

March - April - May 2009

South Central Area of Narcotics Anonymous



Looks at what inside. . . Plenty of fun stuff to do in NA

Try Recovery Times



FUN is a BIG Word

Greetings Family,

I am a grateful recovering addict who thanks GOD for a daily reprieve of the life I used to live (exist). In SCANA Area, I am blessed to be friends with an artist, who, over the years delighted many addicts with homemade gifts of carvings, shirts, wall hangings, all done free hand. The fact that he gives away his artwork is another example of what NA can do to the average addict, (and since a lot of us never considered ourselves average. . . When we were out there, we were always unique). . . The self-less giving from this man is awesome!!

So what we're planning on doing is taking blocks of wood, coming up with slogans, saying and words, all gotten out of our "Basic Text", and "Just 4 Today" Books. I get to help come up with words and slogans and his part is generating the work of beauty from an ordinary block of wood!

To me, today, hanging out with recovering addicts is the only way to have fun! This is great fun to me, today there's "comfort" hanging out with other recovering addicts, a foreign concept to me while I was using. The other evening, another recovering addict and myself did an evening to recovering of eating dinner, dancing and listening to a recovering speaker.

I find JOY today in being a "productive" and not destructive member of society! Another one of my favorite pastime is

gathering with other recovering addicts and go bowling or going to "All Play", which is the equivalent to an "adult Chuckie Cheese" play area. It's a lot of fun to be active in public places with others!!

You know, there's also a lot of comfort in the fact that I, as well as a lot of others, are NOT shy about picking up the phone today. When I least expect it, I'll get a phone call or a text from a wonderful example of a recovering addict, because she is soooo caring and non-judgmental and ALWAYS seems to call at "just the needed time"!! I've got a few of those "ESP" people in my life. Of course, I don't believe in ESP, but DO believe GOD works through people and I get to reap the benefits today!

My idea of "fun" today, is NOT having to worry about where my next "whatever" is coming from, how I will eat today, where or if I will sleep, who do I have to hide from. . . Etc. . . We all know this hell from whence we came. . . Today, I can wake up CLEAN. . . In my own apartment, in my own bed and in my own mind! Yeah, today life in general is FUN!!!!

F antastic
U nder HP
N arcotics /anonymous



My Idea of Fun

Several things have changed since I came into recovery. I don't know when my idea of fun changed, but I know today that not only has it changed, but I really know what fun is.

I used to think I knew a lot, but I didn't. I thought I used to have fun all the time, but I am leaning that the lies I told myself were really good ones. It took a lot of persuasion by the judicial system to convince me that I was in need of a life change.

When I came into the program of Narcotics Anonymous I was more or less forced to go to meetings whether I wanted to or not. I knew what I needed to do but knowing something and doing it are two completely different things. After coming around awhile I thought I had fun going to meetings. I thought I had fun doing service work. As I said, I thought I knew more then I did.

A Judge ordered me to make a list of things I did for fun, but I wasn't to include meetings or service. I only had to come up with ten things, but I lacked the two things that were becoming a major part of my life. After a short period of panic, I remembered something my sponsor told me when we first began to work the steps.

I was told that I needed to get me a dictionary so that I could look up the big words I used but didn't know what they meant. I figured that fun wasn't large in size, but it is used a lot. I figured that its meaning and use qualified it to be considered a big word. After looking it up in the dictionary, I was able to complete the assignment with out a problem. Once I found out that I was having fun just doing the things that I was suppose to do, I could have listed a hundred things.

Thanks to Narcotics Anonymous my list continues to grow.

More Fun For Our Fellowship

S.C.A.N.A. Activities Presents:



St. Patty's Dance

Saturday March 21, 2009 Link Associates 4301 N.E. 14th
Meeting @ 7 PM Dance to follow \$7 suggested Donation



NA Learning Day

Saturday March 21, 2009 Link Associates 4301 N.E. 14th
1-3 PM H&I Workshop
4-6 PM Phone line Workshop



Adults Only Formal Dinner/Speaker

Saturday April, 18, 2009 Place to be Announced

Memorial Day Picnic

Monday, May 25, 2009 Ewing Park N. Shelter, 5300 Indianola Rd.

Activities will provide meat & soda, Please bring a side dish or dessert to share

Food serviced around noon; Meeting @ 2PM

This is a Free event!!!!



I.R.C.N.A. 26 PLANNING COMMITTEE

Saturday, March 14, 2009

All Sub-committees to meet at 12:30 to 2 PM

Full Planning committee to meet at 2 to 4 PM

Caribou Coffee Store

3220 Ingersoll

Iowa Regional Service

Saturday, June 6, 2009

Hampton, Iowa

More will be revealed

Beautiful Camp site on Beeds Lake

The above mentioned activities do not happen by themselves. They all need more volunteers to help make things happen. Do not wait for someone to ask you. Jump in NOW and enjoy the FUN of putting an event together for the fellowship.

Find out more online or for help:

N.A. Helpline: 515-244-227

www.southcentralareaofna.org



Registration form for: IRCNA XXVI

Iowa Regional Convention of Narcotics Anonymous

July 3-5, 2009, Des Moines, Iowa

- ◆ Friday & Sat. Workshops & Scavenger Hunt
 - ◆ Dance & Hospitality Rooms
 - ◆ Comedian: Bob Perkell (\$15.00)
 - ◆ And much, much more!!

Holiday Inn—Des Moines Airport

6111 Fleur Drive DSM, IA 50321 *515-287-2400



We Are Each Other's Eyes and Ears

<i>Save \$5.00 by ordering both meals before 6/01/09...</i>	Qty.	Subtotal
PRE-REGISTRATION—————\$20.00		
AFTER JUNE 1ST—————\$30.00		
SATURDAY NIGHT BANQUET—————\$30.00		
SAT. BANQ./SUN. BRUNCH—————\$40.00		
SUNDAY BRUNCH ONLY—————\$15.00		
SATURDAY NIGHT COMEDIAN—————\$15.00		
NEWCOMER DONATION		
TOTAL		

**** PLEASE CHOOSE YOUR MEAL: PORK ___ CHICKEN ___ VEGETARIAN ___**

NAME: _____ **ADDRESS:** _____

PHONE/EMAIL: _____

Would you like to be contacted by e mail or postal mail? _____

Please make checks payable to: IRCNA XXVI

Send To: IRCNA 26 P. O. Box 30143—Des Moines, IA 50310

Contact Person: Chair—Pat D. 515-778-8524 or Vice-chair—Rick LS 515-202-4327

