



SCFNA Voice of Recovery Fall 2024 Edition





Rising

**A ghost of shadows, once I roamed. A prisoner of shadows, self
condemned. Now Dawn breaks through, A hopeful gleam. . A
Phoenix rising, Spirit redeemed. No longer chained by cravings
hold, I step into the light anew. With courage as my story
unfolds, I'm taking steps, brave and true.**

Anonymous



Brandon G.

363 days clean

by Charity A.

1,2,3 testing, testing
Pop, goes the safety bubble
Straight into the belly of the family beast
Out here on my own
In the middle of the country

Amidst greenscapes and wide rivers
Muted pink clouds turn gray to black
White knuckles, holding on, don't let go
Misunderstood, not seen, not heard
Alone?

Find a meeting
Reach out
Call someone
Not alone

"I'm proud of you, just be you," he said
"This can be a tricky time, so don't get
tricked," she said
"Give me a call if things start to get rough
out there," he said
"Nothing is worth jeopardizing your
serenity, your freedom," she said

God, grant me the serenity
To accept the things I cannot change
The courage to change the things I can
And the wisdom to know the difference
Repeat x 100

Remembering the last time
recovery lost in an instant
Dig deep, Connect
Trust in higher power
Breathe in, breathe out
Surrender.

Now I lay me down to sleep,
Grounded in gratitude
Another day clean.

***It's been 1 year, 4 Months, 27 Days and 17 Hours since I let
go trying to hold onto a way of life that was never
sustainable. 515 beautiful days of loving myself like no
relationship with a partner ever has. I am free from the
toxicity internally & externally that plagued me in my
active addiction. I keep my sobriety in the forefront of all
decisions & outcomes. Every consequence has my
recovery accounted for, immovable. Daily acts of
unconditional love keep communication with the God of
my understanding alive and present. I am thriving in the
prime of my life and my journey has only just begun.***

-Ian

I'll Stay the Path

Walking a tightrope,
High above river,
Dodging mad honeybees,
Whilst juggling blade, bow,
and quiver.

Our paths can be scary,
And sometimes I shiver,
The journey continues,
I'll stay on it forever!

*JenniFyre

Living Clean

By JenniFyre

Life was chaotic darkness,
Now I'm living clean,
I'm happy, joyous, and free.

**THE JOURNEY CONTINUES
MY LIFE WAS WORTHLESS
AND DARK.**

**FOUND HOPE IN N.A.
NOW THE JOURNEY
CONYINUES**

~JenniFyre

"We come together in fellowship" Living Clean pg. 126

Sonoma County Fellowship of Narcotics Anonymous

Women's Brunch

10-20-24



10am-1:30pm

Sally Tomatoes

1100 Valley House Drive, Rohnert Park CA

womensbrunch@sonomacountyna.org

Ticket price: \$40

Join us for a Sunday of fun and fellowship featuring:



Speakers

Silent Auction

Merchandise sales

Full brunch buffet



SCFNA Men's Breakfast Ad Hoc Committee Announces

SAVE THE DATE
October 19th, 2024

14th Annual

MEN'S Breakfast



Hanna Boys Center - Sonoma California

17000 Arnold Drive, Sonoma

Join us for a fun packed morning of Food, Fun, and Fellowship at Hanna Boys Center. There will be two great Speakers, Door Prizes, Raffle, and as always, a Top Shelf catered breakfast of generous portions. Nobody leaves our Breakfast hungry. Tickets are \$30 and include a commemorative coffee mug. There will be CDs and a Limited Edition T-shirt for sale. Tickets will be on sale at various meetings throughout the County. Early purchase is strongly recommended. Out of area members can find information on purchasing their tickets on a flyer posted on sonomacountyna.org by end of August. Those tickets will be held at "Will Call".

Sonoma County
Narcotics Anonymous
100% Free Event
Continental Breakfast & Lunch Included

Sunday September 22nd 2024
10am-2pm
6000 Sebastopol Ave
Sebastopol, CA

STILL

2nd Annual Speaker Jam

10:00 - Coffee & Breakfast

10:30 - James G. (Sonoma County)
Chapter Five "Friendship"

10:45 - Nicolette G. (Sonoma County)
Chapter Four "Death, Dying, Living with Grief"

11:15 - Brian E. (Peninsula)
Chapter Three "Awakening Our Spirituality"

11:30 - Tania R. (Marin County)
Chapter Seven "Love"

11:45 - Austin B. (New York City)
Chapter Six "Leap of Faith"

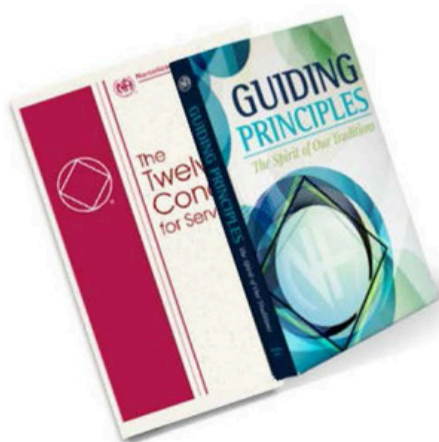
12:00-12:40 Lunch

12:45 - Valaree P. (Sacramento County)
Chapter One "Growing Pains"

1:15 - Dennis L. (Contra Costa County)
Chapter Two "Connection to Others"

707-324-4062

Sonoma County Fellowship of
Narcotics Anonymous ad-hoc for
**12 Traditions and 12 Concepts
Service Study**



When: Second & Fourth Wednesday of the Month
Office/Zoom opens at 5:00pm
Meeting time 5:15pm – 6:15pm

Where: SCFNA Office
600 Martin Ave Suite 206
Rohnert Park, CA 94928

Zoom Meeting ID: 999 558 8160 PW: 1953

SCFNA Unity Day Sub-Committee Presents
38th Annual Unity Day
September 28, 2024
10:00am – 9:30pm

Clean Time Countdown!

Bingo!

VOLUNTEER
SIGN-UP

Doors Open 10:00am
(Continental breakfast provided)

Dinner 4:30-5:30pm
Tri-tip dinner with vegan/vegetarian options available

Speaker Meeting 5:45-7:00pm
Evening Entertainment
(Full Agenda Available at Event)

Finley Community Center
(Corner of W. College and Stony Point Rd)

Presale: \$20.00 ea / \$30 for two -- At Door: \$25 ea

For Info:
Call: 707-324-4062, Ext. 800 | Email: unityday@sonomacountyna.org

Please no pets

Sonoma County Fellowship of Narcotics Anonymous



AN IMPRESSION OF THE RED-
SHOULDERED HAWK

EACH TIME YOUR WIDE BELLY
WINGS OUTSTRETCHED
A THOUGHT OF DEATH?

AN URGENCY TO FLEE?

MY FATHER IN HIS HABIT OF WHITE
SHIRT

BLACK POLYESTER TROUSERS
A MAN WHO WOULD BUY FOUR
PAIRS OF BROGUES

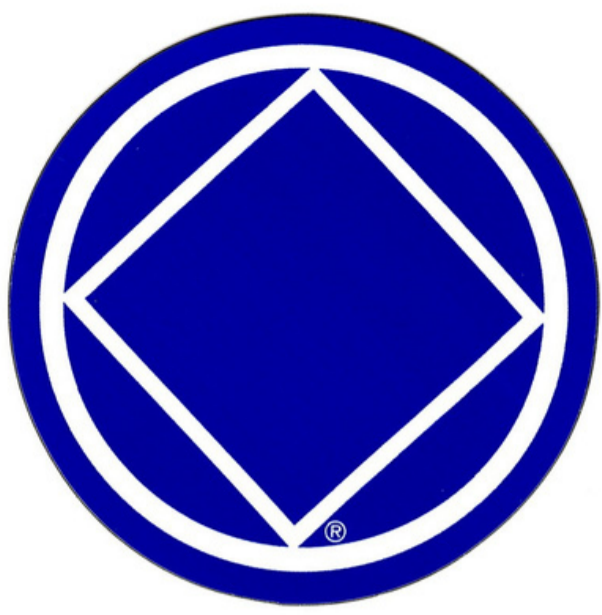
TWO BLACK TWO BROWN
POLISH ON WEEKEND MORNINGS
THE BANDS ON YOUR TAIL AND
WINGS

ARE A SYMBOL
TO ME A SYMBOL OF CHANGE
A SHIFT TOWARD

WHAT CAN UPLIFT MY SPIRIT
TURN ME LOOSE IN THE WORLD

GIANCARLO E.

8/16/24



Pioneers of My Recovery

Kelly C (5-11-1995)

In the 1990s, when I first came to NA, the landscape of Narcotics Anonymous was sparsely dotted with those who had achieved anything over 10 years of cleantime. The fellowship itself was still relatively young, introduced to Sonoma County by Steve B., who brought with him from Southern California the seeds to grow our fellowship. On my first day clean, Steve celebrated an unimaginable 29 years of freedom from active addiction. To me, that day felt less like a celebration and more like a death sentence. Little did I know, this marked the dawn of an extraordinary life. What an experience it has been and continues to be.

This initial step into recovery catapulted me into a life vibrant with experiences that addiction had once made seem unreachable. The principles in the 12 steps became my guide, tearing down the walls built from fear, shame, and addiction, allowing me to live passionately, to love profoundly, and to forge meaningful connections—those very aspects of life I had thought were forever unobtainable. Narcotics Anonymous offered more than just a blueprint for staying clean; it awakened my capacity to love and accept myself and to develop authentic relationships with those around me. As my friend Coffee often reflected, recovery is a journey to uncover one's true self.

This past May, I reached a milestone that mirrored Steve's on my first day clean: 29 years. Though Steve has since passed, leaving behind a legacy of over 53 years clean, his impact on our fellowship and the lives of addicts is profound. I now stand at 29 years clean offering guidance to those newly embarking on their paths of recovery. The difference is that unlike Steve I am not a pioneer of recovery, the path has been marked and worn by the many who have walked it in front of me. Today my clean time is not exceptional, although very meaningful to me and unfathomable to a newcomer. I'm in the middle of this journey. I regularly attend meetings where I see those in front of me, next to me, and behind me on this expedition. I feel supported from all sides.

I was fortunate to attend a 50-year recovery celebration for Danny S. and Coffee D. in August 2024. There were over 200 hundred people, most with gray hair and large smiles. They calculated that there was over 3000 years of recovery in that room, but I know there was more - most addicts don't follow directions well and forgot to sign the paper used to calculate cleantime. The room hummed with the energy of those whose journeys intertwined through decades of shared challenges and joys. It was a tapestry of old friends, some who had known the depths of despair together while using and now shared the heights of happiness in recovery. The laughter, the embraces, the shared stories of past escapades — they all painted a picture of profound transformation, camaraderie, and love. Witnessing their comfort and authenticity with their pasts and each other was not just inspiring; it is evidence of the transformative power of our fellowship.

I was there to celebrate both Danny and Coffee on their milestones of 50 years. Both have had significant contributions to my recovery. However, Coffee and I became fast friends when I met him at the 2pm meetings on Synder lane in Cotati in 1997. He was living in Cotati at the time and I just moved here to go to the University. My younger friends and I would joke that we all had to pick an Oldtimer to follow. Fortunately we had so many to choose from in Sonoma County. My Oldtimer is Coffee. He's not my sponsor, but rather a friend who invested his time and wisdom in my recovery. He is my Gandalf. Over time, our relationship evolved from me merely soaking up his wisdom to a deep friendship where I too could offer support and be a sounding board for him. What an honor.

Coffee and I embarked on numerous adventures across the region, dropping into meetings by the River, Sonoma, Cloverdale, Mendocino, and Marin. Most often, we found ourselves in West County, where Coffee would share stories of his life, his love of travel, his Gypsy roots, and the fantasy books he was reading that week—always an avid reader.

Coffee kept a watchful eye on what he would call my "mates", quick to scowl (and maybe threaten) those with wandering eyes that my youthful desire and low self-esteem failed to recognize. When he noticed that I was smitten with someone he referred to as a Gladiator (and whom I called a hot Newcomer on Parole), Coffee knew I wasn't going to let this one pass. He didn't judge me but saw the outcome on the horizon, then really dug in with support and love at a time when I felt the judgment, shame, and isolation of being a "thirteenth-stepper". What a blessing to have allies in recovery that know how to stay clean through anything - though those are tales for another time.

One night when unable to quell thoughts of using I called Coffee so afraid that I was going to get high, but wanting to stay clean just slightly more. Within five minutes, he was at my doorstep. He took me to his home, where he lived at the time with his wife and stepchildren. It was a place radiating warmth, with a fire roaring in the fireplace and a dog asleep on the floor. There, like a poetic wizard, Coffee listened and spoke, sharing wisdom that felt as valuable as gold, a magic that I've carried with me ever since.

Coffee's favorite book was "The Velveteen Rabbit." He often said that we, like the Velveteen Rabbit, are tattered and worn, but through love, we become real. I have come to know this to be true. In my journey of recovery, I have been so blessed and so loved by my fellow addicts in recovery that I've truly become a real person. Coffee is one of those pivotal figures who has helped me in my journey to find myself and become real. He had 21 years clean when I found myself as a member of Narcotics Anonymous.

What a privilege it is to be a part of the Sonoma County Fellowship and to share recovery with these pioneers. Those who first charted this course through the darkness, have now passed the torch, showing us that what was once deemed impossible is now within reach.

The day I stepped into recovery, I feared that all joy and excitement had drained from my life. Yet, my life has unfolded like an adventurous novel, full of twists and revelations, each chapter richer and more fulfilling than the last. Today, I stand in gratitude, continually amazed by the person I have grown to be and excited for the chapters yet unwritten. The narrative of recovery is one of endless possibility, and each step forward renews my awe at the journey's potential. This story, our story, continues with a relentless promise of freedom and hope.

“CLEAN TIME SPEAKS FOR ITSELF”

-BASIC TEXT PG. 41

Megan H. 3/3/23: 1 year
Brian T. 6/9/23: 1 year
Niles H. 8/1/23: 1 year
Chris S. 9/5/23: 1 year
Luke H. 9/6/23: 1 year
Michael G. 9/11/23: 1 year
Nat G. 9/15/23: 1 year
Ricky B. 9/23/23: 1 year
Michael M. 10/21/23: 1 year
Lizzie R. 11/1/23: 1 year
Eva U. 11/1/23: 1 year
Anna P. 11/7/23: 1 year
Elisa B. 11/19/23
Jason S. 11/21/23: 1 year
Amy M. 8/19/22: 2 years
Jeremy D. 9/20/22: 2 years
Laura G. 11/1/22: 2 years
Ashley D. 11/5/20: 4 years
JenniFyre W. 11/1/19: 5 years
Kristine N. 11/17/19: 5 years
Rick W. 9/17/18: 6 years
Gary H. 10/27/17: 7 years
Keith J. 11/21/17: 7 years
Justin M. 11/11/16: 8 years
Erin M. 11/24/16: 8 years
Miranda L. 11/24/14: 10 years

Miranda S. 11/24/14: 10 years
Eric E. 11/6/13: 11 years
Bryan C. 11/12/12: 12 years
Zoey H. 11/1/11: 13 years
Joseph M. 11/11/11: 13 years
Tara R. 10/23/09: 15 years
John P. 9/18/07: 17 years
Benjamin G. 9/29/07: 17 years
Tito O. 10/4/06: 18 years
Patty S. 11/4/05: 19 years
Mark S. 9/1/04: 20 years
Michael C. 9/30/04: 20 years
Leland P. 10/8/04: 20 years
Patty S. 11/5/04: 20 years
Beth M. 11/11/03: 21 years
Jessie F. 6/29/02: 22 years
Victor G. 10/23/02: 22 years
Paula H. 9/25/00: 24 years
Patrick W. 11/1/00: 24 years
Terry M. 10/30/98: 26 years
Shivananda 6/17/96: 28 years
Alan F. 8/29/96: 28 years
Kelly H. 10/1/93: 29 years
Craig N. 11/24/94: 30 years
Chris M. 9/27/93: 31 years
Rick A. 10/11/91: 33 years
David H. 3/1/90: 34 years
Carter S. 9/1/90: 34 years
Denise S. 6/27/87: 37 years
Tania M. 11/17/87: 37 years
Lynda L. 10/17/78: 46 years
Mac M. 9/25/73: 51 years
Kristen M. 10/27/70: 54 years