

# Northern New England News

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April 2006

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Issue 14

## RSC NEWS

Seacoast Area will host the next RSC meeting: May 13, noon, Wentworth-Douglass Hospital, Auditorium # 1 (2nd floor), 789 Central Avenue (Rt. 108), Dover, NH. (Park in parking garage). We have the hall from 10AM until 5PM. 10AM setup and subcommittee meetings. Flyer: [http://www.gsana.org/download/RSCFlyer\\_05132006\\_web.pdf](http://www.gsana.org/download/RSCFlyer_05132006_web.pdf)

► Open Positions: Treasurer, Newsletter Chair with all positions open for nomination at the May RSC, with elections in July. Clean time requirements are: Chairperson: 3 years, Vice Chair: 2 years, Secretary: 2 years, Treasurer: 4 years, Regional Delegate, 5 years, Alternate Regional Delegate: 4 years, Subcommittee Chair: 2 years.

► Delegates will travel to the World Service Conference April 21-April 30.

► Ad-hoc formed to research the costs of a Regional Website.

► Motion submitted to delete in the RSC guidelines all references to ASR and ASR-alt and replace with the title/position of RCM, as well as other housekeeping motions related to updating the RSC guidelines pertaining to the food allowance for the delegates for travel to NEZF and the WSC. These motions will (hopefully) be voted on in May.

► New prudent reserve recommendation for the May RSC.

► Budgets will be approved in May, separately from the minutes.

► 2006 RSC meetings to be held on: July 8, Sept. 9, & Nov. 11.

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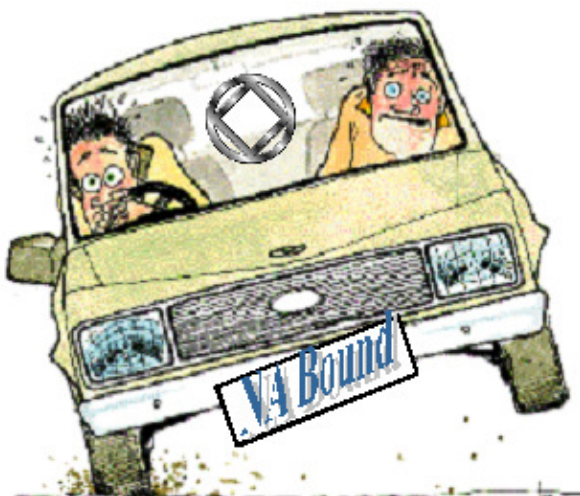
## Experience, Strength and Hope

### *The Solution Starts Here: Traveling Home Group*

One of the things that I have seen work for many addicts is traveling to various groups around the area. In my home group, addicts would car pool regularly on the nights that there were no local meetings. We didn't pair off in cliques, we paired off by the willingness to stay clean and desire to attend meetings.

I have always traveled to meetings of NA. When I have been fortunate enough to have others to travel with, it has been a meeting before and a meeting afterward. The next time you find yourself thinking that there aren't enough NA meetings in your area, do what we did, expand your area!

*-Member, Maine Area*



## *Atmosphere of Recovery*

What is it? My knee jerk response is a safe place that helps me stay clean. But, I know I can't get clean alone, and NA was not created for me personally. It needs to be a safe place for everyone here and the next person that walks through the door. So, I started reading.

The Basic Text defines an atmosphere of recovery as a place where addicts come together "so that the magic of empathy, honesty, caring, sharing, and service can do their work." (5th ed. Page 64) It can only be maintained, "by keeping our groups recovery-oriented". Okay, but how do we do that? People getting together is one thing, but people getting along is another. And how do we stay recovery-oriented?

How do we get along? We need to act as a group, or practice unity. To me, this means placing principles before personalities. The Basic Text defines anonymity as, "the state of bearing no name". It can also mean, "lacking individuality." (Merriam-Webster OnLine) I surrender my individuality to become part of the "we" that is the spiritual foundation of our program – "anonymity". I don't think this means giving up who I am. It just means I am not more or less important than anyone else. I give up ego. It means that everyone's vote counts equally. It means that I am willing to give up what *I want* for the good of the group. When it's late and I'm tired and *I don't want* to stay for my home group business meeting, it's better for myself and everyone else if I control my impulse to whine or pressure everyone else to finish up as fast as possible because *I'm tired*.

How do we stay recovery-oriented? I've heard it many times: Focus on the message, and not the mess. Carrying the message supports our unity of purpose and our personal program. We work the steps and share our experiences, strengths and hopes.

Okay, all this "we" stuff is great, but I can't get confused about where the responsibility lies. This is certainly about personal action. An atmosphere of recovery doesn't just happen if I sit on the sidelines and wait for it. I shouldn't just sit at a meeting with

my arms crossed and wait for someone else to greet the newcomer that just came in. I shouldn't pay the steps lips service and then not apply them in all my affairs. It's not helpful for me to use meetings as a dumping ground for my problems or a soapbox. I'm also not helping if I attend meeting after meeting and don't share. I need to be involved as a member of the group to support an atmosphere of recovery. Carrying the message is done in many ways; opening a meeting, setting up chairs or literature, working on a service committee, or being a phone line volunteer, to name a few. Being part of the group also means it's okay if the group conscience doesn't vote *my way*. I don't need to take my ball home and refuse to play anymore. This is ego and separates me from the group, making me vulnerable to relapse. And I want to stay clean today.

So, I guess my short answer to "What is an atmosphere of recovery?" is: it's the safe place created inside these walls when recovering addicts work together applying the Steps and observing (meaning following, not watching) the Traditions. I can't, but *we* can.

*-Member, Northern New England Region*

### **Carry The Message!**

"We can only keep what we have by giving it away."

This is *your* space to share your experience, strength and hope. We have an open topic forum and a forum emphasizing service work. Poetry and Art are other ways to share your experience strength and hope. Send contributions to [nnenewsletter@yahoo.com](mailto:nnenewsletter@yahoo.com).

Thanks in advance for your participation. We know what it means when it is said... "We are not alone."

June Issue Deadline: May 15th

## Experience, Strength and Hope: Service *Simply Serving NA*

When I think back to my first service experience in NA I think about how we used to empty ash trays after the meeting. I had no idea I was doing a service for NA, after all I wasn't on any committee and needed no vote of confidence to carry out this act. It was a rewarding experience and, next to coffee maker, I would still find it to be one of the best positions in NA service (if we still smoked in meetings).

As my commitment to NA grew, I became more willing to be involved by helping to clean up after the meetings and even chairing the meetings. I can assure you that during that first year clean when I wanted to get high, the responsibility of having to chair a meeting gave me another day clean.

I also learned to get out of myself by greeting folks who walked into a meeting, another simple act of NA service. I met many sponsees this way! Taking the time to say "hello" and "welcome to the meeting" helped me to relieve some of that self-centeredness that I carried. There are so many ways to serve in NA and even though you may experience a few headaches along the way, the rewards will outweigh them. Just my ES&H.

*-Member, Northern New England Region*

## NA HISTORY: 50 YEARS AGO

**1956:** The first formal, printed NA literature was published in California. It was a small, buff colored pamphlet. Other than contact information, it offered a set of questions ("Do You Need Narcotics Anonymous?"), introduced the NA program, the 12 Steps, the Serenity Prayer, and "Just for Today." A transcript is available at <http://mwbr.net/narchive/>.

# Experience, Strength and Hope

## THE GAME

Finding a cure for physical or mental pain  
 Seems impossible, driving you insane  
 Sick and tired of feeling hurt  
 Nothing seems to work  
 Introduced to something that will take it away  
 Find it works now you need it the next day  
 Thinking that no harm is done  
 Sooner than later the drug has won  
 Life seems better with the so called cure  
 Until one isn't enough; now searching for more  
 Forgetting about the pain that once was  
 But you're still medicating just because  
 No problems at all when you're high  
 Not realizing we weren't meant to fly  
 Still no problems when you're on the pill  
 Just makes the time stand still  
 Your problems will just remain  
 When you come down everything's the same.  
 The wind picks up catching the kite  
 You take another to put you back in flight  
 Afraid to come back down  
 Fearing that there'll be nothing around  
 Now one isn't enough to do the trick  
 Trying to figure out why you get sick  
 An addict you became  
 Now you are just a pawn in "The Game"  
 Hooked on the drug and unaware  
 Starting to pull away from those who care  
 Agreeing with yourself you can stop  
 No clue at all it's just a thought  
 Now it has sucked you in  
 Up against a wall it has you pinned  
 For the original problem you tried to beat  
 Picking up another that's harder to defeat  
 Pockets getting deeper all the time  
 To get that fix, you start a life of crime  
 Reputation has been changed  
 Everything in life's been rearranged  
 Becoming the only life you know  
 Head once held high, now very low  
 Lost in a world of deceit  
 Lost in a world of grief  
 Wondering if the rollercoaster will cease  
 Instead its speed begins to Increase  
 Constantly going up and down too fast  
 But it is up to you how long it lasts  
 Mind screaming it's had enough  
 Body now is relying on the stuff  
 Life consumed looking for the next fix  
 Wasting time as your clock ticks  
 It's winding down faster then you know

Time has turned from friend to foe  
 Experimenting now you regret  
 Wanting to quit but saying not just yet  
 Even though it's harder to sleep, harder to eat  
 Still won't accept this defeat  
 Each day brings on repetition  
 In the beginning should have listened  
 Every night feeling hot and cold  
 Goosebumps forming from head to toe  
 Toilet becomes best friend  
 Need that fix for symptoms to end  
 Wanting this new life put behind  
 One little substance can control a life  
 Gambling with it, rolling the dice  
 Everyday becomes the same  
 It's a hunt, it's a game  
 Wanting to quit but craving to use  
 Finding a person who was once like you  
 Listening to every word they have to say  
 Maybe that could be you some day  
 Use your courage to help yourself  
 Then you'll be able to help everyone else

*-Member, Maine Area*

## CLOSED MEETINGS

MAINE - Sunday, Norway. Clean & Crazy.  
 GRANITE STATE - Monday, Laconia. Living Free.  
 MAINE - Wednesday, Machias.  
 GRANITE STATE - Wednesday, Derry. Derry Men's Meeting.  
 MAINE - Friday, Princeton.

## TIME & LOCATION CHANGES

GRANITE STATE - Monday, Derry. Sisters of Surrender. 7:30-9PM moving to new location  
 April 3rd: St. Luke's United Methodist, 63 East Broadway, back entrance.

MAINE - Tuesday, Rockland. Name change to New Attitudes.

MAINE - Wednesday, Calais. Back to Basics. 7-8PM.

MAINE- Friday, Rockland. New Attitudes. 6:30-7:30PM. O D CL H

## GRANITE STATE AREA

H&I has 23 of 28 commitments filled.

Other Service Opportunities:

- Area Secretary
- Area Vice-Chair
- B.O.D. Chair
- B.O.D. Vice-Chair
- B.O.D. Voting Member

The new phone line number will be up and running by the next meeting list printing. (We are co-coordinating with the Seacoast Area.) –GSA RCM

## MAINE AREA

55+ Groups.

The activities subcommittee is organizing a road trip to Pigs in Space (Middlebury, CT - May 20th). They are looking for people willing to drive and coordinate car pools. For more info contact the activities subcommittee.

Changing the Lie Group, meeting Fridays in Lewiston, is in danger of closing and needs support. It's got a good influx of newcomers, but short in the basket and in need of addicts with clean time for guidance.

New Attitudes Group, meeting Tuesdays in Rockland, has a pocket poster program that needs maintenance.

## SEACOAST AREA

We are making our best attempt to carry this message to the addict who still suffers. We have 14 groups that meet on a weekly basis. We still struggle at the group level with trusted servants, but the Area Service Committee is a different story, all service positions are filled except for Public Information, which is still open. Group attendance varies from 4 to 6 groups and we are hoping this increases. We created a Public Awareness Ad Hoc Committee, which

will meet starting in March. Elections for the ASC will be held in August, with nominations in June and July. Any addict willing to serve on the H&I Subcommittee, please contact the H&I Chair or any other H&I member. They really need help carrying the message.

We started year with a campout, but no place to have it. At the March ASC the Campout Committee voted to have Freedom Under the Stars XVI at Goose Hollow Campground in Thorton, NH. We currently have flyers available @ GSANA.org and soon at NA.org (NA Events). We are hopeful everyone who attended in the past will join us at our new and larger location. We are having a number of fundraisers for the campout. All events will be posted on the Granite State website. –SA RCM

## NEW MEETINGS!!!

MAINE - Monday, Rockland. Kindred Spirits Women's Group. 6:30-7PM, Aldersgate United Methodist Church, Rt. 17, 156 Lakeview Dr. O CL W H

SEACOAST – Monday, Kittery, ME. Freedom. 7PM, Kittery Youth Connection, 10 Shapleigh Rd. D

MAINE - Tuesday, Augusta. 7:30-8:30PM, Green Street United Methodist Church, 13 Green St. O 12 H

GRANITE STATE - Wednesday, Bradford. Courage to Change. 6:30-7:30PM, First Baptist Church, 88 West Main St., vestry entrance. Alternating format: SP, 12, Topic, & Step Writing.

MAINE - Thursday, Farmington. Step Awareness. 6:30-8PM, Franklin Memorial Hosp., 111 Franklin Health Commons, Rt. 2. O 12 H

MAINE – Friday, Houlton. Higher Powered. 3PM, Salvation Army, Court St. O (Steps 1-3)

## WSC NEWS

- Basic Text Project Update - Jan–July 2006: Finalize the draft text, filling in any identified gaps; Sept 2006–Mar 2007: Fellowship review and input period
- The major focus for the upcoming Conference Cycle is implementation of the PR Handbook, further development of Public Relations tools, and further development of basic service tools for groups and service committees
- [www.na.org](http://www.na.org) gets an average of 2 million hits every month
- World Board Members and NAWS staff participated in 8 CAR Workshops in the US with 3 of them within the borders of the NEZF
- Currently there are 740 members in the World Pool
- Will be electing World Board Members, Human Resource Panel members, and WSC Co-facilitators at the Conference

## World Convention Update

- WCNA-32 29 Aug–2 Sept 2007 in San Antonio, Texas
- WCNA-33 20–23 August 2009 in Barcelona, Spain
- WCNA-34 1–5 Sept 2011 in San Diego, California
- WCNA-35 29 August to 1 September 2013 in Philadelphia, PA
- In the last year over \$460,000 worth of literature was given away from the WSO to emerging fellowships and when requested by new groups, etc.

## NORTH EAST ZONAL FORUM

Northern New England Region, June 23, 24, 25, 2006, Ramada Inn at Amoskeag Falls, 21 Front Street, Manchester, NH - \$89/night plus 8% Room Tax.

- Elections for: Chairperson, Vice Chairperson and Secretary.
- The focus of the Saturday Discussion Session for the June NEZF is: Conference briefing and the 2 Issue Discussion Topics selected at the WSC.

Flyer: [http://www.gsana.org/download/NEZF0606Flyer\\_web.pdf](http://www.gsana.org/download/NEZF0606Flyer_web.pdf)

Northern New Jersey Region, January 19, 20, 21 2007

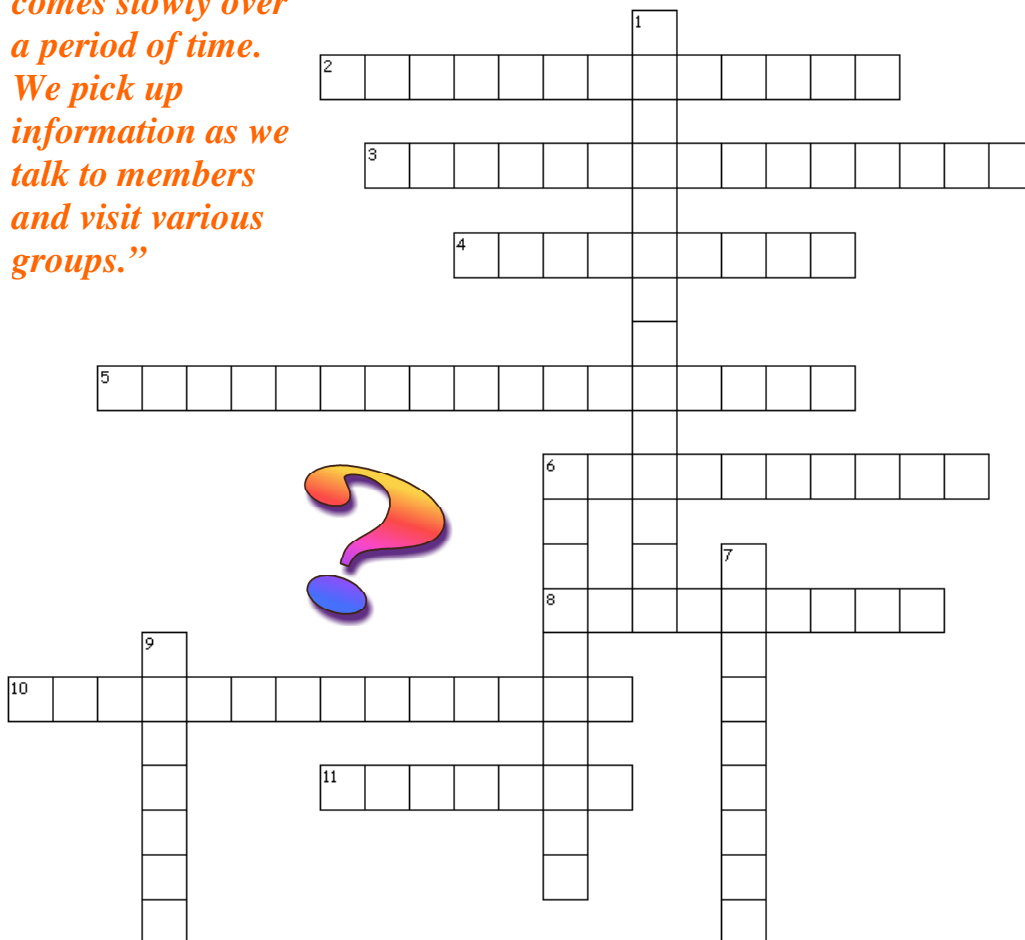
Northern New York, July 27,28,29 2007

The NEZF ad-hoc on Zone Wide Workshops is looking for feedback from the regions on the report submitted at the January meeting. Ideally all regions will come back to the June meeting with ideas or input so the ad-hoc will know if they should proceed or not. (If Regions like the idea of such a workshop, but do not like the plan in the report, the ad-hoc needs to know). If Regions do not see the value of the pursuing this idea, then again, the ad-hoc needs to know.



# The Traditions Fun Page

*“Understanding these traditions comes slowly over a period of time. We pick up information as we talk to members and visit various groups.”*



*“They are the guidelines that keep our fellowship alive and free... It is only through understanding and application that they work.”*



## Across

2. personal recovery depends on this
3. tradition eight
4. the only requirement for membership is the desire to \_\_\_\_\_
5. for our group purpose there is but one
6. \_\_\_\_\_ rather than promotion
8. NA as such ought never be \_\_\_\_\_
10. our sixth tradition is the basis for our policy of \_\_\_\_\_
11. we have no \_\_\_\_\_ on outside issues.

## Down

1. the seventh tradition states that we ought to be fully \_\_\_\_\_
6. each group should be \_\_\_\_\_
7. the spiritual foundation of all our traditions
9. group's primary purpose

## Northern New England Region of NA—April 2006

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
					1 <b>Bowling Campout Fundraiser</b> 1-4pm, Dover Bowl, Central Ave, Dover NH. Benefits Seacoast's "Freedom Under the Stars". <a href="http://www.gsana.org/download/Seacoast_Bowling_Flyer.pdf">http://www.gsana.org/download/Seacoast_Bowling_Flyer.pdf</a>	2 <b>Granite State ASC</b> 1:45pm, Manchester VA Medical Center 718 Smyth Road Manchester, NH. <b>Seacoast ASC</b> noon - 4pm, Wentworth-Douglas Hospital, Salmon Falls Room, 789 Central Ave., Dover, NH.
3	4	5	6	7	8	9
				<b>Brothers in Spirit</b> Notre Dame Spiritual Center, Alfred, ME. <a href="http://www.namaine.org/Brothers%20in%20spirit.pdf">http://www.namaine.org/Brothers%20in%20spirit.pdf</a>		
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 <b>Eat &amp; Meet Campout Fundraiser</b> 5:30PM-10PM, St. John's Church, Chapel St., Portsmouth NH. Benefits Seacoast's "Freedom Under the Stars". <a href="http://www.gsana.org/download/SANA_Spaghetti_Dinner.pdf">http://www.gsana.org/download/SANA_Spaghetti_Dinner.pdf</a>	29 <b>Maine ASC</b> noon, 10:30am Literature purchases. 9 Foss Rd., Lewiston, ME.	30

## Northern New England Region of NA—May 2006

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1	2	3	4	5	6 <b>Public Relations Learning Day</b> (Multi Region/Area H&I/PI) 9am-5pm. & <b>Convention Fundraiser</b> 5pm-Midnight. <i>Both</i> events at Unitarian Universalist Church, Lowell Street, Nashua, NH. <a href="http://www.gsana.org/download/HIPLearningDaySpringFling2006_web.pdf">http://www.gsana.org/download/HIPLearningDaySpringFling2006_web.pdf</a>	7 <b>Granite State ASC</b> 1:45pm, Manchester VA Medical Center 718 Smyth Road Manchester, NH. <b>Seacoast ASC</b> noon - 4pm, Wentworth-Douglas Hospital, Salmon Falls Room, 789 Central Ave., Dover, NH.
8	9	10	11	12	13 <b>RSC</b> noon, Wentworth-Douglass Hospital, Auditorium # 1 (2nd floor), 789 Central Avenue (Rt. 108), Dover, NH. <a href="http://www.gsana.org/download/RSCFlyer_05132006_web.pdf">http://www.gsana.org/download/RSCFlyer_05132006_web.pdf</a>	14
15	16	17	18	19	20 <b>Maine ASC</b> noon, 10:30am Literature purchases. 9 Foss Rd., Lewiston, ME.	21
22	23	24	25	26	27	28
29	30	31				

To submit an event for the Calendar, email the information along with the name of your Area to [nnenewsletter@yahoo.com](mailto:nnenewsletter@yahoo.com)