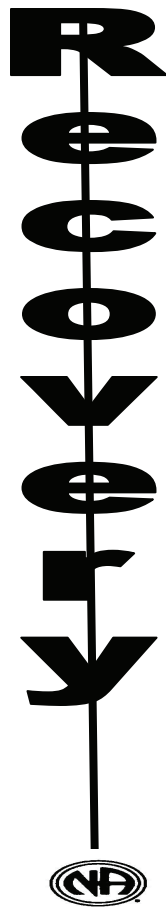
There was something new at the Iowa State Fair. . . "Recovery on a Stick". For the first time NA had a booth at the Fair. Recovering addicts from across our state staffed the booth for the entire length of the fair. They all had an insightful experience. They shared laughter, smiles, tears, and most of all, hope, as professionals, law enforcement, friends, family, and concerned citizens shared stories and appreciation with the staffers. Experiences were varied, to each individual sharing, but similar because of addiction.

One addict was asked "What are you getting paid for your time at the booth?" They had to think for a minute because they could not explain that no amount of money could ever cover the benefits and rewards they have received from NA.

Then there was the family that walked quickly by, looking in another direction, and just as quickly a child's hand reached out, snatched a flyer and said, "My Daddy really needs this information."

And there was the tweeking lady that was talking crazy on her cell phone to get her "friend" to come pick her up. It appeared that she was unaware of where she was or what was happening. The next day she was back at the booth getting information on recovery. Tears and hugs were shared.

One man shared his story as three staffers shed tears of understanding and hope for him. Another talked of her father's abuse of drugs causing physical and emotional abuse to her and her sister. Then the reunion they had years later when he was in recovery and made amends. Many people spoke of family and friends that have found recovery in NA and how much



gratitude they have for the NA program and fellowship.

There have been sightings of some of the folks that stopped by the booth at meetings. We will never know for sure what effect they had on people still using, but some of the feedback from the people that were working the booths near the NA booth reflected a very positive story. 1,400 plus pieces of material were handed out to addicts, professionals, law enforcement, and others.

Many of the people that stopped the booth were impressed but the proficient manner NA representatives presented themselves. As one addict related, "this experience has shown how the Iowa region of NA has grown in cooperation and responsibility".

The event was a success by all accounts. Thanks to all.

ONE ADDICTS RECOVERY ROAD TRIP

My first IRCNA was in Cedar Rapids in "05" and it was suggested that I follow my sponsor so I didn't get lost. It was a great experience. In "06" I was stoked for IRCNA and followed my sponsor and his wife to Carter Lake, as I did in "07" to Sioux City. Following my sponsor has been a suggestion I've followed since my recovery has began.

This year I rode with several others and was fortunate enough to witness another addict's 1st IRCNA. For myself the workshops are mandatory. . . all the rest is a gift.

As heard by an addict at meetings

It isn't the load that breaks us down, it is the way we carry it.

Impatience is the opposite of serenity. As hard as we try, places, people and things change at their own pace. You may plant the seed but God decides when the fruit is ripe enough for harvest. God grant me the patience to accept that the only thing I can change is me. And the seed of your recovery will bear the fruit that all will harvest.

You can't solve a problem with the same mind that created it.

If the disease of addiction can be arrested, then it can be bailed out.

I'm not who I was, and I'm not who I want to be, and aren't recovery goals great.

TODAY

The future won't happen till tomorrow. Today is not someday, it is only today. Subtract one day and it's called yesterday. Add one day and it's called tomorrow. Today is called the present. Presents are gifts we are given by another. Today is a gift God gives us to discover what's inside. When you look at today as an opportunity to learn, you are never wrong, though you can be occasionally mistaken. Dreams are the colors God gave the darkness to show that we'll have faith tomorrow.

The difference between being a member and being a guest is a member takes active responsibility; a guest listens and leaves appropriately

What we see depends mostly on what we are looking for.



SCANA is hosting IRCNA and NEEDS YOU



Hey Artists—Take a look



And listen up



The IRCNA 26 Planning Committee is looking for individuals with artistic or graphic arts ability to submit ideas for the logo for next summer's convention to be held in Des Moines.

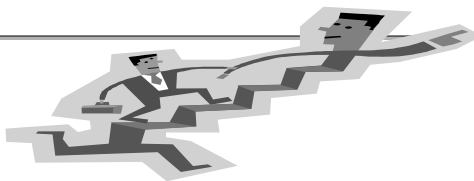
The Theme: **"WE ARE EACH OTHERS' EYES AND EARS"**

Please mail Submissions to the following address by Oct. 15, 2008:

IRCNA 26
P.O. Box 30143
Des Moines, IA 50310

Question? Pat D. 515-778-8524
all or

All entries will become the property of IRCNA 26. We may use part of your design.



Don't wait for your sponsor to suggest it.
get involved now!

IRCNA XXVI (26) ARRIVES AT DES MOINES on July 3, 4, & 5, 2009

The Iowa Region of Narcotics Anonymous will hold its twenty-sixth annual convention (IRCNA) July 3, 4, & 5, 2009. The host area will be the South Central Area of Narcotics Anonymous and the convention will be held at the Airport Holiday Inn in Des Moines, Iowa.

The idea for this convention goes back to fall of 2007 when a group of addicts having coffee after a meeting were actually paying attention to what a bicycle-riding, triathlon competing, paint-stained short wearing member of SCANA had to say. (Go Figure) This fun group of people sparked interest at group meetings and around that time area GSR's voted to submit a bid for the 2009 convention. A convention bid package that included hotel location, cost, convention theme, chair of the committee, treasurer, and even banquet accommodations had to be compiled and submitted at the 2008 February's meeting of the Iowa Region.

After a heated competition and a change of convention theme the IRCNA Adhoc committee recommended to the Iowa Region of NA that SCANA was their choice.

OK so now what, we got the bid and everything is good? Well sort of . . . Yes we have it, but as some addicts' sponsors like to say, "now the real work starts". Members involved with other conventions say that from the start to finish as many as 80 to 100 different individuals will perform some task relating to the convention. As anyone that has been a group secretary or chairperson of a committee knows: NA meetings and functions don't just happen. People are needed at all levels and most importantly members with all levels of clean time can get involved and are accepted. This will help make this convention a "WE" process of success and more importantly FUN!



UPCOMING EVENTS

SCANA ACTIVITIES PRESENT

- Second Annual Fall Campout, Lake Ahquabi State park, Sept.12-14,2008. Camping, fellowship, workshops.
- Sept. 27, 2008 Serenity and Unity Dance. Meeting at 7:00,dance to follow. Wakonda Christian church 3839 Fleur Dsm GSR orientation in afternoon.
- Scana Annual Bonfire Oct. 11, 2008 16 miles S.of Army Post Rd. on SW 9th. Fire starts at 7. H&I learning day in the afternoon.
- Nov. dance :date and location to be announced. Dec. holiday dinner and dance. Date and location to be announced.
- Public relations East-side flyer flood day. Sept. 20 Meet at ASO 35 and Kingman !0:00 a.m. Doughnuts provided. All members welcome
- IRCNA Convention committee meetings: Sat Sept.20, Sat. Oct 25, Sat. Nov25, Sat. Dec20. All meetings at 5:00 p.m. and will meet in the board room of Caribou Coffee on Ingersoll Ave.
- SCANA ASC: Policy review and area budget review: date and location to be announced. Listen for flyers.

OUT OF TOWN

- November meeting of the Iowa Region of Narcotics Anonymous. Algona, Iowa
- November; Shake Your Tailfeathers . HANA's annual turkey fry and NA gathering. UAW hall, Marshalltown, Iowa meeting at 8;00 p.m.
- NCIANA 27th Anniversary Celebration. Sept 13th, 2008 St. Paul's Lutheran church, 329 E. State St. Mason City, Ia. PR learning day 1p.m. Dinner at 6p.m. Candlelight Meeting at 8:p.m.

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How? Go to the committee meetings. Just show up and do it. If you don't like the meetings and/or the people there find someone who you do like and tell them you will help out. The time and dates for committee meetings are listed above. There are enough jobs for everyone to find a place to fit in. Nominations for convention committees are open until the end of September. These include: Hotels & Hospitality, Entertainment, Registration, Programming, Arts Graphics, and Merchandising. Don't wait for your sponsor to suggest it. Get involved now!

SCANA needs to congratulate itself for a job well done were in securing the bid.

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



We can only keep what we have by giving it away!