

South Central Area of Narcotics Anonymous

Looks at what inside. . .



Try Recovery Times

Groups: like snowflakes are unique by design but inclusive by creation.

4th Tradition:

"Each group should be autonomous except in matters affecting other groups of N.A. as a whole."

5th Tradition:

"Each group has but one primary purpose - to carry the message to the addict who still suffers."

6th Tradition

"An N.A. group ought never endorse, finance, or lend the N.A. name to any related facility or outside enterprise lest problems of money, property or prestige divert us from our primary purpose"

7th Tradition:

"Every N.A. group ought to be fully self-supporting declining outside con-



Group Stories

Living Clean, Saturday 7:30PM

Gratitude – a feeling of thankful appreciation for favors or benefits received; thankfulness

My home meeting is the Living Clean meeting at Hope Lutheran Church at Jordon Creek every Saturday at 7:30. The group was started by my Higher Power through an addict a little over 3 years ago.

The first meeting I attended was prompted by my son's enthusiasm about his own recovery and the Narcotics Anonymous program. I knew where my choices had taken me in the past but wasn't sure if I was an addict or just a person with poor judgment. I chose this particular meeting because I already knew how to get clean. But I didn't know how to stay clean and more importantly I didn't know how to live clean. I was merely existing, in isolation but always temporarily clean.

I was welcomed with friendly smiles and kind words. I got my first key tag and comforting hug. I listened to the readings and the discussion. I was envious that the members were able to be so honest and open about their experiences. That was something I had never been able to do; to be honest with myself about my life and how I chose to live it. I thought about the key tag and what it said and how I could change things for the better – just for today. Tomorrow is always another day.

I left there knowing I don't have to live a life controlled by drugs. Since then I have made a commitment to attend every Living Clean meeting. I knew why I was brought to this meeting. Because this particular group is one that I know I can be honest with myself in their presence and have nothing to fear. I now have over 90 days clean, a sponsor and have started my step work.

Gratitude only begins to express how I feel about my home group. I am thankful for my home group, my Higher Power and the program of Narcotics Anonymous because without all 3, I would never have the opportunity to learn how to live, clean.

When I started treatment I began going to a meeting and went to many. Some were better than others, but I never felt at home in any of them. I felt a little discouraged as my counselors spoke of the importance of a "home group". One Saturday night I went to the "Living Clean" meeting. When I walked in a lady came right up to me, said, "Welcome" and gave me a big hug! This had never happened to me before. I sat in this meeting and listened to each of the people shared their lives and love for this meeting. WOW! They were warm and heart-felt and uplifting. Afterward everyone hugged me and each other. Then two people, a man and a woman, invited me out to coffee. I was hesitant, but I went. Thank God! After talking to them I began to feel more relaxed, more at ease with myself. They asked me to keep coming back and I did. I have been with this group for 16 months, I am now the GSR. I love this group and these people. I found my wonderful sponsor here. I have people here I can trust my life to. Here lies my solace.

History:

This meeting began in September of 2005. It wasn't my idea. It was my Higher Power's idea. It was placed on my heart to start this group in West Des Moines. When trying to decide a name for the group, I turned to the Basic Text and there it was on page 51. 2nd to the last paragraph: "Yes, we are a vision of hope. We are examples of the program working. The joy that we have in LIVING CLEAN is an attraction to the addict who is still suffers. . . We do recover to live clean and happy lives. Welcome to N.A. the steps do not end here. The steps are a new beginning."

The intention of creating the meeting was to let addicts know that living clean is an option. Come to the meeting. Meet some miracles. Everyone who shows up is a miracle. We started with 2 people. Today we have an average weekly attendance of 15 people. Small yet Strong! I've seen people grow in their recovery. What a blessing.



I am home:

When I first started coming around the meetings of NA, I figured the term "Home Group" just meant whatever meeting you attend the most. I struck around, the more I learned. As with most things I thought I knew, I still had a lot to learn.

The first group I considered my home group was a Wednesday meeting. It was the meeting I never missed. Soon thereafter, I was asked to chair my first meeting on Friday and I became somewhat torn between the two meetings.

When I was asked to be a trusted servant for the Wednesday meeting I set that Group firmly in my mind as my home group. I worked my best to fulfill my duties to the group, but during this time I again learned so much more.

Today, I have discovered that every meeting of Narcotics Anonymous that I attend, I am home. No matter where I have been able to get to a meeting, I have felt at home. The more I have worked the program, the more grateful I am that I have the privilege and opportunity to pick and choose my meetings. I have met others who don't have those options. I am grateful to those people also, because they have shown me perseverance and helped to strengthen my hope.

Today, I know whatever Narcotics Anonymous meeting I may attend, I am home.





Greeting Follow Addicts:

I will apologize right away for my spelling and grammer. When I volunteered to write this I wasn't thinking about the fact that I am not very good with writing and I suck at spelling.

As a member of the Public Information sub-committee, I was interested in reading the report of the internet coordinator, for the month of September. I had heard that this area's web site was hit 5,163 times. When it was suggested that some make a report for the newsletter, regarding the report, I grabbed on to the opportunity.

As the helpline in this area averages 2 to 3 calls a day, I was interested to find out what 172 people a day were looking at. After looking at the report, I discovered more information that I wasn't aware was there.

Here is a little of that was there. As of October 5, 2008, the SCANA web site had received 59,802 hits from 17 different counties. Of course the US led the hit parade, but the Russian Federation was 4th followed by Denmark, with hits from all around the globe. The Us Education Network was ranked 7th right above other Non-Profit Organizations. It makes me wonder what people who lived on the other side of the world were looking at us in Iowa. So I read on.

As I read the charts, it showed that the most usage occupied on Thursdays through Sunday, generally around 6:00 PM. While meetings were the most hit, a close second place is the newsletter. Documents and events tied for third followed by committee, links, and convention links. Then the newsletter is back again and again.

"Broken"

All this time has come and went,
My life feels cold, broken, and bent
How do I pick-up and move on
Prison has left me tattered and torn
Leaving behind a life I once knew,
My head's spinning, what I do,
There's still a battle yet to be won.
Our families wounds need time to heal,
My partner's pain is all too real.
I miss the laughter, joy and fun
I wish my mistakes could be undone.
This ain't over, I will prevail
Then my addiction can go to hell.



"Which are you?"

I watched them tearing a building down,
A gang of men in a busy town,
With a hearty heave ho and a loud yell
They swung a beam and to the sidewalk it fell.

I asked the foreman: "Are these men skilled,
And these men would you hired if you had to build?"
Just common labor is all I need, I can easily wreck in a day or two
What builders have taken a year to do."

And I though to myself as I went my way,
Which of these roles have I tried to play?
Am I a builder who works with care,
Measuring life by the rule and square?

Am I harping my deeds to a well made plan,
Patiently doing the best right thing I can?
Or am I a wrecker, who walks the town,
Content with the labor of tearing things down?
So with this question, I ask
"Which Are You?"

Find out more online or for help:
N.A. Helpline: 515-244-227
www.southcentralareaofna.org

S.C.A.N.A.M.O.S.A. South Central Area Narcotics Anonymous Meeting of Spiritual Addicts

The meeting open the first Sunday of January 2000. The space was provides by a non-profit working with homeless families. We would meet in the basement where there was a fireplace and sofas. WE only had ½ of the basement but eventually grew into the whole space sometimes we would meet upstairs in the conference room if there was a special need or we were having a meal.

At the first meeting there were 8 people (4couples). As far as we can remember there have never been less than 8 people in the past 8 plus years. Most the time we did candle light meetings. People would comment about the feel of great recovery and spirituality of this meeting. The agency would also let us do other functions there, like special meals, committee meetings, New Years Eve function and link ups to the World Convention.

One of the most memorable meeting was a “flood meeting” held on Mother’s Day in about 2004.

S.C.A.N.A.M.O.S.A. decided to do a picnic for all the “mothers” in NA. Little did we know that we would actually get flooded out due to the cold rainy weather.

The non-profit sold the building and the NA meeting was homeless. We looked at many places but none gave the feeling of home, like the basement at 700 Euclid. Soon we decided to meet at McHenry Park until it was too cold or we settled on another place.

The fresh air and little furry and feathered animals kept us going for about 9 months. Some days where hot and some days were cold but it was never “too anything” to keep the addicts away. For the first and only time it was a smoking meeting. The attendance held and we continued to look for the next right place.

This was when a pizza place opened their backroom to us. WE have been at this location for a little over two years.

Recovering addicts still say they like coming to this meeting to get that spiritual feel (and the cinnamon rolls aren’t bad either).

Our group conscience has always been to let our H.P. pick the topic by having the chair flip through the first 103 pages of the Basic Text until someone shouts “stop”. We do all of the readings from the Basic Text (not cards) and follow the 12 Traditions to the best of the group’s ability.

As has been said so many time. . . Come for the cinnamon rolls and coffee, stay for the spiritual meeting and take recovery with you.

The entire members that call this their home group approved this article. They also added a few comments:

“I was will to help start the meeting but don’t expect me to get involved. . . I have only missed meeting due to illness or living outside of Des Moines. I have also gotten involved.”

“The environment is so spiritual you forget you are in the backroom of a pizza place.”

“Our Home Group is the best home group because we work together to help the newcomer feel welcome and want to keep coming back. WE try to provide an atmosphere of recovery which includes walking the walk not just talking the talk. WE try to live the program and apply the principals in our daily lives. If you want what we have come where we go and have a cinnamon roll and coffee too!”

“When the group didn’t have a place to meet, we moved to a park for a while. That was very nice and calming. Being outside enjoying all that God has brought into all of our lives.”

“My Home Group is my place I call home and family. It is always filled with hope, experience and love, the message of recovery.”

“I like trying new meeting.”

“When I came to S.C.A.N.A.M.SO.A.,I walked down those stairs into the meeting place I felt at home right away.

The candles, the couches, the fireplace mantle and that shag carpet gave me the feeling that I was back at my childhood home. I made this group my home group from then on. The other addicts immediately opened there arms and made me fell just as comfortable!”

“It’s a great day to be CLEAN! When I started coming on Sunday mornings in the basement it felt so “homey”, relaxed and welcoming. At that time it was usually that the group of regulars (who were my age-range) showed me that by working this program I could be successful too. These people I could relate to and they give me experience, strength and hope to keep on . I miss that basement sometimes, but regardless, the people still come, it’s grown and now there’s wonderful warm goey cinnamon roll for the taking. I feel welcome here and love this meeting.”

“I’ve been coming to this meeting S.C.A.N.A.M.O.S.A. since it was in the basement and will keep coming to it no matter where it is I LOVE IT!”

“I helped start this meeting back in January 2000, when my “then” wife and I wanted something on a Sunday Morning to have that spiritual connection instead of a church. We asked others, they thought that would be “cool” and S.C.A.N.A.M.O.S.A. was born.”

“My first NA meeting and sponsor came from the basement. I was still in treatment and scared to death. I had to sit in the chair where I could see the door. Soon I had a job and could not attend as many meeting as I liked, however two addicts stepped up and we started going out to breakfast. I chaired my first meeting in the basement. I was shaking to bad but I stayed. This was a very spiritual experience for me. Another was when my partner realized he was and addicted and claimed it in that basement. I will always call S.C.A.N.A.M.O.S.A. MY HOME (GROUP).”



We Are Each Other's Eyes and Ears

Registration form for:

IRCNA XXVI

Iowa Regional Convention of Narcotics Anonymous

July 3-5, 2009

Des Moines, Iowa

- * Pool party
- * Hospitality Room
- * Dance
- * Speakers
- * Game Rooms
- * Dinner

Names (please print):		
<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		
NEWCOMER DONATION _____		
Grand Total = \$		
Address:		
Phone/Email:		

Please make checks payable to: IRCNA XXVI
 Send To: IRCNA 26 P. O. Box 30143—Des Moines, IA 50310

Upcoming Events

Holiday Dance and Dinner

Saturday, December 20th

Wakonda Christian Church

3839 Fleur Drive, Des Moines, IA.

\$5.00 suggested donation—no addict turned away



IRCNA PLANNING COMMITTEE ARE STILL
LOOKING FOR MEMBERS TO HELP.

Watch for flyers on upcoming meeting times. Come
join us and help put together the July 2009 Convention



Iowa Region Committee Meeting of N.A.—Sat. Feb. 21st
Feb. 21st –Sweetheart Dance—more will be revealed

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!**