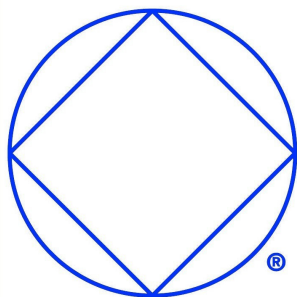


# Northern New England News



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Issue 32



I'm warm, I'm full, I feel safe from  
going to the many NA meetings in this  
Region.

[http://www.gsana.org/download/GSANA  
\\_Meeting\\_List.pdf](http://www.gsana.org/download/GSANA_Meeting_List.pdf)

<http://namaine.org/docs/mtglist.pdf>

[http://www.gsana.org/download/Seacoast  
\\_Meeting\\_List.pdf](http://www.gsana.org/download/Seacoast_Meeting_List.pdf)

Where do I go from here?  
Where is the rest of the NA family when  
they are not at a meeting?  
Ah, I need to get out of my comfort zone  
and participate with other recovering  
addicts.

But, where?

I have many options at these addresses.

<http://www.gsana.org/news.html>

<http://namaine.org/events.html>

<http://www.gsana.org/events.html>

<http://namaine.org/service.html>

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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.*

## **NNERSC News**

Next RSC meeting is May 9, 2009 in Rochester, NH at the First Church Congregational 63 Main Street. Following the RSC will be an interactive workshop with one of the topics being Building Communication, with a NA history display, then a pasta dinner. There will be a recovery meeting by the Clean To Grow Group that meets there weekly. Wrapping up the night will be social time to just hang out and catch up with everyone.

Check here for more info:

<http://gsana.org/events.html> or  
<http://namaine.org/serviceSchedule.html>

Dates of next few RSC meetings are: July 11, 2009 (Granite State Area), September 12, 2009 (Maine Area), November 14, 2009 (Seacoast Area)

In May and July, we have nominations for the following positions: Chairperson (3 years clean), Vice-Chairperson (2 years clean), Secretary (2 years clean), Treasurer (4 years clean) and Newsletter (2 years clean). The RD and RD-A positions are 2 year terms and are not up for election or re-election until 2010. The MRLE Chairperson was just elected in November and will serve until a

final report is given in early 2010. Elections will be in July.

The (MRLE) Multi Regional Learning Event will be held December 4,5,6 2009 in Alfred, Maine, this committee will meet May 9 at 11:30 before the RSC.

The ad-hoc committee working on the May 9 Unity event will be meeting next April 25, 2009 in Epping, NH at the Burger King at 11:00am



Keep coming back and we shall continue to receive more gifts than we can imagine, if we see them for what they are

## **North East Zonal Forum**

Next NEZF meeting

June 26-28, 2009 hosted by Eastern New York region with Zone Wide Workshop, flyer available

[http://nanewyork.org/flyers/NEZF\\_ZWW\\_flyer.pdf](http://nanewyork.org/flyers/NEZF_ZWW_flyer.pdf)

January 29, 30, 31 2010 hosted by  
Greater New York Region

The Northeast Zonal Forum meets twice a year, once in the winter and once in the summer. It is composed of thirteen regions in the northeast United States. Its main focus is on discussion, both of topics important to our member regions, and of issues facing NA worldwide.

The next Northeast Zonal Forum will be held June 26 –28, 2009, in Queens, NY. This time, however, we are trying something special. On Saturday, June 27, we will host our first-ever Zone Wide Workshop (ZWW, modeled on the World Wide Workshops put on by NA World Services). The theme is taken from one of the world Issue Discussion topics for this conference cycle: Our Freedom, Our Responsibility. The ZWW features:

Interactive sessions – everyone gets to fully participate

Hearing new perspectives

Discussing local, regional and global recovery and service issues

Finding out what's happening in NA around the country and around the world enjoying a pizza lunch and a speaker meeting in the evening with six speakers from around our zone.

Thirteen regions will be represented, from Maine, New Hampshire, Massachusetts, Rhode Island, Vermont, New York, New Jersey, Pennsylvania, and Ohio. The location is St. Margaret School, 66-10 80<sup>th</sup> St, Middle Village, NY, Queens County.

## NA World Services News

Here are a few things to check out from NA World Services:

The NA World Services website [www.na.org](http://www.na.org) is new and improved. It is completely revamped and will take a little getting used to. If you wish, they can continue to keep you informed about upcoming changes. Simply send an email to [informed@na.org](mailto:informed@na.org) and you will receive notifications of significant changes to the website. Should you have any questions or concerns, please email [webmaster@na.org](mailto:webmaster@na.org).

**NAWS would like to hear why you think regional contributions are not coming to NAWS even though the regions' expenses have been offset by delegate funding.**

The Human Resource Panel is distributing a new form in March that must be completed for all candidates submitted by regions, zones, and the World Board. The deadline for these submissions is 31 October. Individuals who wish to be considered need to submit or update their World Pool form by 31 August.

For updates on the In Times of Illness Revision Project:

<http://na.org/?ID=ITOI-index> The World Board will offer this booklet for approval at the 2010 World Service Conference to replace the existing *In Times of Illness* booklet.

For updates on the Self-support Project:

<http://na.org/?ID=self-support-index> The World board are working on drafting two pamphlets, one more graphical in nature, geared toward groups, and the other geared toward individuals and intended to raise awareness about members' role in supporting services. These pamphlets will be offered for approval at WSC 2010 to replace our existing pamphlets on self support, IP #24, "*Hey! What's the Basket For?*" (1988) and IP #25, *Self-Support: Principle and Practice* (1998) The deadline for submitting input is May 30, 2009.

*I see the suggested topic is how service makes us feel.*  
*Here's a brief paragraph about what it did for me.*

Sitting in the middle of the room at our huge Friday night meeting made me feel invisible in the sea of N.A. humanity. It was a very comfortable place for me in early recovery. I was still at the point of absorbing what I needed through osmosis because being able to act as if I knew what I was doing according to N.A. was still eluding me. I relapsed every few months but just kept coming. I didn't have a sponsor, and I wasn't calling any other members either. I thought addiction

had a grip on me that was going to be a struggling process to the end. Until one Friday night a young man asked for volunteers to go to the *Department of Corrections'* facility. It certainly wasn't me who raised my hand. I had no idea what I was volunteering for. Isn't there a line in our literature about how our higher power will help us do things we had no idea we had the strength to do? That was my leaping off point. I learned about H&I service with a vengeance. I read the H&I Handbook, went to every subcommittee meeting, and talked to other N.A. members regularly who did service, too. I had not only found my niche, I found the courage to work recovery the N.A. way. I had never had a purpose in my life before I started to do service in N.A. Oh, sure, I was a mother, daughter, sister and occasionally wife, but none of those things give my life the worthwhile feeling that N.A. service did. My path was set in N.A. recovery by doing H&I service. I got a sponsor who did service and eventually sponsees who did, too. I wrote my steps and encouraged other N.A. members do to the same, because the results for me had been a huge freedom. Funny how raising my hand for a commitment I didn't even understand could lead to such a joy-filled life today.

***Thank you H&I and N.A.!***

**Anonymous from Granite State Area**



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

Send contributions to

[nnnewsletter@yahoo.com](mailto:nnnewsletter@yahoo.com). Please try to limit your sharing to half a page, single-spaced. Thanks in advance for your participation.

→June Issue Deadline: May 15<sup>th</sup>←

**Attention:**

**Due to the need to rotate out, and make this service position available to other recovering addicts in NNE Region for their growth in recover, some recovering addicts need to step forward and continue this newsletter, if we are going to continue to receive info and sharing from our Region and beyond through this Regional effort at communicating our unity.**

**Respectfully**

**ILS**

**Newsletter Chair**

## Shelf Life

sponsors are there when you need them

sponsors aren't always around  
finding support is essential  
cause addicts are easily found

to be lacking in some social graces  
to be lacking at using the phone  
to be lacking when they are in danger  
make good choices while they are alone

if we can practice the simple  
if we can master the same  
then we can defeat this enemy  
then start to, yes, win the game

the game of life and death  
where everyone finally gets  
the place no one admits to  
where doubt edges our bets

this rhyme is an enigma  
I can't solve by myself  
I may actually have to  
take recovery off of its shelf

it's not there for a rainy day  
those days have already come  
it's there for daily maintenance  
and I know I will need some

I'll end to get you thinking  
as I always attempt to do  
then the rest is really quite frankly  
always left up, to you

Thanx 4 my clean time Rob L

ABSTINENCE	RESPONSIBILITY	INSTITUTIONALIZATION	PUBLIC AWARENESS	DEATH
ACCEPTANCE	STEP ONE	ISOLATION	RELATIONSHIPS	LIFE
HUMILITY	STEP TWO	AMENDS	CHARACTER DEFECTS	LOVED ONE
FREEDOM	STEP THREE	ANGER	COMMUNICATION	PROGRESSION
SUCCESS	STEP FOUR	ANONYMITY	COMPASSION	EGO
USING	RELAPSE	ASSETS	COMPLACENCY	EMPATHY
ADDICTION	SERVICE	ATTITUDE	COMPULSION	EMOTIONAL
RECOVERY	STEPS	AWARENESS	CONTROL	BALANCE
DESIRE	TRADITIONS	CAME TO BELIEVE	COURAGE	PAINFUL
LOVE	DENIAL	CARRYING THE	CREATIVE ACTION	PERSONAL
POWERLESSNESS	HONEST ADMISSION	MESSAGE		
REALITY	EFFECT ON FAMILIES	PERSONALITY		

## NA RECOVERY WORD FIND 04/01/2009

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