

In this Issue:

Dear Addict...	Pg. 2-3
What does NA Say?	Pg. 3
Letters to the Editor	Pg. 4-5
Announcements	Pg. 4-6
Latest Dear Addict...	Pg. 6
Calendars	Pg. 7-8



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- Call/Text: (208) 254-0064
- Write:  
Clean Times  
c/o Snake River Valley ASC  
PO Box 51002  
Idaho Falls, ID 83405
- Give submission to your GSR

# 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've been clean for over a year now and still feel like a total failure. The steps don't seem to help and I don't know what to do. How can I start feeling better?*

*-Anonymous*

Dear Addict,

At times it is very easy to feel like a failure. The life we want is just out of our reach. We may feel like "What the heck! This isn't working. That is our well-established disease inviting us back. We sometimes get caught up in focusing on our troubles, and our character defects. Try shifting your focus on the good things about yourself. You may just find that there are a lot of them. If it seems like the steps aren't helping, then start over. Recovery is a PROCESS, not a destination. This process will go on for the rest of our lives, if we continue to work the steps, go to meetings, ask questions, and help others.

Probably the best cure for feeling like a failure is to get a service position. Make coffee, volunteer to be Secretary for your meeting, or become a GSR for your home group. You will feel a deep sense of accomplishment and satisfaction.

Just staying clean isn't enough. Participating in your recovery is

what cements the whole thing together. Getting a sponsor, working the steps and going to meetings are all important steps, but it is necessary to not only hear the message, but to carry it as well.

I still consider myself as a newcomer at this recovery stuff after three and a half years. I guess that is why I continue to listen and learn.

Life does get better, but it doesn't happen overnight and it sure doesn't come automatically.

I wish you luck on your journey. Keep coming back! It DOES work when we work it.

—Archie L.

**[The following are in response to an earlier Dear Addict question regarding the types of things people share in meetings and strategies people use to keep them from using when times get tough.]**

Dear Need Help,

Some suggestions made to me when I came to NA helped me reach that glow-in-dark key tag. During my first year of recovery, it was suggested that I measure success of my days simply by staying clean, that's it. For 365 days, I was to avoid making major decisions. It was suggested to me that I don't change relationships, houses, jobs or states. After the first year, when the bigger life events needed decisions, the tools of staying clean would be more available to me if I had practiced

for 365 days.

I was to focus on staying clean a day at a time, attending meetings, and reading the Basic Text (the only recovery literature available when I cleaned up). I was asked to call my sponsor 90 days in a row. Even if I reached her voice mail, I was still to check in, getting in the practice of using the phone. I've stayed overnight in homes of recovering addicts when I didn't feel safe enough to trust myself at my own house.

Sometimes when I think the using is an option I have to increase my meeting attendance, going to meetings days in a row until my thinking was changed. It was not just about getting to the meeting; it was about identifying myself as an addict and sharing that I was thinking of using in the early part of the meeting. Then I was to stay in the meeting and listen to the others to share their experience, strength and hope.

One time when I thought using was the answer; I was in enough physical pain that turning off my car and unbuckling the seat belt made me cry. I wanted the pain to go away. I wanted to find something to stop the pain. I went to a meeting that night and shared about hurting bad enough to think of using. The people at the meeting shared their experience and somehow I heard a voice of reason. It was suggested that rather than using, I do some footwork, make an appointment with a doctor and investigate why the

# What Does



# Say?

pain was occurring. Sometimes the footwork or necessary actions do not come to mind. I need the help of other recovering addicts to guide me and make suggestions.

Thanks for reading my share,  
Mary W.

Dear Need Help,

Everyone, addict and non-addict alike, has problems. We, as addicts, are blessed to have meetings to provide a sounding board for the problems we face on a daily basis. Some of these problems are part of life in general, while others are part of life as an addict, and still others are those unique problems faced by life as an addict in recovery.

Talking about these problems is part of the solution; we can all know that problems we face ourselves are shared by others. Another part is the advice provided in meetings, and that which may be provided on an individual basis to the person with the specific problem. The bulk of solutions are found in taking counsel with your sponsor, and by diligently and thoroughly studying the NA literature. Keep in mind that anything worth doing takes a large amount of effort. In my past I buried my problems in the effects of active addiction. Now I am blessed with the opportunity to puzzle out solutions to my problems, with the help of others' verbal and written advice, instead of avoiding them.

Solutions to our problems are found while seeking them, but not always where we are looking. It may come a few Steps down the line. We may realize our solution while pondering a daily meditation a few months from now. Our solution may

come to us directly after sharing our problem in a meeting. Another addict may have faced exactly what you face, and share what worked for them after a meeting. For my own part, I found my solutions while helping others with their problems.

*“The bulk of solutions are found in taking counsel with your sponsor, and by diligently and thoroughly studying the NA literature.”*

Getting out of myself and finding solutions for others puts me in a place to look objectively at my own problems and find solutions for them.

With Love, and as part of finding my own Solutions,

—Addict

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*Excerpts from the  
Just For Today daily meditation book of NA*

January 8:

*“Our spiritual condition is the basis for a successful recovery that offers unlimited growth.”*

—Basic Text, p. 44

Growth is not measured by physical age or levels of responsibility. Our best measure of growth is our spiritual condition, the basis of our recovery. If we're still depending on people, places and things to provide our inner satisfaction, like a child depending on its parents for everything, we do indeed have some growing to do. But if we stand secure on the foundation of our spiritual condition, considering

its maintenance our most important responsibility, we can claim maturity. Upon that foundation, our opportunities for growth are limitless.

March 4:

*“This program has become a part of me...I understand more clearly the things that are happening in my life today. I no longer fight the process”*

—Basic Text, p. 127

In active addiction, things happened seemingly without rhyme or reason. We just “did things,” often without knowing why or what the results would be. Life had little value or meaning.

The Twelve-Step process gives meaning to our lives; in working the steps, we come to accept both the dark and the bright sides of ourselves, picking out the patterns in our thoughts, our feelings, and our behavior. We gain humility and perspective by fully disclosing ourselves to another human being. In seeking to have our shortcomings removed, we develop a working appreciation of our own powerlessness and the strength provided by a power greater than we are. With our enhanced understanding of ourselves, we gain greater insight into and acceptance of others.

The Twelve-Steps are the key to a process we call “life.” In working the steps, they become a part of us—and we become a part of the life around us. Our world is no longer meaningless; we understand more about what happens in our lives today. We no longer fight the process. Today, in working the steps, we live it.



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

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# LETTERS TO THE EDITOR

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## The Grouchy Old Timer

There once was an old timer as grouchy as could be,  
His grumblings and rants were as long as the sea,  
His frown and bad manners were spilled upon us so freely.  
He would shake and rumble all through the rooms,  
If he was a she you could imagine her on a broom,  
Hearing his message was like nail on a chalkboard,  
wishing, wanting for him to end soon.  
No time for his ranter, I finally found my way,  
Later realizing it was by the rants he'd used to say,  
As awful as his message there was a little truth,  
Even as he'd talk about some Bible lady named Ruth...  
Unfortunately, found by many failings, thinking back had I  
only listened,  
His voice was awful, then one day his messages seemed to  
glisten.  
Looking back now perhaps he wasn't so grouchy after all,  
Even all his Book Quotes and Quotes from the Prophet  
Paul...  
Today with some time some can find themselves on a  
binge, not with beer, but with their mouth,  
Every once in a while I think back to that old timer and his  
long long Ranter,  
Thinking back to the time in my life when everything  
seemed to heading south.  
Now Life is great with recovery and God, may everyone  
find themselves in the spot that wish to be,  
Knowing in my heart that all can be free.  
Dedicated to the late Reverend Mike.

—Kirk T.

## Fun Acronyms

ABCs: Acceptance, Belief, Change  
Ashtrays, Brooms, Chairs  
**ACTION: Any Change Towards Improving One's Nature**

Any Change To Improve Our Nature  
ADDICT: Anybody Doing Drugs In Compulsive Trouble  
Angry Dishonest Deceitful Insane Careless Thinking  
AIDS: Active In Dangerous Sex  
Addicts Injecting Dirty Syringes  
**ANONYMOUS: Actions, Not Our Names, Yield  
Maintenance Of Unity & Service**  
ANGER: Any No Good Emotion Rising  
ASK: Ass Saving Kit  
BUT: Being Unconvinced Totally  
CALM: Can Anger Leave Me  
CARE: Comforting And Reassuring Empathy  
CHANGE: Choosing Honestly Allows New Growth  
Everyday  
CLEAN: Completely Leaving Every Addiction Now  
COURAGE: 'Cause Of Using, Recovery's A Great Effort  
CRAP: Carry Resentments Against People  
DEAD: Drugs Ends All Dreams  
DENIAL: Don't Even Notice I Am Lying  
Don't Even Notice It's A Lie  
DETACH: Don't Even Think About Changing Him/Her  
Don't Even Think About Calling Him/Her  
EGO: Edging God Out  
Easing God Out  
FAILURE: Fearful, Arrogant, Insecure, Lonely, Unsure,  
Resentful, Empty  
FAITH: Facing An Inner Truth Heals  
Fantastic Adventures In Trusting Him  
Fear Ain't In This Heart  
Fear Ain't In This House  
Fear And Insecurity? Trust Him!  
Feeling Alright and In To Hope  
For An Instant, Trust Him  
FAMILY: Father And Mother, I Love You  
FEAR: Face Everything And Recover  
Failure Expected And Received  
False Evidence Appearing Real  
False Expectations Appearing Real  
Feelings Every Addict Rejects

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## ANNOUNCEMENTS!

- ☺ **SRVANA Camp Out in Mackay!**  
August 5-7th, Mackay Reservoir (Lower), Mackay, ID.  
\$35/couple or family, \$25/single. Bring a pot-luck item for  
Saturday night dinner and items for the raffle.  
For more information: laroeth18@gmail.com
- ☺ **World Convention of Narcotics Anonymous!**

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## ANNOUNCEMENTS!

- San Diego, September 1-4, 2011, [www.na.org/wcna34](http://www.na.org/wcna34)
- ☺ **SIRCNA XXIII** Will be in "our" area this upcoming  
April 2012, come to the SRVANA area meeting the first Sun-  
day for the month to find out how you can get involved!

Feelings Expressed Allows Relief  
 Fighting Ego Against Reality  
 Forget Everything And Run  
 Forgetting Everything's All Right  
 Frantic Efforts to Appear Real  
 Frantic Efforts to Appear Recovered  
 Frustration, Ego, Anxiety, Resentment  
 F\*\*k Everything And Run  
 FINE: Faithful, Involved, kNowledgeable & Experienced  
 Feeling Insecure, Neurotic & Emotional  
 Feeling Insecure, Numb & Empty  
 Frantic, Insane, Nuts & Egotistical  
 Free, Independent, New & Energetic  
 F\*\*ked-up, Insecure, Neurotic & Emotional  
**FIRST STEP: Finding I Really Surrender To Spiritual  
 Things, Especially Powerlessness**  
 FOG: Fear Of God  
 GIFT: God Is Forever There  
 GIFTS: Getting It From The Steps  
 God's Intentions From The Start  
 GOD: Guardian Of Druggies  
 Get Out Devil  
 Getting Off Drugs  
 Getting Outta Denial  
 Gifts Offered Daily  
 Giving Ourselves Dignity  
 Go On Dreaming  
 Good Orderly Decisions  
 Good Orderly Direction  
 Got Off Drugs  
 Group Of Drug addicts  
 GRACE: Gently Releasing All Conscious Expectations  
 GREAT: Good Realistic Emotional Attitude Today  
 GUILT: God Understands, I Lack Trust!  
 GUT: God's Undeniable Truths  
 HALT: Honestly, Actively, Lovingly Tolerant  
 Hope, Acceptance, Love & Tolerance  
 Horny, Arrogant, Lazy & Tragic  
 Hungry, Angry, Lonely & Tired  
 HEART: Healing, Enjoying, And Recovering Together  
 HELP: His Ever Loving Presence  
 Hope, Encouragement, Love & Patience  
 HOPE: Hang On! Peace Exists  
 Happy Our Program Exists  
 Hearing Other People's Experience  
 Heart Open Please Enter  
 Honest Open Positive Environment  
 HUG: Heartwarming Universal Gift  
 KISS: Keep It Simple Spiritually  
 LET GO: Leave Everything To God, Okay?  
 Live Everything Today, Grow Outwardly  
 LET GOD: Love Everything Today as God Overwhelmingly  
 Does  
 LOVE: Living Our Victories Everyday  
 Lots Of Vibrant Emotions  
 Lots Of Voluntary Effort  
**NA: Never Again  
 Never Alone  
 New Attitude**  
 NEW: Nothing Else Worked

NOT YET: Never Overlook Tripping, You're Eligible Too  
 Now Or Tomorrow, You're Eligible Too  
 NOW: No Other Way  
**NUTS: Not Using The Steps**  
 OBSESSION: Our Brain System Entertaining Sick Secrets  
 Involving Only Negativity  
 OUR: Openly Using Recovery  
 PAID: Pitiful And Incomprehensible Demoralization  
 PMS: Poor Me Syndrome  
 Pain, Misery and Suffering  
 PRAY: Put Recovery Around You  
 PRIDE: Personal Recovery Involves Defeating/Deflating  
 Ego  
 PROGRAM: People Relying On God Relaying A Message  
 RAGE: Real Angry Gut-level Ego  
 RECOVERY: Re-living Effectively Concentrating On  
 Valuable Experiences Revealing Yourself  
 RELAPSE: Recovery Exits Life And Program Seems Empty  
 RELATIONSHIP: Really Exciting Love Affair Turns Into  
 Outrageous Nightmare, Serenity Hangs In Peril  
 SHIT: Simply How I'm Thinking  
 SLIP: So Long, I'm Perfect  
 Serenity Lost It's Priority  
 Something Lousy I Planned  
 Spirituality Loses It's Perspective  
 SOLUTIONS: Saving Our Lives Using The Inventory Of The  
 Needed Steps  
**SPONSOR: Serene Person Offering Newcomer  
 Suggestions On Recovery**  
 STAR: Start Talking About Recovery  
 STEPS: Solutions To Every Problem Straight  
 Starting To Experience Personal Serenity  
 STOP: Sicker Than Other People  
 TGIF: Thank God I'm Free  
 Today - Go In Faith  
 TIME: Things I Must Earn  
 This I Must Earn  
 TRUST: Try Relying Upon Steps & Traditions  
 Try Relying Upon Steps Today  
 WILLING: When I Let go & Let God, I Normally Grow  
 When I Live & Let Live, I Normally Grow  
 When I Live Life, I Need God  
 WISDOM: When Into Self, Discover Our Motives  
 WORK: What Our Recovery Knows  
 WORRY: Wrong Or Right, Remain Yourself  
 YES BUT...: Your Ego's Showing, Better Use The steps  
 YET: You're Eligible Too  
 You'll End up There

—Jodi G.



## DEAR ADDICT QUESTION FOR MARCH & APRIL'S EDITION OF THE CLEAN TIMES:

*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 and alcohol. I need some input and would like to know how others have coped with this. Thanks for the opportunity to ask.*

*-Anonymous*

PLEASE share your experience, strength and hope with this addict! If you have a recovery related question you'd like to ask, do it!

Submit to: [NAcleantimes@gmail.com](mailto:NAcleantimes@gmail.com) or call/text (208) 254-0064



*What do YOU think?*



## ANNOUNCEMENTS!

### ☺ SRVANA needs your help!

We are in great need for volunteers to bring meetings into facilities. Addicts in jails, prisons and institutions are requesting meetings, but we don't have enough volunteers to meet their needs. If you are interested in helping, please come to the SRVANA H&I/PI (Hospitals & Institutions and Public Information) Subcommittee meetings are on the first Sunday of the month at 10AM at varying locations, ask your GSR where the next meeting will be. You can also get trained to answer calls for the NA hotline at this meeting.

We are also in desperate need of a Treasurer for our area. Interested? Come to the SRVANA meeting! Clean Time requirement is Treasurer, 3 years clean/1 year employment/2 years service.

### ☺ PNWCNA XXXIV in Boise, ID!

October 28th - 30th at the Riverside Doubletree Inn. Go to [sirna.org](http://sirna.org) for more information and a flyer.

## ANNOUNCEMENTS!

### ☺ 13th Annual FREEDOM DAY!!

August 20th, 10am - 4pm at Pillsbury Park in Shelly, ID. Come celebrate your recovery this summer. Food and Fun and Free Swimming from 11am - 1pm. Hamburgers and Hot Dogs from 1 - 2pm, Speakers from Wyoming from 2-3:30pm, raffle afterwards! Bring your own drinks (coffee provided), a side-dish and items to donate to the raffle. Let's support our area's efforts to spread the message of NA recovery!

### ☺ MEETING IN DRIGGS

Tuesday's at 7pm. 620 Centennial Mountain Drive #12, Driggs

# JULY 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Skylar, 6m Candyce, 2Y	2
3	4 Jimmy D., 9m	5	6	7	8	9
10 Drew, 60d	11	12	13	14 Rob W., 9m	15 TJ C., 1Y SIRNA Regional Service Committee Meeting Cotton Tree Inn, Pocatello.	16
17 →	18 Rhonda, 4Y	19	20 Brandon, 6m	21 Will, 6m	22	23
24	25	26 Shawn T., 60d	27	28	29	30 Chelsey, 60d
31 PR (H&I/PI) Meeting, 10am Area Service Meeting, 1pm Pocatello Friendship Club						

**OUR COMMON WELFARE COMES FIRST; PERSONAL RECOVERY DEPENDS UPON NA UNITY!**

# AUGUST 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 SRVANA Camp Out Mackay Reservoir (Lower)	6
7 →	8 Victoria, 6Y	9	10 Drew, 90d	11	12	13
14	15	16 Amber D., 2Y	17	18	19	20 13th Annual Freedom Day Pillsbury Park, Shelly 10am - 4pm
21	22	23	24 Britty, 2Y	25	26	27 Wayne B., 6Y
28	29	30	31			

# SEPTEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 World Convention of NA WCNA 34, San Diego, CA	2	3
4 →	5	6	7	8	9	10
11	12	13 Bryan D., 2Y	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

# OCTOBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28 PNWCNA XXXIV Riverside Doubletree Inn Boise, ID	29
30 →	31					