

# The Messenger

## Awesome Artisans Activates All the Senses

January 26, 2023 marked the 9<sup>th</sup> annual talent showcase for NA in Treasure Valley.

This annual event is designed to get our fellowship back in touch with our creative side. So many of us lost our confidence in the ability to create art, music, poetry, photography, and all other forms of expression. Some of us use our artistic endeavors to process the grief or shame of our past. Some of us use our artistic expression as a way to re-claim a part of who we are, a part that may have been striped away in active addiction.

The night featured an artist reception, which included drawings, paintings, metal sculptures, photography, and mixed media. Many of the visual artists who showcased at the reception were also turning their art into businesses. For every attendee, seeing this art was inspiring, stirring an emotional connection to various expressions of recovery, as well as strengthening the sense of unity in the fellowship.

In addition to the artist reception, many performers took the stage in front of a very supportive and appreciative audience. There was jazz, rock, folk, and original music sung and played with conviction, sincerity and gratitude. We had poetry and spoken word, juggling, and a healthy serving of karaoke singers belting their favorite hits.

Paraphrasing some of the performers and artists who shared their experience, strength and hope:

“I didn’t think I could be creative without using, now creativity is part of my recovery”  
“I had lost it all, my art has helped me find myself once again”  
“I’m so nervous, but the program has given me courage”

Just for today, I will consider what hidden talent, or desire for artistic expression lies within me. I will be open, honest and willing to explore that which makes me unique, while supporting others in NA by encouraging them to accept their own personal gifts.

Thanks for allowing me to serve.  
Oliver T.



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- Please take a minute or two after you read this issue and let us know how we did and how or what we can do better.

## Staying Connected Thru Service

In Narcotics Anonymous you are a member when you say you are. When I became a member, I realized that for me to become a part of, I would need to participate. Regular meeting attendance was not going to be enough. Showing up early and staying after meetings was a good way to help make connections.

My strongest bonds of friendship were formed at outside activities; skating, bowling, dances, dinners, conventions, camp outs and speaker jams.

Learning to live and enjoy life without the use of drugs helped me to experience the quality of life I would have in recovery.

Getting involved on subcommittees for planning and putting on these events gave me a sense of belonging and a feeling of being a part of.

Today, I am truly a member of narcotics, anonymous. And for that, I am incredibly grateful.

Tim C.

# Transitions

My name is Aly P., and my clean date is 3/16/ 2019. Currently my husband and I are getting ready to move down to Florida. We are headed for Tallahassee. Some of our friends live there and my husband got a job offer to start something new in his career and so we decided to accept that.

You know when I first got clean, I remember people saying, and my sponsor specifically, that if I could just put in 50% of the effort into my recovery that I did chasing my using that I would be successful at staying clean, but if I wanted to be happy, joyous, and free I needed to do the other part. My step work, work with a sponsor, attend the meetings, and you know, since I have done that, I've been able to stay clean even through the process of moving.

It's been a whirlwind with everybody that we have met through Narcotics Anonymous and through this time of moving. It's a lot of excitement and a lot of unknowns and emotions, and a little bit of sadness because of the recovery that we have been shown here and the community that is here. It's scary to to leave that and I've wanted to step back a little bit from my relationships because I'm nervous and I feel like it will prepare me in a way. But what I have learned through this is to keep in touch with those people because I want to keep those connections. NA is everywhere and I know that there is a family down there waiting for us as well, but it's definitely been scary. Both our families live here and the people that we both got clean with are here and have been a huge part of our lives. It's like a second family and you know we've been really really blessed to meet these people here.

The more time that I've been around I see the people that stick around and then we get to see the people that come in and out of the rooms, and you hope that they'll be able to find what I found which was to be able to put a little bit of work into recovery to be able to have the things today like moving to Florida. I never would have imagined when I was using that I would be in another state and I would be married, have a husband, have my own car or my own house or any of those things and today I get to have all of that. Those are the material things that I've been able to be blessed with, but you know the connections that we've been able to make more than anything is the best things; the most important things. Obviously, you must have a home over your head, and those basic things that you have to have in recovery and to take care of yourself, but the connections that you make are some of the biggest blessings that we'll ever receive. When I was in rehab I remember hearing my counselor saying that the opposite of addiction was connection and I think that we talked about that a lot and then you get connected, and stay connected; there's something that shifts in people. When you are connected you get in the middle of the herd.

Some of my plan and I haven't talked to my sponsor about it yet is to do 90 in 90 when we get down there and I still plan on keeping the same sponsor. I started over on my step work and I'm on Step 2 right now for the second time. My goal is to be able to finish all twelve by the end of the year but you know we're still going to go to NA, we're still going to work recovery even though we're moving. I'm going FaceTime my sponsor and do our step work together. I'm still going to call her every single day and check in with her. No matter where we're at we're still going to be doing the same things. We're still going to be part of Narcotics Anonymous and we've been super blessed to be able to have these opportunities. We'll still be coming back. It just shows how important it is to have connections with people that are that are doing the deal. You know people that you want to have what they have and that's what I found in NA. People that are recovering here, living the same lifestyle as me and they have become my second family. We see each other a couple times a week if not more and we do more than just NA together. We go roller skating together, we go to the gym, we go to NA events and and that's what keeps us clean today, and that's what keeps me happy joyous and free is being able to work with other members in NA and continue to go to meetings and call my sponsor wherever we're at. I'm super grateful for this program and everything it's taught me and I'm not going to leave it in Idaho. I'm going to take it with me to Florida and continue to do those same things.



## FIVE MINUTES BEFORE THE MIRACLE

*A Short-Short Story by Thom G.*

The summer heat seemed to bake the brains of recovering addicts. We had been graced upon by one member who had triple decades clean, and who was around when the NA Crescent Valley Area was just in its infantile stages, when addicts I knew were so young it felt unbelievable. Our home group had been transformed by Cecil V. in a matter of months between June and August of 2013.

I pondered how him and others were aiding our recovery by their experience, wisdom, and the growth they had over the years, sitting, waiting for my sponsee.

Trinity Lutheran was my spiritual home. The NA meeting gathered in their basement. They were angels of charity who offered alms to those suffering from behavioral flaws, forgiving us for our transgressions, and praying that we would lead ourselves to a spiritual destiny.

“Matt,” said Corey as he surprised me turning the corner beside the sanctuary.

“My man, have a seat,” I said.

“We need to talk.” Corey began, “Everybody at work uses during their breaks. Should I rat them out?”

“Can you?” I asked. “That’s usually a ritual on breaks at fast food restaurants. How many people you think have to face the same triggers at construction jobs? When people and things come into your life as a result of recovery, triggers not only sometimes emerge, but are always there surrounding you.”

“What can I do when they come up?”

“I can think of a lot of practices, like the Serenity Prayer, or step work,” I told him. “Speaking of which, did you do that gratitude list I suggested?”

Corey recited me a page of things he felt grateful for on a crumpled piece of loose leaf written with a purple pen that was slowly wearing out.

I started going on about how writing alone was therapeutic, but that step work was just that, only recovery-focused; so the more you expressed yourself in writing, the more free your NA experience became.

The NA members had been mulling about, forming, gathering in solidarity. I had been opening up my home group on Saturdays for the noon meeting for several months, and always suggested to other addicts while sharing during meetings, and with my sponsees, that a commitment was key to keeping clean.

Then out of left field, Corey asked, “How did you stay clean all these years?”

“I just followed what my predecessors had done, how they did it. Like what you are doing now by asking questions about my recovery, and then to learn from those who have made recovery work.

“My personal story varies, and in fact all personal stories do. We all confide and share in a nature where substance dependency makes our lives unmanageable, which is a common denominator, a weave that links each and every one of us.”

For a brief moment we just sat there, letting my thoughts ruminate, absorbing the notions like two sponges whose water was knowledge to our spirits.

“Just don’t cop out five minutes before the miracle,” I told him. “Give it a chance in your life. You can only do that. Something we can’t quite explain must have brought all of us here to the rooms, something more powerful than we are, so if we stay and listen to the message, then we have found a place at meetings: sharing, being of service, spreading our message to the public, sponsoring, but most of all not picking up and using, and making it to meetings.”

Once again after my speech we both fell silent. I was like a fisherman casting a net into a sea of addiction as a sponsor, and I knew my catch was Corey K. I wasn’t certain the young man would suddenly respond or acknowledge my words of the program with instantaneous success, but I did know it would set in and be reflected in the abundant years he had ahead of him.



*TO CARRY THE MESSAGE TO THE ADDICT THAT STILL SUFFERS*

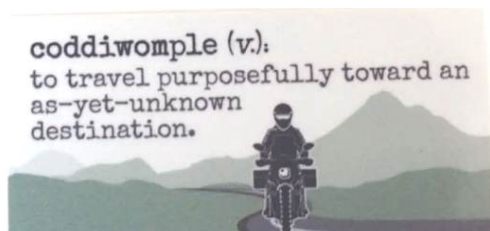
## Thank You.....

.....for stopping by The Messenger.

**By submitting an item to The Messenger newsletter, the person(s) who has contributed the material confirms that the material is his/hers/their original work, or the individual will supply the link to any such material as may be needed. All submissions are subject to editing. For further guideline information see here.**

**Editor**

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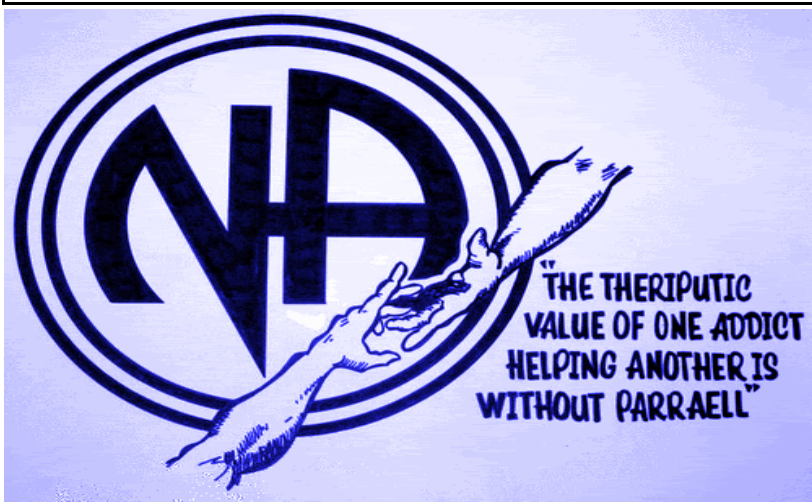


### Activities Subcommittee Upcoming Calendrer Dates.

1. Skate Party, 11th of March.
2. April 8th Egg Hunt. Place to be determined.
3. Region weekend is third weekend of April and a dance is planned
4. Combined activity with High Desert on the 6th of May.

### PR News

PR is always glad to have people stop by and lend a hand. See the Area web page for time and place of subcommittee meeting.



Treasure Valley Area of  
Narcotics Anonymous

Help Line: 208-391-3823

[Schedule - Treasure Valley Area  
\(sirna.org\)](http://sirna.org)

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