

THE LOWER DESERT *Connection*

RECOVERY • UNITY • SERVICE

Lower Desert Area
of Narcotics Anonymous

THIS MONTH'S THEME:

We Do Recover



SEPTEMBER 2026 • INAUGURAL ISSUE



MEMBER
EXPERIENCE



AREA
HAPPENINGS



RECOVERY
& SERVICE



◆ WELCOME TO ◆ THE LOWER DESERT *Connection!*

Welcome to *The Lower Desert Connection*, where you can find the latest information from the Lower Desert Area of Narcotics Anonymous!

Stay connected with upcoming activities, find a meeting, discover ways to be of service and get involved, hear from members of our fellowship, celebrate clean-time birthdays, and more.

Most importantly, we want to *hear from YOU!*

This newsletter was created for our members, by our members, and we hope it becomes a place where we can share our experience, celebrate recovery, stay informed, and strengthen our connection with one another.

Together, let's stay Clean & Connected.

In loving service,

Samantha R. ♥



◆ DESERT GEMS ◆

QUESTION: What has NA given you that you never thought you'd have?



"Recovery has given me relationships and history."



"The ability to sit still and not run when life gets uncomfortable."



"The ability to go through anything and not want to use."



"The ability to turn it over."



"Recovery gave me the ability to process my fears and awaken my hopes and dreams."



"Awareness. You can't change something you can't see."



"NA gave me all of you."



— Anonymous —



♥ MEMBER EXPERIENCE ♥

≡ *We Do Recover* ≡

“We do recover” is one of the most life-changing messages I have ever read.

My active addiction affected my children, my family, and anyone in close proximity to me. Drugs, shame, and guilt controlled my life. I protected my addiction as if my life depended on it. In reality, I was destroying my life.

Today, I am a woman in recovery, and I choose to live my life. God, Narcotics Anonymous, and the Twelve Steps have restored my soul and given me a life I never thought possible. Today, I freely share the gift of recovery with anyone who may need the same hope that was so freely given to me. *My mess is now a message of hope and change.*

Life still happens. Pain, disappointment, and loss are part of life. I must continue working the NA program as outlined. THE program of NA has never failed me. ”

— SF



When the pain of staying the same is greater than the pain of change, we will change.

— Anonymous Member —





Today a New Day

UNITY • RECOVERY • SERVICE



Just for Today



I am grateful for the values I've developed. I am thankful for the ability they give me to make wise, loving decisions as a responsible, productive member of my community.

— Just For Today



SAVE THE DATE



OCT. 2-4, 2026
NA CAMPING
Mountain Center



OCT. 11, 2026 • 2:00 PM
LOWER DESERT AREA MEETING
Palm Springs



NOV. 21, 2026 • 5:00-9:00 PM
CLEAN & CLASSY BANQUET
Palm Desert

For event details & tickets,
visit LowerDesertNA.org

Service Corner

*Get involved. Give back.
Stay connected.*



OPEN POSITIONS AT AREA LEVEL!

Please attend next month's Area meeting if you are interested in finding out what positions are available and would like to serve in one of those positions.



NO GSR AT YOUR MEETING?

If your meeting does not have a GSR this is a great opportunity to be of service. This is such an important position.



H&I IS ALWAYS LOOKING FOR MEMBERS!

Carry the message to facilities that can't make it to outside meetings.



H&I meets: First Thursday of the month
6:00 PM • Denny's • Thousand Palms
6 months clean required to speak at H&I panels.



ASK YOUR HOME GROUP

what service positions are available. Service is such a great way to help you in your recovery!

REMEMBER...

If you don't have a home group, you're homeless!

Service Spotlight

What Does a GSR DO?

A Group Service Representative (GSR) is an important link between your home group and the Lower Desert Area.

RESPONSIBILITIES TO THE GROUP

- ✓ Reports on Area news
- ✓ Shares information
- ✓ Answers questions
- ✓ Purchases literature and keytags from Area
- ✓ Turns in the donations to Area from meeting

RESPONSIBILITIES TO THE AREA

- ✓ Carries group conscience
- ✓ Reports group status
- ✓ Acts for NA as a whole

No GSR at your meeting?

Consider stepping up!
It's a great way to serve your home group and help keep it connected to NA as a whole.

Newcomer Corner



What to Expect at Your First NA Meeting

- ♥ No dues or fees — the only requirement for membership is a desire to stop using.
- ♥ Total anonymity. What you share is treated with respect.
- ♥ No pressure to speak. It's okay to simply listen.
- ♥ Free pamphlets on the racks at most meetings.
- ♥ Get phone numbers at meetings and use them.
- ♥ Ask for a meeting directory.
- ♥ Get a sponsor — *sooner than later!*
- ♥ Arrive early and stay late. Fellowship before and after the meeting is part of the experience.
- ♥ Don't leave before the miracle happens. Keep coming back.

*You are worth it.
We need you.
We love you!*



OUR COMMON WELFARE SHOULD COME FIRST; PERSONAL RECOVERY DEPENDS UPON NA UNITY.

Together we can do what we could never do alone. ♥ Thank you for letting NA be a part of your life.





September BIRTHDAYS

THANK YOU FOR ANOTHER YEAR OF RECOVERY!
We celebrate YOU and your clean-time anniversaries!

SEPTEMBER 2

- Hector — 36 years

SEPTEMBER 3

- Scott C. — 10 years
- Ben A. — 15 years

SEPTEMBER 5

- Stan L. — 21 years
- Denna N. — 26 years

SEPTEMBER 8

- Irene S. — 17 years

SEPTEMBER 9

- Josie B. — 6 years
- Debbie B. — 17 years
- Nora M. — 30 years

SEPTEMBER 10

- Micki C. — 39 years

SEPTEMBER 11

- Glenn G. — 18 years

SEPTEMBER 12

- Monsie N. — 5 years
- Chris C. — 31 years

SEPTEMBER 14

- Johnny B. — 26 years

SEPTEMBER 15

- Shannon C. — 24 years
- Linda W. — 31 years
- Terrie — 32 years
- Lisa D. — 42 years

SEPTEMBER 16

- Joe Me. — 43 years

SEPTEMBER 18

- Samantha R. — 4 years
- Donovan R. — 4 years
- Dawn C. — 19 years

SEPTEMBER 22

- Carlos D. — 12 years

SEPTEMBER 23

- Johnny — 21 years
- Evelyn H. — 29 years

SEPTEMBER 26

- Trista L. — 16 years
- Omie B. — 21 years

SEPTEMBER 27

- Brett V. — 27 years
- Tina S. — 27 years

SEPTEMBER 28

- Brian S. — 9 years



Recovery Break

— ♦ WE DO RECOVER ♦ —

We Do Recover Word Search

P O R R H O M E G R O U P N L
A W A R E N E S S N E T P E Y
T R A D I T I O N S S N C U R
S E L P I C N I R P P A P F F
S R U A S L S G N I T E E M E
E T R S P E O L C I I L I O L
L E L E C S N M R R G C R A L
R E M C C P L O E E V O E S O
E M S S I O E D O E I S D R W
W S S S L N V E E M E E N T S
O E R O H S V E E R S I E W H
P O E L T O S R R P L P R R N
D Y P G N R M F I Y O S R O P
C I R L S T E P S H V E U P S
S E R V I C E O E O E O S I N

WORD LIST

Clean	Recovery	Meetings	Sponsor
Service	Principles	Traditions	Steps
Homegroup	Fellowship	Love	Freedom
Hope	Awareness	Surrender	Powerless

*"You dont have to dance with everybody,
but you need to dance with somebody."*

— member

LOWER DESERT AREA INFORMATION

Stay Connected. Find a Meeting. Get Involved.



WEBSITE

lowerdesertna.org

Find meeting directories
and upcoming activities
on the website.



NA HOTLINE

760-388-0617

We're here to help.
You are not alone.



WE WANT TO HEAR FROM YOU!

Share your experience, strength, and hope!

We welcome:

- ♥ Member experiences
- ♥ Desert Gems responses
- ♥ Artwork, poems, and stories
- ♥ Event information
- ♥ Clean-time birthdays
- ♥ Suggestions and requests



Email your submissions to:

lowerdesertconnection@gmail.com

*Thank you for helping make
this newsletter yours!*



♥ *One Addict Helping Another* ♥
♦ **KEEP COMING BACK, IT WORKS!** ♦

