

Sierra Foothills Area of Narcotics Anonymous

Newsletter - July 2017



This month's SFANA Newsletter does not have a theme. We have two short stories from behind the walls and a very nice submission from one of our own here in the SFANA family. Enjoy.

Events Around the Area

The events calendar for the area is blank for this month so far. If your group is having some sort of activity, shoot the PDF flyer and information to webmaster@sfana.org and they will put it on the website event calendar, and add an event comment on the front page of the newsletter.

Kim's Story

1 year ago today my aunt passed away due to complications from cancer. And while I'd experienced my fair share of loss and death, losing her was by far the toughest. My aunt was the most amazing and positive person in my family, we shared a special bond that no one could ever break.

I only had 4 months clean at the time, but I was there for her and I was by her side and clean when she died. This was the biggest blessing I'd been given in recovery. I'd spent so many years being absent from family prior to all of this, but I was given a

chance to be present. For that I'm eternally grateful.

Through her death, and funeral which took place a couple months later, I didn't pick up, I didn't use, and I stayed clean. Now, I'd like to go on and say that I've stayed clean ever since, but that simply isn't my story. I did make it to receiving my one year chip, but had a slip up shortly after. I never left the program though, and by the grace of God I humbled myself enough to admit my mistake and continue working on a more honest recovery.

As I said, today marks the one year anniversary of my aunt passing, I spent my evening at meetings and received another 60 day chip. My selfish pride told me I couldn't get up there in front of all these people and say I had 60 days again. I was reminded, however, that I wasn't doing it for myself, I was doing it for everyone else. My aunt was one of the most giving and selfless people I've ever known, so today I got to give back to the rooms in her honor.

I've learned a valuable lesson, and that is, I can make it through anything and not use. I made it through one of the hardest experiences of my life clean, and I will do it again. I didn't do it alone though, I was only able to do so with

the help of Narcotics Anonymous, my sponsor and my Higher Power.

-Kim M.

From inside the Walls:

As a young boy I thought being an outlaw was a glamorous life. All I saw was the money and the flashy things, not the struggle and strife.

So, I grew up being a gangster's gangster ripping my shit and getting that Fetty. But when them bracelets clicked and that time was handed down I wasn't fuckin ready. Listening and watching from my O.G.'s I learned.

Staying in that life, the cops would trip me up at every turn. Blaming everyone but myself for the problems at hand.

Just gotta say it took many years for this hard-headed boy to become a man. Bad relationships abounded and shame was a constant feeling.

Until I learned empathy and humility I had a very low ceiling. So, think long and hard and listen well my friend.

If you don't change your outlaw ways there are only 2 ways this shit will end.

If you think different for you I'm wasting my breath, because it may be profitable sporadically through life but that outlaw shit only ends in Prison or Death

By Michael H.

From inside the Walls:

Dimmed lights and blurred faces – fake bills, burned pipes, escaping houses mashed up and traceless, this wasn't what I wanted to be, but you become the company you keep, real shit.

And every time that I get hope I get on to doing something dope, dope isn't full of hope, just the fuel for your coupe down a dead-end road as you cope, making it clear it's harder to steer cause drugs are a slippery slope, a dark hole soaped, with rocks in your socks, and at that point hope sure as shit don't float, but hell is rot this cell and it sure as hell ain't all she wrote, nope.

No home, feeling more alone than being stuck on the side of the road with no phone, so you re-up with a personal pre-nup, or and I quote, "you'll reap what you sow", simply put that is just how it goes, your failures echoed in stereo, when it's really just you are seeing clear in the mirror, mono y mono, a song sung flat, i.e. monotone.

By Stryder W.

Chair Finder – A New Website Feature

Ok, so you are the secretary of a Wednesday evening meeting that is a speaker/discussion meeting. You have the people to chair the meeting for you lined up for the next three weeks. Life is good – and then on Tuesday evening you get a call from the person you have assigned to chair tomorrow night. He can't make it. Now what? Maybe get the old guy to fill in again like you did 3 months ago when this same thing happened? Try to find someone meeting night before the meeting starts to fill in? Or....

Now we have a new way to find chair people for meeting all over the area. If you are willing to share your experience, strength and hope you need to sign up on the website to be included in the Chair Finder database. Once signed up, a meeting secretary that needs someone to share at their meeting can find you, get in touch and invite you to chair at their meeting.

This new system will not work if people don't sign up, so go to the website, mouse over to the information tab and click on the Chair Sign Up Page. Once you fill out the information on the sign-up form and click the Sign-Up button at the bottom, you will receive an email with a link to a form you can fill out additional information if you choose to. It is not necessary to fill out additional information, but if you don't put in your phone number as an example, the only way meeting

secretaries can get in touch with you is via email.

If you are a meeting secretary you can click on the Chair List Page and see a list of the people who have signed up to speak. Clicking on a name will bring you to a page with the contact information for that person. No links are provided in an effort to keep the information secure as possible so you will need to copy down the phone number or email address to contact the person you choose to invite to your meeting.

Everybody should sign up – let's make this work. If it does work there are areas all over the world that could use this feature! Let's lead the way.

NEWSLETTER CALL FOR ARTICLES

The area staff at SFANA are publishing a monthly newsletter and would like two things from you:

Sign in by filling out the form on the website so that you receive the SFANA Newsletter in your email the moment it is published.

Submit articles and stories to be published in the SFANA Newsletter to inspire others to stay clean and keep coming back. Simply write an article and send it to newsletter@sfana.org.

If you, or someone you know, has a problem with addiction please call the helpline at: **(530) 645-1635**