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Fall 2011
Free Online via Email!

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Clean Times!**

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Idaho Falls, ID 83405
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CLEAN TIMES

Snake River Valley Area of Narcotics Anonymous®

HOW IT WORKS

If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible:

- 1 We admitted that we were powerless over our addiction, that our lives had become unmanageable.
- 2 We came to believe that a Power greater than ourselves could restore us to sanity.
- 3 We made a decision to turn our will and our lives over to the care of God as we understood Him.
- 4 We made a searching and fearless moral inventory of ourselves.
- 5 We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- 6 We were entirely ready to have God remove all these defects of character.
- 7 We humbly asked Him to remove our shortcomings.
- 8 We made a list of all persons we had harmed, and became willing to make amends to them all.
- 9 We made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10 We continued to take personal inventory and when we were wrong promptly admitted it.
- 11 We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- 12 Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

This sounds like a big order, and we can't do it all at once. We didn't become addicted in one day, so remember—easy does it.

There is one thing more than anything else that will defeat us in our recovery; this is an attitude of indifference or intolerance toward spiritual principles. Three of these that are indispensable are honesty, open-mindedness, and willingness. With these we are well on our way.

We feel that our approach to the disease of addiction is completely realistic, for the therapeutic value of one addict helping another is without parallel. We feel that our way is practical, for one addict can best understand and help another addict. We believe that the sooner we face our problems within our society, in everyday living, just that much faster do we become acceptable, responsible, and productive members of that society.

The only way to keep from returning to active addiction is not to take that first drug. If you are like us you know that one is too many and a thousand never enough. We put great emphasis on this, for we know that when we use drugs in any form, or substitute one for another, we release our addiction all over again.

Thinking of alcohol as different from other drugs has caused a great many addicts to relapse. Before we came to NA, many of us viewed alcohol separately, but we cannot afford to be confused about this. Alcohol is a drug. We are people with the disease of addiction who must abstain from all drugs in order to recover.

Dear Addict...



Dear Addict,

I am relatively new at this drug free life and I find that all of the things that led to my addiction in the first place are still with me. I am working the steps for the first time but when ever I am not "busy" doing something all those old ghosts come haunting. I fill time sometimes by getting lost in video games, TV, and other useless and meaningless things just to make them go away. I would like to know what others do that is more productive and positive when the ghosts come calling. Sometimes I find it very hard to chase them away and that is when I get a strong urge to use.

Lately I have had a lot of problems in general and the "ghosts" are coming back stronger than ever. Like many I have tried psychotherapy, helped a lot, ...religion, helped some...medication, helps some...going to meetings, helps some...talking to sponsor etc. But I find it is still a struggle each and every minute of every day. So with almost 2 years clean I am really having a minute-by-minute struggle not to use. I feel like many of these things I am doing to distract myself are almost as bad, destructive and addictive as the drugs. I need some input and would like to know how others have coped with this.

Thanks for the opportunity to ask.

Dear Anonymous,

My name is Kim, and I am an addict. When I feel/hear old ghosts calling: I pray first and ask my Higher Power to take them away; I call someone to touch base with them to see how they are and how their life is going—that helps me to "get out of myself" and focus on someone else.

Service work is also a big help. Calling my sponsor and or going to a meeting and sharing about my problems and find-

ing out how others dealt with a similar issue is helpful. Go have lunch with someone in recovery and have fun is also a good distraction to chase ghosts away. But praying and put little pieces of paper with whatever is bothering me into a "God Can" and praying to my Higher Power to do the next "right thing" is also a good thing to try. Thank you for letting me be of service.

—Kim H., Pocatello

Dear Anonymous, ^{-Anonymous}

Isometimes just sit in my house a listen to the sounds of the beauty that surrounds me. Even if it is just the ticking of an old clock. Any time I meditate in this way, be it a minute or even an hour, I know in my heart that the God of my understanding is out there listening and is helping me to suppress the impulse to use. Hope this helps.

—Charla B., Inkom

What Does



Say?

We feel deeply and experience our emotions at great extremes. We dive into life face-first or hide under the covers, afraid to move. The price of growth for many of us is the awakening of more feelings that we know how to live with. It takes courage and humility to keep from shutting down again. Often, after the fact, we recognize that our negative thinking had cascaded. Perhaps we started with allowing a resentment to fester, and found gradually that were less honest. Withholding the truth gave way to lying, and then sharing got harder, and so forth, until we found ourselves dealing with the consequences of a whole lot of bad behavior. Addiction and recovery are both progressive. We are very rarely standing still. We are almost always either getting better or getting sicker.

We define ourselves by our choices. The decision to have a family means leaving behind the independence we knew before; the decisions not to have a family means that we must find other ways to feel connected to people, and so on. Tradition Seven tells us that everything has a price regardless of intent, and we find the profound truth in that as we move forward in our lives and our recovery. Every choice we make, good and bad, means there were options we left behind. We can get lost in infinite webs of “what if?” as we start thinking about our lives. The Fourth Step warns us about getting caught in the “binge of emotional sorrow” that can result. We come to see ourselves not as we were but as we are becoming. NA helps us to live with the consequences—and the benefits—of our transformation.

Living Clean, pgs. 27-28

There is something in our self-destructive personalities that cries for failure. Most of us feel that we do not deserve to succeed. This is a common theme with addicts. Self-pity is one of the most destructive of defects;

it will drain us of all positive energy. We focus on anything that isn't going our way and ignore all the beauty in our lives. With no real desire to improve our lives, or even to live, we just keep going further and further down. Some of us never make it back.

We must relearn many things that we have forgotten and develop a new approach to life if we are to survive. This is what Narcotics Anonymous is all about. It is about people who care about desperate, dying addicts and who can, in time, teach them how to live without drugs. Many of us had difficulty coming into the Fellowship, because we did not understand that we have the disease of addiction. We sometimes see our past behavior as part of ourselves and not part of our disease.

Basic Text, pgs.80-81

From the isolation of our addiction, we find a fellowship of people with a common bond of recovery. NA is like a lifeboat in a sea of isolation, hopelessness and destructive chaos. Our faith, strength and hope come from people sharing their recovery and from our relationship with the God of our own understanding. At first it feels awkward to share feelings. Part of the pain of addiction is being cut off from this sharing experience. If we find ourselves in a bad place or we sense trouble coming, we call someone or go to a meeting. We learn to seek help before making difficult decisions. By humbling ourselves and asking for help, we can get through the toughest of times. I can't, we can! In this way we find the strength that we need. We form a mutual bond, as we share our spiritual and mental resources.

Sharing in regularly scheduled meetings and one-on-one with recovering addicts helps us stay clean. Attending meetings reminds us of what it is like to be new and of the progressive nature of our disease. Attending our home group provides encouragement

from people we get to know. This sustains our recovery and helps us in our daily living. When we honestly tell our own story, someone else may identify with us. Serving the needs of our members and making our message available gives us a feeling of joy. Service gives us opportunities to grow in ways that touch all parts of our lives. Our experience in recovery may help them deal with their problems, what worked for us might work for them. Most addicts are able to accept this kind of sharing, even from the very beginning. The get-togethers after our meetings are good opportunities to share things that we didn't get to discuss during the meeting. This is also a good time to talk one-on-one with our sponsors. Things we need to hear will surface and become clear to us.

By sharing the experience of our recovery with newcomers, we help ourselves stay clean. We share comfort and encouragement with others. Today we have people in our lives who stand with us. Getting away from our self-centeredness gives us a better perspective on life. By asking for help, we can change. Sharing is risky at times, but by becoming vulnerable we are able to grow.

Basic Text, pgs.98-99



****All statements are solely the opinion of the author and not of NA.****

LETTERS TO THE EDITOR

Hey there, fellow addicts in recovery!
I have 12 years clean and have recently had some things from the past popping into my mind and they won't allow themselves to be stuffed any more. Situations that I kept telling myself don't matter because it is the PAST. There is also some Mom stuff from my past as well that I don't want to deal with. However, sometimes it becomes time to a face thing or things from the past. So I started by writing to someone else in recovery about the problem via the computer. This person gave me some suggestions like write a List of Losses from my childhood; watching sad movies to help me get the crying process going; and when writing about traumatic things from the past to close my eyes and try to picture how or what everything looked or smelled like. I thanked her for all the suggestions she gave me.

“No matter how little or how much time you have the Steps will make miracles happen in your life. I am a miracle: an addict who is clean today.”

All these things that are happening tell me that it is time to work the Steps again. No matter how little or how much time you have the Steps will make miracles happen in your life. I am a miracle: an addict who is clean today. I'm working on repeating positive affirmations to myself. Here are a few that seem to be helping:

“Being myself is glorious.”

“I am the most important person in my life.”

“My serenity deepens as my acceptance increases.”

I've about got them memorized. Here is another one I learned back in the early '90's while in treatment (that I hated for a lot of years).

“I do not need a man to rectify my existence for the most profound relationship I shall ever have is the one I have with myself.”

The amazing thing is that I continued to use for 6 to 8 more years after I was made to memorize this last affirmation.

Back then, I thought the treatment counselor just did not know what she was talking about because drugs were my problem, not men and/or relationships. If I just quit using then my life would be great. The using was my solution back then and today recovery is my solution to whatever ails me.

So, it has been a few days or weeks since I started to write about the things that refused to stay stuffed in the dark, since I decided to share some of my life with you all. I wrote the list about the things from the past – about six to ten things were on the list. I processed it with my first sponsor over the weekend and amazingly enough, I feel better. Although I expected a release of emotions through tears, it turned out to be a different, like a release of tension that I never realized was in me. I got the relief by forgiving myself for being in the wrong place at the wrong time when using and I forgave the people that hurt me so many years ago. I had to pray to my Higher Power to help me to forgive myself and the other people. In between writing this list and processing it, I began writing on my First Step. And if I find that I need some counseling for extra support, I am willing to do that. I was willing to go to any lengths to use, and today I am willing to go to any length to have a better recovery. I am worth it.

Yeah for recovery! Over the years, I have heard other's Experience, Strength, and Hope in meetings, chatting over the phone, or just hanging out having fun. Here are some of the things I've heard: “When light shines on a secret it dies.”; or “Sharing lessens the pain and increases the joy.” and here is a humorous one: “Take the steps not the elevator.” I had the same sponsor for the first seven years of my recovery and worked the all steps with her. I thank her from time to time for being my sponsor. The time has come to work the 12 Steps again with my new sponsor who I have known since I moved to Pocatello on July 31, 1999. My clean date is July 6, 1999.

Abstinence first, finding a Higher Power of my understanding, attending NA meetings on a regular basis and don't use between meetings, finding a sponsor, using the phone lists I got from attending meetings and working the 12 Steps of Narcotics Anonymous are what got me here and if I keep doing the same things I'll stay clean another day. I

ANNOUNCEMENTS!

📍 Meeting Schedule Changes:

*The Driggs meeting now meets at the American Legion Hall on Main Street, Tuesdays at 7:30pm

*The Jackson, WY “Hope in the Hole” meeting is now cancelled.

*The Mackay meeting changed date/time to Sundays at 7:30pm, same location.

ANNOUNCEMENTS!

*The Montpelier Friday night “New Beginnings” meeting is now cancelled.

***New Meeting!** Blackfoot Book Study. Tues. & Thurs. at 7pm, 45 W Bridge Street. Q's: Lisa P., 479-0886

***New meeting in Challis!** Women's Mid-Week Serenity Check. Wed. at 7:30pm at the Rainbow's End Recovery Center, 25345 Hwy 93, Challis.

love all the friends I have met through recovery and miss all the friends that have passed on, whether they were clean or not. Thanks for listening. I grow when I share.

—Kim H., Pocatello

*I have hit the fabled point
the invisible wall
there is nothing between me and the
sunset
a new dawn
a new day
But night falls fast
in the butcher shop of the soul
my armor is wearing thin
and I am tired of being brave
but I am no longer willing to concede
to give up is no longer an option
I have already been to hell
and in that direction I will go no
further
just for today
I fight
another step
another breath
my eyes are fixed on a new direction
from this valley
another summit
from this darkness
a new light
and on this path
I am not alone*

—Anonymous

Short and Long Term Effects of my Using:

I lost my houses and my homes. I've lost countless women and record deals. I lost the trust of my family and my friends. My health has been compromised and I have seen countless people dies. I deadened my heart and killed my soul. I have polluted

my mind with death and suffering, turned my back on God and lost my will to live. I have relished in hatred and destruction, destruction of my self and my surroundings. I have abused all who love me and neglected my children. I have lost all of my memory except the nightmares that haunt me. I sleep only with the assistance of drugs. I torture myself with constantly wit the lies and destruction that was my life looking forward to death. I wished to live no more.

—Anonymous

Today I consider myself fortunate because I have a NA meeting in my town every night of the week, sometimes two.

For example, if I open up the week on Sunday, I would open the evening with a 7pm meeting called "Ask a Basket" where I get to ask a question, any question, anonymously, and get opinions from anyone brave enough to share their experience, strength and hope, and also NA approved literature. It's very eventful and full of care. Monday and Friday, the Phoenix group begins at 8pm with stanch coffee. Going into Tuesday we can join back together at 1:15 at a New Way of Life for kitchen table meeting, or on Thursday you can talk about whatever stick you picked, some people even call what stick they picked their "God-stick." And Wednesday, you get to read the Concepts, How and Why, Basic text and listen to speaker tapes and discuss what had been read, of course. Another Thursday meeting discusses NA recovery. And on Saturday there are two meetings, a women's meeting in the morning and another meeting at night.

Thank you to everyone who makes that possible.

—Anonymous (via text)

I'm Leah and I'm an addict. It's my first time calling the Clean Times submission hotline. But, I thought it'd be easier than writing.

I woke up this morning and I had a few things in mind. I wanted show my gratitude to the people in our area who have strived to keep things ticking around here. Our H&I chair, our vice chair secretary and all of the sub-committees that are around. It takes a lot of effort to you get the message to the addict who still suffers and try not to turn people way.

"It's been quite in adventurous couple of years since I've come walking into the rooms of our area's Narcotics Anonymous meetings 8 years ago. And now with 2 years clean, NA has changed my life--things are so different for me, it's a miracle."

It's been quite in adventurous couple of years since I've come walking into the rooms of our area's Narcotics Anonymous meetings 8 years ago. And now with 2 years clean, NA has changed my life--things are so different for me, it's a miracle.

I was listening to two speaker tapes yesterday. And on one of the speaker tapes she was talking about working with her sponsor regarding her sponsees. Her sponsor started by saying, "Why don't you begin by asking three questions. The first one's what do you want from a sponsor, the second one is what you want from NA, and the third one is where do you see yourself in a year." And I really liked those questions so I use them. I

ANNOUNCEMENTS!

- 🍷 Paul U. celebrated 4 years on 9-11!!! Sorry I didn't get this in on time, just sayin' hello and that I'm still clean!! Love from Florida NA.
- 🍷 Barry J., 9-14, 6 years!!

- 🍷 **Need the following area positions filled:**
 - ***Vice-Chair:** 2y continuous clean time, 1y NA service, and willingness to fulfill other duties are required.

- ***Treasurer:** 3y continuous clean time, 1y continuous employment, and 2y of NA service are required.
- ***Vice-Treasurer:** 2y continuous clean time, 6m

- continuous employment, 1y of NA service and willingness to become Treasurer are required.
- ***Coffee Maker:** Willingness to serve.

never thought that I'd be in the position to become a sponsor, or to even be asked to be a sponsor. And a lot of times through the two years it was like, "I'm not ready. I'm not ready. I'm not ready." It took me a moment before I even felt comfortable being a sponsor, because I'm just a tool for recovery and it's kind of scary thing.

It's as scary as calling the Clean Times hotline and sharing a little of my experience strength and hope. But I thought I would give it a try. It seems with every speaker I hear I can relate to! But there are few that just touch my soul. I feel the need to make known that I didn't get these speaker tapes in my grasp by the snap of a hand, I got them in my hands >> because someone put in the work. Someone somewhere had the idea that they would try to have a convention in their area, and then they went to their area meeting and submitted the request, the area approved and said that was a grand idea, they elected a Chair for the committee made a few guidelines to follow and began planning the event!!! There's questions like what merchandise do we want? What weekend do we want to have it? Where do we want it to be? How much do we want to set the registration to be, so we can put on another convention next year and so our bills are paid in full, but we also want to make sure no addict is turned away! We have questions like what kinds of activities will our participants be wanting and willing to do? Some of these questions needed to be answered. Not very many addicts know what happens, because it's behind the scenes the committee is running around like busy bees putting things together so that the recipient of this event doesn't have to worry. And the easy part is left for you: just to show up and enjoy! The most important part of the conventions, and local events is to share experience strength and hope to the newcomer, to unite as a fellowship, and celebrate our recovery with one another.

—Leah R., Pocatello

DEAR ADDICT QUESTION FOR WINTER'S
EDITION OF THE CLEAN TIMES:

Dear Addict,

*What has been the best or
most surprising thing about
being in recovery for you?*

-Curious

PLEASE share your experience, strength and hope with this addict!

Do you have a question you would like to ask?
Send it in!!

What do YOU think?

Email responses/questions/concerns to:
NAcleantimes@gmail.com and they will be printed in future editions of the Clean Times.



ANNOUNCEMENTS!

• The GSR's attending the SRVASC meeting on Oct. 2nd voted to keep (7 for, 5 against, 1 abstention) the SRVANA informational page up on Facebook. This page's purpose is to provide information regarding meeting times, contact information and NA-related activities in our area.

Please take a look at the SRVANA informational Facebook page and send in

any comments or concerns with your GSR to the next area (SRVASC) meeting.

The proposed guidelines for the page will be posted on the Facebook page: www.facebook.com/srvanapi

• Next SRVASC meeting: Sunday, Nov. 6th at 1pm at the Ranch Hand in Montpelier. PR (or H&I/PI) begins at 10am.

• SIRCNA 23 sub-committee meeting: Nov. 5th at 4:30pm,

ANNOUNCEMENTS!

Ramada Inn in Pocatello. All are welcome!

• Black-light Bowling in Idaho Falls: Oct. 22nd at 7pm. Q's: Emilee H. 208-569-6291.

• Rocky Mountain Forum: Dec. 3rd @ 883 Shoup Ave., Idaho Falls. Starts 9am-?... This session of the forum deals with the CAR (Conference Agenda Report). Your thoughts and ideas are needed. All are welcome!

• H&I/PI (PR) Learning Day: Nov. 12, 8am-5pm. ISU Student Union Building, Little Wood room, Pocatello. There will be bowling on Friday, Nov. 11 from 7-9pm at the ISU Student Union Building: \$2/game, \$1.25/shoes. Come for fellowship and fun.

• October Regional Service Committee Meeting: October 15-16 Paul Room, 220 E. Ellis, Paul.

OCTOBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 Jonie L., 6Y	7	8 Mario A., 60d
9	10	11	12	13	14	15 Regional Service Committee Meeting, 220 E. Ellis, Paul, ID
16 →	17	18 Spencer t., 60d April S., 6m	19 Angelina A., 90d Brandon T., 9m	20	21 Matt S., 60d	22 Blacklight Bowling, 7pm. Q's: Emilee H. 569-6291
23	24	25 Jim D., 1Y	26	27	28 Maria M., 17Y PNWCNA, Boise	29
30 →	31					

NOVEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 SIRCNA 23 meeting, 4pm, Ramada Inn, Pocatello.
6 SRVASC Meeting, 1pm H&I/PI meeting, 10am Ranch Hand, Montpelier.	7	8	9	10	11 Bowling, 7-9pm ISU SUB, Pocatello	12 H&I/PI Learning Day Introductions at 8sm ISU SUB, Little Wood Room, Pocatello
13	14	15	16	17	18 Luke W., 5Y	19
20	21	22	23	24 Thanksgiving Dinner and Recovery celebration!	25	26
27	28	29	30			

DECEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Tammy C., 90d	2	3 Rocky Mountain Forum 9am-? 883 Shoup Ave., IF
4	5	6	7	8	9	10
11 Josh S., 3Y	12	13 Shawn S., 18m	14	15	16	17
18 Mark T., 1Y	19	20	21	22	23	24 Gina B., 4Y
25	26	27	28	29	30	31 New Year's Dance and Recovery Celebration!

JANUARY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Susan B., 23Y	3	4	5 JB M., 30Y	6	7 Pocatello Anniversary Party/Potluck.
8	9	10	11	12	13	14 Cana C., 3y
15	16	17	18 April S., 9m	19	20	21
22	23	24	25	26	27	28
29	30	31				