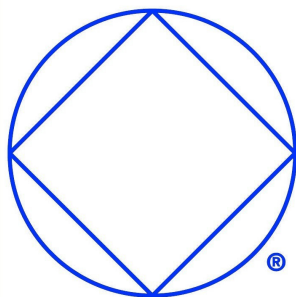


Northern New England News



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April 2008

nnewsletter@yahoo.com

Issue 26

RSC News

Next RSC meeting is May 10, 2008 at the Wentworth Douglass Hospital, Dover, NH
Dates of next few RSC meetings are: July 12, 2008 (Maine Area), September 13, 2008 (Granite State Area) and November 8, 2008 (Maine Area)

Nominations in May and July for Chairperson, Vice Chair, Secretary, Treasurer, Regional Delegate, Regional Delegate Alternate, Newsletter and MRLE, with elections in July
A motion was sent back to Areas to donate \$60.00 to help unfunded trusted servants of the NEZF attend the June meeting in Albany.
There was a preliminary discussion at the RSC of potentially funding trusted servants to the RSC. Example: reimburse gas receipts. Expect a motion at the May RSC

Northern New England Region Report to the WSC 2008

Regional Delegate attended WSC 2004 and 2006 Alternate Delegate attended WSC 1995, 1996 and 2006

Our region has 3 areas. The Granite State Area has 38 groups and 42 meetings, the Maine Area has 45 groups and 58 meetings and the Seacoast Area has 14 groups. This is a total of around 97 groups and about 114 meetings a week across Maine, New Hampshire and a tiny part of Northern Massachusetts. This is a slight decrease from our report 2 years ago. We represent addicts in

the very northeast corner of the US. Our areas fulfill 21 H&I commitments each month.

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E, S, & H: Change I must or die I will. p.4

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DISCLAIMER: The opinions expressed here do not necessarily reflect the views of NA as a whole, the NNE RSC, or the Newsletter Subcommittee.

In 2007, we received \$3208.52 in area donations and \$242.00 in group donations to our region. Our expenses were \$395.00 for rent, PO Box, minutes, and other miscellaneous expenses, \$1071.92 for RD and RD-A travel to zonal forums and expenses related to regional workshops, and \$1243.17 in donations to NAWS. We have a \$700 prudent reserve and set aside \$1750.00 for RD-A expenses to WSC 2008

The RSC purchases service handbooks and the Conference Agenda Report directly from the WSO. We do not distribute any literature on the regional level, although two thirds of our areas buy and sell literature for their groups. The Northern New England Region participates in the North East Zonal Forum. We have attended regularly since its inception and have been actively involved in its evolution as a zone. We see ourselves as partners with the other delegates from the zone and reap many benefits from discussing the many topics that come before us. It is also a great training ground for our delegates and really helps us to prepare for the upcoming WSC.

There is no service office in our region, and there is no regional convention. We do put on a Multi-Regional Learning Event (MRLE) that is attended by many delegates and others from the northeast US and beyond. It is a service and recovery weekend usually in early December of every odd number year. With the MRLE happening just after the CAR is released, very often, it is many delegates first workshop with participation from NAWS before the WSC. We had participation from over 35 addicts from 9 regions and NAWS at MRLE X (December 2007) and look forward to MRLE XI in December 2009. The Granite State Area has a convention every other year with between 400 – 500 addicts in attendance. GSA also has a very popular campout every June. The Maine Area has two smaller weekend gatherings of addicts, including The Miracle (120 addicts) and the Winter Unity Fest (75 addicts). There is also a group sponsored campout in the Maine Area. The Seacoast Area has their own campout in July (75 addicts).

Our region has not incorporated, and does not enjoy tax-exempt status. However, the Granite State Area formed a 501C-3 corporation several years ago.

The NNERSC puts on semi regular (2-3 per year) Regional Workshops. At these workshops, and at open forum at our RSC, we have shared on the Issue Discussion Topics of Building Strong Home groups, and Who Is Missing From Our Meetings And Why? We

have also had a NA History Workshop. Our experience with the workshops has been fairly positive, although attendance has been less than we had hoped for. We have found that having a workshop in each area, discussing things that are important to the local fellowship and having the local fellowship help select the topic and format for the day helps to build our relationship with the area, although it has been a struggle to get members interested. The delegates make themselves available to attend area and group workshops whenever possible. The CAR Workshops do not usually bring in enough members to utilize the small group format, so we strive to have a very interactive session with those who are present, including discussing the CAT when time permits.

At this time, the NNERSC does not participate directly in Public Relations efforts, or have a regional help line number. We do have an online newsletter that is available by email subscription and is posted on our area websites. The Newsletter Committee meets primarily online and in private chat sessions to do its work.

The member areas provide Public Relations efforts, including Hospital & Institutions, Public Information and Phone lines. All three areas in our region have access to helpline numbers. The Maine Area has a statewide 800 number, and the Granite State and Seacoast Area share a helpline number although primarily the GSA maintains it. In the last year, the GSA is switched to a nation-wide toll free number. The Granite State and Maine Areas maintain websites that provide meeting and service committee information as well as upcoming events. The GSA website has online convention registration.

Since WSC 2006, the number of NA members seems to have increased slightly, although in the State of Maine, there has been a noticeable decrease in meetings, particularly in rural communities. The issue that has generated the most interest and discussion over the last conference cycle has definitely been Building Strong Home groups, although Who Is Missing From Our Meetings And Why

gave some of our members' new ways to think about our potential members.

The NNERSC has continued to have some challenges. Because we are in such a large, mostly rural geographic region, some of our meetings are isolated with great distances between them. Communication with these rural meetings has improved, through email and

**Is the newcomer receiving the help they need in our home group?
How does your group support each other?**



phone contact, but remains inconsistent. The state of Maine is over 35,000 square miles and is comprised of only one Area. Another challenge has been limited participation at the RSC has affected our ability to take on new projects or do much long term planning. As delegates, what has worked well has been getting information from NAWS through www.na.org NA News, NA Way, email and attending events with World Service presence. We have appreciated getting some information from the NAWS FTP site after the last WSC. Communicating with other delegates from the NEZF in between meetings has been a

tremendous asset to us as well. As previously mentioned, Zonal Forum participation has helped us to prepare for the WSC. One of the ongoing challenges for us as delegates has been to make the large amount of information that is made available to us, useful to the member areas and groups. With information coming from several delivery systems including regional minutes, newsletter, email, NAWS News, NA Way, etc., it seems as though much of it gets filtered, watered down or lost by the time it gets to the ASC or group level.

One thing we would like to see discussed at the WSC is why some of the important things that are in the CAT are not discussed more openly before the Conference, such as the new proposed book length piece. At the WSC, there are many things in the CAT that we will be asked to vote on without the benefit of talking to our regions ahead of time.

We do look forward to the discussions planned for the future of Service Pamphlets.

Respectfully submitted,
RD NNERSC
AD NNERSC

(From the January 2008 NAWS News)

Multiregional Learning Event

Our first CAR workshop was held at this event in Biddeford, Maine, 30 November-2 December 2007. We began the morning with a NAWS update and moved into three sessions that covered the CAR questions and motions. We finished with a brief discussion about the CAT material and a short Q&A session. We appreciate everyone's effort to move through the agenda. While there were a few instances where we needed to bend space and time to accomplish everything, we were able to get through the material. MRLE provided us with a great opportunity to try out CAR sessions. The group is relatively small (about thirty-five) and there is a concentration of delegates, so not only can we try out the sessions, but the delegates also have an opportunity to watch the delivery of the sessions in support of their facilitating future CAR workshops in their communities.

Thanks to all who attended.

Change I must or die I will.

I first came to Narcotics anonymous because I had a drug problem. I'd been beaten down in every sense of the word. I had lost everything in my life, everything material and even worse, everything spiritual. Many of us know from personal experience what it is like to lose the spark that makes our eyes twinkle, and puts a smile on our face. That loss kills the god given joy in our hearts. The disease of addiction robs us of ourselves. Getting clean is the first thing. I admire those who take our most important advice "Keep coming back!" As recovering addicts we don't judge people who haven't gotten clean yet. We were you once. The love and compassion shown in the rooms of NA to newcomers and those coming back from relapse can be mind blowing. We come in at first, or after a relapse, and are so filled with self hatred that we find it awkward for people to hug us. Empathy and compassion the basic text tells us, are the most powerful weapons a recovering addict needs.

Many come and get clean, and as you know, a day clean for an addict is a day won. Some of us go further. NA gives us the ability to get clean, but offers us so much more. When we've gotten clean, why then would we pause at our spiritual growth? Working the 12 steps of NA, with a sponsor, gives us the most awesome gifts. Learn to recognize that addiction isn't to a substance, but rather an illness that affects every area of our lives. Left untreated, you might find that you have behaviors that make you more miserable and unmanageable than the drugs. We need a program of recovery. Once we're clean, we have a real chance to get better. I have heard many people new in the fellowship say "I only have to change everything." Honestly, if you could have done this by yourself, you would have already. Understand the difference between the Fellowship and the program. Know that you can go to meetings, and develop relationships with a sponsor and other addicts, make the best friends in the world, but you can't get recovery by osmosis. The Program of NA is the 12 steps and 12

traditions. Get involved in step work. Through Step work with a loving sponsor you can begin to uncover the beauty of who you really are. Uncover so you can discover so you can recover.

Recovery is a life long process. Each day you can get a bit better. As you look back, you'll see that you're not living like you used to. Get in position. Learn the right posture. God works for us. Be of service. The person with two days clean can help those with one day. Please do stay. We need you. How dare I not be grateful.

ILS, David S., Berwick Me.

Ahhhhh, yes. Step 10 How has this step helped you?



Meeting Updates

NEW MEETINGS:

Belfast, Maine, **2nd Chances**, 12 Step Meeting, Monday, 6:30 – 7:30 PM, 55 Spring Street, First Church of Belfast, ME 'Annex' Behind Crosby School Bow,
Berwick, Maine, **A Time To Share Group**, Thursday 7:00 PM 71 Sullivan Street

Wolfeboro, NH, **A New Way Of Life Group**
Thursday 2:40 PM Kingswood Regional High School

TIME/FORMAT CHANGE:

Lewiston, Maine, **Changing the Lie**, Friday now meets from 7:00 – 8:30 PM and has relocated back to the 12-Hour Club on 120 Lisbon, Street.

Bangor, Maine, **Grateful We're Not Dead**, Sunday, 7:00 – 8:00 PM has a new format, now a 12 Step/Tradition Meeting.

LOCATION CHANGE & NEW TIME

Man Up Men's Group - TUE

Unitarian Church, 58 Lowell Rd (Corner of Canal) Use rear entrance off Grove St - Nashua, NH

Monday Night Group

YMCA, 30 Mechanic Street, Manchester, NH

NO LONGER MEETING:

The Only Henniker On Earth Group,

Henniker, NH, Friday

Still Alive And Well, Milford, NH- TUE

NA World Services News

Literature Prices Increasing – Effective July 8, 2008. Assuming the 6th Edition Basic Text is approved, the cost will be \$11.00. Keytags will be \$.45 each, medallions will be \$2.75 each, booklets, wallet cards, posters, etc



will also be increasing in price.

27 April – 3 May 2008 - 2008 World Service Conference

Upcoming NEZF Meetings

June 20, 21, 22 2008

ABCD Region

Comfort Inn, 1606 Central Ave.

Albany, NY

The topic for the June 2008 NEZF Saturday Sharing Sessions will be "What is the direction of the NEZF? Where are we going?"

January 23, 24, 25 2009

Connecticut Region

June 26,27,28 2009

Eastern New York Region

What's Going on in Your Area
Maine Area

Hello Everyone,

Spring is here and with it grows our meetings. Our work will help pave the way to attract newcomers and encourage them to remain, heal and be part of the NA family.

It's a pleasure to report that our vice chair was successful in locating our new meeting space on the Bowdoin College campus. We are meeting today at 85 Union St., the McLellan Building in Brunswick. Thank you for a great effort and a great conference room.

Since last ASC, committee members have rallied to get our treasury back in order and make responsible decisions to keep our accounts paid to date with business as usual. Thank you to the body of ASC for their help and positive responses to support a member who displayed courage facing his mistakes and demonstrating an honest attempt at making an amend, both personally and financially. Also a special thank you to our new treasurer for an outstanding effort to normalize business. Our subcommittees need to be vigilant in remaining open to any addict in Maine who is willing to make the special effort to travel across the state to Brunswick, Maine to get here willingly to be part of our subcommittees and keep their home groups connected in the process. We all do great work, but with more help, more is possible.

We are going to take some time reviewing and updating ASC policy. Changes in policy that have been ratified by majority vote over this past year, have not been reflected in our written guidelines as yet. To be a responsible business organization we need to take time update our decision making. This also needs to include changes in our sub-committee guidelines as well. Our proposed Public Information Committee guidelines are also part of the process we have in front of us this month.

It's a pleasure to be part of such a positive body representing NA home groups in Maine. Hope those home groups without

representation will join us in the future with this self-governing process. We need your help to better serve your group.

Our H&I Committee is doing a great job carrying the message inside the walls. Hope is the message we share, "that any addict can lose the desire to use and stay clean." H&I meetings are a powerful experience for those wanting to begin service work.

The Convention Committee is working on the ground-work to make this year's "We're A Miracle" the best ever at the Notre Dame Center in Alfred. It's our 25th year anniversary. We hope you will join us there for recovery and fellowship.

The PI Committee's ad-hoc subcommittee has just completed a draft of guidelines for approval to be reviewed by home groups prior to next ASC. Our website is going strong and provides links to events, fun activities, meeting information, and much more. Please check it out at www.namaine.org. Our new meeting lists have just come from the printer and are also available online.

Our Activities Committee has been quite active planning new events to excite both newcomers as well as regulars enjoying healthy social time, good food, and laughter. A calendar of events should be posted in the near future. All NA groups across Maine have been welcomed into the planning process to help with fellowship in remote areas without regular events.

NA is alive and well. If you are traveling through or visiting different communities we welcome you to join us and share your experience, strength and hope.

In Loving Service,
Maine Area Chairperson

E, S, & Hope

Growing up I was subjected to physical, verbal, and sexual abuse. I began using drugs at a very young age in order to kill my pain and shame of the abuse. Soon there seemed to never be enough drugs to get the job done. My anger, resentment and unpredictability rose to explosive levels. I hurt so you were gonna hurt.

I've been through three re-hab programs. The last one opened the door to my recovery. Unfortunately, I didn't listen and broke a golden rule. I sought out a relationship in my first year of recovery. Soon I was caught up in addiction and running with the same old people. I was back to not caring about life, death, you or myself. It culminated with an armed police stand off. I got shot five times with shotgun-fired beanbags. I was trying for suicide by cop. But it seems my Higher Power wasn't done with me yet. I now realize that I'm right where I'm suppose to be (in prison). My Higher Power had to bring me here in order to get my attention. After years of trying he has finally succeeded. There is a Higher Power in my life now. I accept the principles in NA coupled with my Higher Power. I finally realize that I don't understand all the principles of NA; I just need to follow them. So the healing has begun. I sometimes lie in my cell; think about the wreckage of my life and cry. There is no way for me to repair the damage I've done to others and myself – but I'm willing to make amends. I have time to make a difference in life and others too. So long as I follow the NA way, to maybe save a few souls by sharing my experience, strength, and hope. I can carry the message. I can help others and feel good about myself. I still have a lot of painful memories but I no longer use drugs. I have NA, my Higher Power, and my friends in NA.
Richie, Oregon

By permission of The Hole in the Wall Group

✉ 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, Art, Photo's and articles regarding NA History (personal or archival snippets) are welcome. There are many ways to share experience, strength and hope.

Please send your contributions along with your release form to the nnewsletter@yahoo.com, or to NNERSC, P.O. Box 1274, Saco, ME 04072. *Please try to limit your sharing to half a page, single-spaced.* Thanks in advance for your participation.

→June Issue Deadline: May 15th←

NA Fun Page

S P A T I E N C E B J F E H G
 F S M P F N L U J M P O C X G
 L U E Z R U P K G S R Y N R R
 F Z U N V O M J E K O B A Q I
 O W T S S K G I H Y G F R A Q
 K I J R K S T R J O R N E S Y
 K I I G F I E W E G A J V M R
 R H I K R X S L K S M B E S N
 W X A O O C G S R P S K S F F
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 L R Z F X R L A Z U W D E O Z
 P P M I K S Y N L L K O P D W
 V T X I M E Y D M V V C P Z B
 S Q C Z R O T F P D T W N V P
 B G F E N T I F N M W I X M Y

PATIENCE
 PERSEVERANCE
 POWERLESSNESS
 PRAYER
 PRIORITIES
 PROGRAM
 PROGRESS

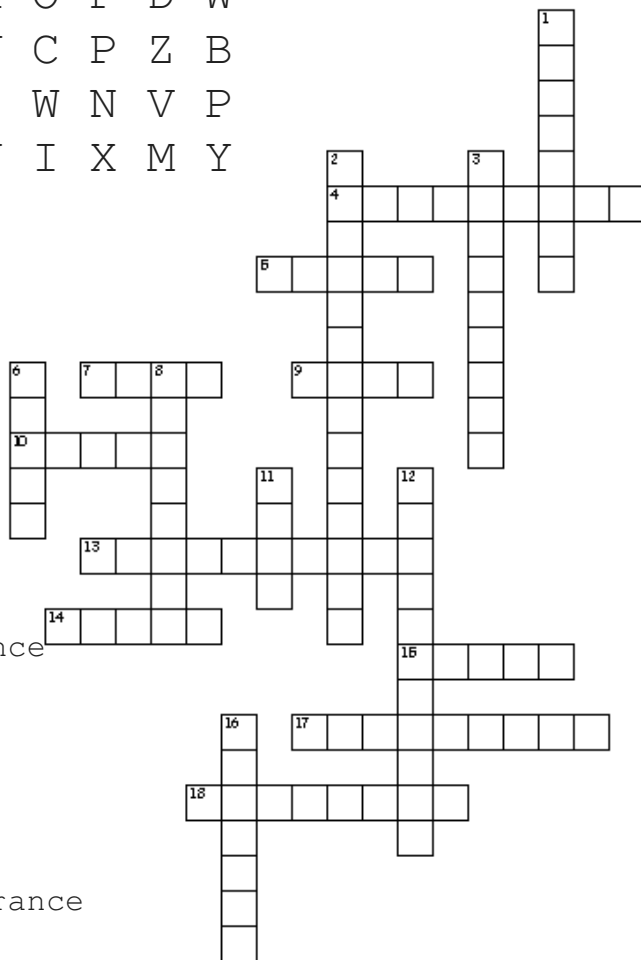
Feelings

Across

4. Alienation, exclude
5. Harmony, quiet, serenity
7. Belief, desire, expectation
9. Adoration, devotion
10. Shame
13. Secluded
14. Loss
15. Belief, certainty, confidence, conviction
17. Endurance, open-minded, patience
18. Modest

Down

1. Peace, repose
2. Let-down
3. Delight, exultation, gladness
6. Upset, mad
8. Constancy, endurance, perseverance
11. Agony, distress
12. Annoyance, bitterness, grudge
16. Strength



Northern New England Region of NA—April 2008

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
	1	2	3	4	5 Spring Fling Unity Day complete with H&I, PI Learning event, Pot Luck Supper and a Dating Game to be held in Brattleboro, VT on Saturday, April 5, http://www.gmana.org/BTB%2024%20Flyer%202008.doc	6
7	8	9	10	11 Brothers in Spirit April 11, 12, 13, Notre Dame Spiritual Center, Alfred ME http://namaine.org/events.html	12. Seacoast Area Recovery Bowling Campout Fundraiser http://www.gsana.org/download/0408BOWLFLYERweb.pdf	13 Seacoast ASC noon - 4pm, Wentworth-Douglas Hospital, Salmon Falls Room, 789 Central Ave., Dover, NH. Granite State ASC 9am, Manchester VA Medical Center, 718 Smyth Road Manchester, NH.
14	15	16	17	18	19 Maine web site: Bowling: 12:30 - 230pm http://namaine.org/docs/Bowling.pdf	20
21	22	23	24	25	26 Maine ASC noon, 10:30am Sub committees & Literature purchases. 85 Union St., the McLellan Building in Brunswick ,ME Laconia, NH: GSA H&I Workshop & Spring fling w/Dinner and music.	27

Northern New England Region of NA—May 2008

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
5	6	7	8	9	10 Northern New England Regional Service Meeting GSA Bowling Conventions Fundraiser	11 Seacoast ASC noon - 4pm, Wentworth-Douglas Hospital, Salmon Falls Room, 789 Central Ave., Dover, NH. Granite State ASC 1:45pm, Manchester VA Medical Center, 718 Smyth Road Manchester, NH.
26	27	28	29	30	31 Maine ASC noon, 10:30am Sub committees & Literature purchases. 85 Union St., the McLellan Building in Brunswick ME	

Sisters in the Sun NA Women's Retreat: June 6-8

2008 Laconia Bike Week NA Meeting And Barbeque Event Flyer: June 19,20,21

Granite State Area Campout Fellowship In The Field XVIII: June 20,21,22

Seacoast Area Campout Freedom Under The Stars XVIII: July 18,19,20

Granite State Area Convention 5 Vision Of Hope: Aug 1, 2, 3

BACK TO BASICS 24 CAMPOUT AUGUST 14- 17