



# EANAFreeway

Esperanza Area of Narcotics Anonymous Newsletter

January 2023

Editor's note – This edition we are focusing on service work in NA. There are many open positions at an Area level, with most Subcommittees needing help. What's your passion? Pick one and get involved! Most involvement only requires 6 months (or less) clean and a clear NA message!

April edition topic will be "How do you stay clean JFT?" and an "Ask Anony" column.

<https://eanaonline.org/newslettersubmission/>

1<sup>st</sup> Sundays Zoom ~  
82442497481

Pass: news

## Why Service Work? *Sub Committee Chairs speak ~*

**Stephanie L** – Activities ~ To me, service work gives me a sense of purpose and direction. It helps hold me accountable and it is a way in which I can give back what was so freely given to me. Service work, for me, started with making coffee for my homegroup and passing out the readings before the meeting.

I started chairing a couple months later – another recovering addict showed me how, and for that I'll be forever grateful. Years later I still chair my homegroup twice a week and gladly show newcomers how to do it alongside me. I love seeing that spark of willingness and desire to be a part of and help out.

Now, I hold a few different service positions at the group level and higher. I've served on several different subcommittees and even if I didn't think it was the right fit for me I still stayed in the position and tried my best until my time was up. I think I've found my niche but that still doesn't stop me from trying new things either. With each position I serve, I learn something new.

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**Peggy H** – Phonenumber ~ Service work doesn't stop at Narcotics Anonymous, either. I am of service to my family and society as well now. Service work has taught me integrity, perseverance, dedication, and courage. I absolutely love service work, being a part of, and giving back. Service work is important to my recovery because it helps me stay connected. My first service position was chairing the meeting in the small town where I got clean. Having that commitment helped ensure I showed up for the meeting even on days I didn't feel like it. Over time, I took on more service positions that have impacted my life for the good. Helping plan our area's campout, Frolic in the Woods, has been a highlight for me. Answering the phone line and then meeting the person you helped at a meeting is very rewarding. Carrying the message into a facility as part of a hospitals and institutions panel can reignite my passion for recovery. Service work of any kind can enrich an addict's recovery like nothing else. Give it a go for your recovery today!

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*We go from simply showing up and reporting for duty each day to a willingness to serve the greater good in the best way we can.*

*—Living Clean, Chapter 3, "Creative Action of the Spirit"*

***My gratitude speaks when I care and when I share***

***With others the NA way***

Gratitude Prayer ~ back side of medallions



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### **Why Service Work? *Continued***

**Alia C.** ~ EANA treasurer: We all know active addiction—total self-centeredness and preoccupation with finding ways and means to get more. Even in recovery my disease can get the best of me and I can return there without the use of mind or mood-altering substances. Thank God for Narcotics Anonymous though, because I've been taught to use the spiritual principle of "service" when I am ready to get out of myself and feel good about something that I am doing.

I like to refer to the principle as "a spirit of service," because it's not just crunching numbers, writing checks, and showing up to Area with all the personalities. If I thought of it like that, I'd often lack the willingness to use my time, energy, and resources to fulfill my service commitments. Instead, I see service as a posture of the heart, as it's described in our Living Clean text. When my heart is in the right place, service is a reminder that I have been given the opportunity to escape the misery of my addiction and the chaos I can sometime create in my own head, clean, and actively participate in a life that is greater than me.

I have the opportunity to serve, to connect, and to use my God-given capabilities for a greater good. I get to be here for my fellow recovering addicts also serving the area, for the newcomers walking in looking for just a glimmer of light to give them some hope or for a hug. The spirit of service helped me tremendously outside of the rooms of NA, as well. When I am cooking, cleaning, doing laundry, all of that mom stuff at home, or when I'm picking up the phone to talk to a struggling sibling, or when my in-laws invite us for dinner and I help clean up afterwards... Service has taught me that I have the opportunity to participate in this life I've been given, a life that is full and with purpose, and Narcotics Anonymous has given that opportunity.

**Estevan R,** EANA Chair: My selfless service to others has been a magnificent journey of which I could have never attained if it wasn't because of my belief in a Higher Power that would take care of me, a close relationship with my sponsor(s) whose guidance in working the Twelve Steps allowed me to learn a method of trimming back my character defects and stunt the growth of my self-centeredness through focusing on the needs of the still suffering addict.

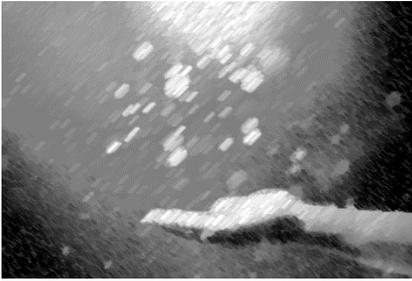
Through NA, I have found a way to give back what was so freely given to me – this precious gift of recovery. As I grow older in my journey of life, this precious gift won't let me give up. I would have never made it this far without the love of my Higher Power and the love of the Fellowship.

Hey, growing old and being of service not only to NA but also to the community, who would have thought that I would even be alive at this age and clean too?!

Thank you, NA, for allowing me to age gracefully and gratefully!

**EANA Vice Chair, Deb G.** - One of my favorite lines in our literature is "Those who are addicted today are more fortunate" (BT p.87). It reminds me how far NA has come as a fellowship since I've gotten clean. I get overcome with gratitude when I think of all those who came before me. If they hadn't been of service, NA as we know of today would not exist. I was asked why I remain of service and the answer is simple: gratitude. Gratitude for those who came before me and gratitude for this life saving program. I want to freely give back what was given to me.

*Continued on pg. 4*



**I will look for opportunities to be of service  
in everything I do.**

**JFT Dec 31**

**Ask Anony ~**

*A Column for anyone with a question related to NA. New to the rooms and wonder how something works? Established in the rooms and want anonymous suggestions? Write to us at [newsletter@eanaonline.org](mailto:newsletter@eanaonline.org), a trusted member will answer your questions (serious or tongue in cheek questions/answers)*

**Help Wanted**

**Activities**-Are you creative? Do you like helping to put on amazing functions for people to enjoy? Do you enjoy food, fun, and fellowship? Do you want to help promote unity within our Narcotics Anonymous community? Then **Activities** is the perfect fit for you!!! We help create and organize our Area's functions throughout the year. Email Stephanie at [activities@eanaonline.org](mailto:activities@eanaonline.org)

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**FITW** – If you would like to be of service to one of the most fun events in the Esperanza area, please consider the **Frolic in the Woods** Subcommittee. Frolic is an annual event that celebrates the Esperanza Area's anniversary. It's a 3-day, 2-night campout at

Garner State Park near Concan, Texas. We have speakers and fun events throughout the weekend and could always use help in planning and coordinating these events. Currently we are looking for an Event Coordinator. This position helps with the planning and keeps you really involved during the event. We meet on the 1st Sunday of every month to discuss how the event will fall into place. Please join us! January-March the meetings will be virtual. Keep a lookout on our area website for the sign in information. See you there!

~

**Policy** is a set of guidelines pertaining to Area Service Committee's fulfillment of our Primary Purpose and that also serves as the Parliamentarian at ASC.

There are no special requirements to serve on the Policy Subcommittee. We typically meet on the 1<sup>st</sup> Sunday on Zoom: ID# 87187234143 Pass - policy

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**Newsletter** – Do you have a literary streak? Our editorial content ranges from personal essays about recovery and opinion pieces, to humorous accounts, and nostalgia or trivia about NA from our members. Like any

publication, The EANAfreeway has editorial guidelines. Submissions are copy/edited for grammar, sentence structure, spelling, and comprehension; and for consistency with "NA language" (clean, addict, recovery, etc.). We do our very best to retain the author's original meaning, style, and tone. The simplest way to reach us is by email at [newsletter@eanaonline.org](mailto:newsletter@eanaonline.org), but if you don't have internet access, you can have your GSR deliver it to me at ASC or give me a call 210.264.0920. Better yet, meet us on zoom 1<sup>st</sup> Sundays 3:30 ID 824 424 97481 Pass: news

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**Phoneline** – Two shifts available – Tuesdays 8AM – Noon and Wednesdays Noon – 6PM. Contact Peggy H. 210-434-0665

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**Outreach** is looking for people interested in sharing the message and supporting areas in need of new meetings. Outreach is a fun way to get involved and meet new people. If interested, please text Stacy P @ 210.827.2223



*Continued from pg. 2 –*

### **Why is service important to me**

**EACNA 8 & 9 Chair** ~ I'm a recovering addict, my name is Abdul. I am here by God's Grace and Mercy, and I am not confused about that. I want to thank the Newsletter Chair, Suni H. for asking me to participate in this article on the importance of service. I am a literature kind of Guy. Step 12 in it works how and why says that "Helping others is perhaps the highest aspiration of the human heart and something we have been entrusted with as a result of a Higher Power working in our lives." Service gives me an opportunity to get out of myself and do things for others without expectations. I have been serving in one capacity or another since I had 2 years clean. Thank God that before my parents passed on to glory, they got a chance to get their son back for decades, thanks to NA. I ended up in an NA meeting in Austin, Tx and my life forever changed. I was around some men and women who taught me the importance of getting out of myself and serving this fellowship. I started going to group conscious and became alt. GSR to GSR, became Central Texas Area of Narcotics Anonymous Vice-Chair and then CTANA Chair and my life took off on another level because of service, I have grown to know, literally, hundreds of addicts and as time passed and people passing, service became more important. Service has helped me walk through the grieving process with dignity and most importantly clean. I know and learned that Anybody can be a sailor when the sun is shining can you stay on the boat when the storm comes? Service keeps me on the boat. With that said, I don't have a huge vocabulary, so I associate big things with big words. I am "Hippopotamously Honored and Elephantly Elated" to be able to be of service in the rooms of Narcotics Anonymous which in turn teaches me to serve outside of Narcotics Anonymous. Our literature states that *Service is a posture of the heart*. What a statement. When I am serving from the posture of my heart it puts me as close to the God of my understanding than I could ever be. I don't know if any of this means anything to anyone or makes sense to anyone, but it does to me.

**There's a reason we often talk about service as part of Tradition Seven, not just the money we give. When we give our time through active participation, we are practicing a form of self-support.**

*SPAD Jan. 8*

**Suni, Newsletter Chair** ~ I began doing service by watching my Sponsor, showing my face and at just a few weeks clean by going early to help set up and staying late to break down, at a few months clean I was a GSR. Ever since then I've held service positions in one form or another at Group, Area or Regional levels in each Area/Region I moved to, except when I moved back to S.A. and was put on hospice. I've done a lot of work to be healthier physically and am getting back into the swing of things. Taking on this position is helping to reintegrate me into a better spiritual state by reaching out to old friends and broadening my base with newer members. I'm very grateful for this experience and look forward to getting to know people through their articles. I cannot do this alone! I'm open and willing to learn from each and every one of you!

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**Roger S, Public Information** - Service is important for me Because it keeps me in the spirit of selfless service to the Addicts who still suffers and even if they are not suffering sometimes a loving hug can make all the difference in the World. As PI Chair I have really been able to expand on my own Recovery with a better understanding of the 12 Concepts. 4th Concept says effective leadership is highly valued. Leadership qualities should be carefully considered. It says farther down that a good leader is not someone who thinks they can do everything on their own, a good leader knows how to ask for help. We have done quite a few PI Presentations and I have had to ask for help. I have done Presentations with H & I. Treatment Centers, Court House for Probationers, State Holding Facilities, Resource Fairs at different locations. As PI we currently have a 1 year campaign with the VIA Bus Lines. A sign with our Areas helplines, our Areas Website Link, eanaonline.org and a QR Code. 1 sign in 10 different busses rotating every 8 hours.

#### For Events & More Info:

Esperanza Area: Eanaonline.org  
 Tejas Bluebonnet Region: Tbrna.org  
 World: NA.org