



NORTHERN NEW ENGLAND NEWS

August 2004

Issue 4

"A Newsletter concerning the Recovery & Activities of the Northern New England Region of NA"

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Today

Today, not only do I attend N.A. meetings to stay clean, but I know I am an example for the addict seeking recovery. I help my group achieve our primary purpose. That is basic service. A definition of service that is written in our literature is... "doing the right thing for the right reason." Selfless service speaks for itself.

Members of committees do not serve the committee, they serve the Fellowship. They serve the addict who still suffers. If we do not give our selfless ongoing service at the group (sharing and caring) why should we be serving on a committee? Is this really selfless service or are we taking those minutes or serving as chairperson for other motives? There is no need for a committee unless we have newcomers striving to stay clean with the help of those who have gone before them. There is also no need for a committee to exist unless we have a message. Where do we learn about carrying the message and the principles upon which our recovery program is based? We learn at the group.

Internal strife cripples our Fellowship. When we are at odds with ourselves, it's likely that we are at odds with N.A. We probably won't show as much love as we really have. We might put personalities before principles. We may judge. This can cripple our Fellowship and dampen our atmosphere of recovery. In facing ourselves, not only do we become better people, but we share our solutions with our members. The group becomes healthier by reaching out to the addict seeking recovery.

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Humility

To me the simplest definition of humility is "humility is truth." Therefore its opposite, pride, is nothing but a lie, an exaggerated notion of one's self. That is precisely why I usually am such a liar—I have such an exaggerated pride; that is why I so seldom admitted the truth and why I became such a frustrated personality—I was working on false premises.

Humility is not a denial of good qualities, for in truth it is the admission of all qualities both good and bad. I admit my faults and work to remedy them; I admit my abilities and accept and use them as a gift of my God. If I am absolutely truthful in the estimation of myself, I am humble.

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The Northern New England News is a bi-monthly newsletter of the Northern New England Region Service Committee of NA. The newsletter is published by email. Submissions are eagerly welcome.

For the October issue, the deadline is September 15th. Submit articles to: nnnewsletter@yahoo.com



Note:

If you have not received your copy of the newsletter or you are having trouble with the formatting due to a different version of software, please send us an email and we can re-send the file as a PDF (portable document format). nnnewsletter@yahoo.com

Until such an attitude of humble evaluation of myself is achieved, I will not attain contented recovery. For it is without humility that I feel the Program is impossible.

Humility Is the root of all my other virtues and the very cornerstone of my program. Humility is the root of faith, hope and tolerance. I find that each one is fortified and reinforced through true humility.

On the other hand, pride seems to be the root of my troubles. In some way or another most difficulties I encounter stem from pride. Resentment, self-pity, intolerance, bigotry, boasting, and control of others all come from my pride. The longer that I am clean, the more it becomes necessary to remind myself that I am what I am by the grace of my God. Isn't it great that a Higher Power can do so much with such poor material? Examples of difficulties and troubles stemming from pride are endless. On the other hand, the rewards of humility are unlimited.

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Putting Values before Feelings

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humility n. 1. The state or quality of being humble; freedom from pride and arrogance; lowliness of mind; a modest estimate of one's own worth; a sense of one's own unworthiness through imperfection and sinfulness; self-abasement; humbleness. 2. An act of submission or courtesy.

Syn: Lowliness; humbleness; meekness; modesty; diffidence.

Usage: Humility consists in rating our claims low, in being willing to waive our rights, and take a lower place than might be our due. It does not require of us to underrate ourselves.

Source: *Webster's Revised Unabridged Dictionary, © 1996, 1998 MICRA, Inc.*

To live my life in respect to this issue's topic, let alone articulate humility, has always been fraught with some concern for me. What if I don't get it right; what if I go overboard and become so humble as to drift into obscurity; what if I get it just right and then more is expected of me; what if...; what if...? First, all thanks for my recovery go to God. It is without exception that my life is what it is today because of God, nothing extravagant by many people's standards, but one not taken for granted, a life of quiet gratitude for all I've been given.

Humility is a tough topic. After all it feels good to take credit for MY
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the NNE RSC, nor the Newsletter Ad-Hoc Committee.

(Putting Values before Feelings Continued from Page 2)

recovery and the things that have come my way as a result of MY staying clean. “I’M the one who’s staying clean. I’M the one who’s NOT doing those things that will put me in harm’s way: hanging out with all my old using buddies; fantasizing all the time about that romantic fast life; what if...; what if...” With all deference to the subject at hand, to live my life in respect to humility has taught and invited me put values BEFORE feelings.

It seems that pride and humility are two sides of the same coin. While it is good to have pride in a job well done, pride in one’s child who shows respect to the world in which they live, pride in one’s recovery; my pride begins to lose perspective when it takes on ownership for those things on which it stakes a claim. Without humility, say an acknowledgment by way of giving thanks in all things to the caretaker of these gifts, I find myself at some point backed up against the wall once again seeking to believe in God who will restore me to sanity.

The message that keeps coming back to me as I meditate on this topic is a message of love in answer to the question what is required of me in this life. What is required of me, but to do justice, to love mercy, and to walk humbly with God? A pretty tall order, I’d say, but one that I’ll happily submit to because I continue to learn the value in its principles, principles that will serve me well for the remainder of my life.

What does it mean to live a humble life, to walk in all humility? Am I to kowtow to everyone who comes before me, to become subservient to all who venture my way? Hardly, but it seems to me that maintaining an attitude of perpendicular love in God first, and an equal yet grounded love toward all my fellow human beings seems a right balance. The steps guide me, as I work through them, away from the selfish, self-centered individual I was when I came into this program toward a more caring individual. Not so as I have to save the entire world, but in respect that all others are a part of God’s love as well, giving where and when I am able.

The balance to life is clearly weighed upon the see-saw of steps from the 1st to the 12th. I need each one of those 10 steps in between, the see-saw’s fulcrum pointedly balanced between 6 and 7. Take a look at those steps or repeat them over in your mind and see if you don’t agree that humility is one of the primary foundations to living life. If you work the steps in your life or have them work you, then you will know how important this attitude and way of life is. To those of you who may just be getting into the steps as a way of life, think back on your life and reflect on when it has been you’ve gotten deepest into a bad way. Those times when stubbornness, envy, vanity, jealousy, anger, and pride played a role in my life, at that moment, are perhaps easy to see. How about gluttony, lust, greed, and slothfulness, especially when coupled with dishonesty, close-mindedness, and unwillingness to change? The steps are clear about what needs to be done.

Continue to identify areas needing work; ask for willingness to be relieved from the burden of these flaws (forgiveness comes to mind); remain constantly vigilant in being honest and open-minded; tell others about your

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NEW MEETINGS

SOUTHERN MAINE AREA

Saturday

HOULTON, ME—10 AM
“Deal With It” Group
First Baptist Church
46 Court Street
12 Step Discussion
Open

MEETING CHANGES

SEACOAST AREA

MEETING CLOSED

Sunday “Time to Live”
Community Campus
Classroom #2
Portsmouth, NH

GRANITE STATE AREA

MEETING CLOSED

Friday—Hot Topics
Laconia, NH

GRANITE STATE AREA

TIME CHANGE

The Sunday Manchester
VA Hospital meeting
meets from 10:00 AM to
11:15 AM with no break
and is now adjourning
on the 6th floor Rm 610.

Putting Values Before Feelings Continued from Page 3)

quest, and remember the one who has the power to make these changes; ask God for help along the way. In my experience when I have followed this path, while it may have seemed rough at the time, the outcome has been well worth the journey.

Don't forget the one to whom it has all been made possible...all thanks go to GOD.

Member Southern Maine Area

Suggested Future Topics

October Issue (deadline Sept. 15th)

Beginners: *Making Decisions*

Old-Timers: *Making Amends*

What you read listed above are the topics to be used for future “meeting in print” newsletter issues. As always, if you have felt a need to write upon an entirely different topic, go for it, as long as it is related to recovery from the disease of addiction. These are intended to stimulate your writing skills for the benefit of our readership. Thanks in advance for your participation. We know what it means when it is said...“We are not alone.”

World Service News

This update from www.na.org pertains to the Basic Text project:

We are scheduled to frame the work on the Basic Text from now until the end of the year. What this means is that we are not yet actively soliciting stories. Of course, members can submit stories now, but after we frame the project, we will communicate clearly what we are looking for. In the meantime, *what would be the most helpful is for members to provide us with ideas about what they would like to see in a revised personal stories section of the Basic Text.* Because we hope to be finished framing the project by the end of the year, any input you can send to us by the end of November 2004 will be most useful. Here is the timeline for the BT project once again:

The initial timeline for the project approved at the 2004 conference is:

- July–Dec 2004: Develop a plan for drafting the text and the solicitation process;
- Jan–Dec 2005: Solicit, compile, and make decisions about input material; then put together a first draft of the text;
- Jan–July 2006: Finalize the draft text, filling in any identified gaps;

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**MEETINGS
NEEDING SUPPORT**

GRANITE STATE
AREA

Sunday--Trusting the
Process(Nashua)
Trusted Servant/Support

Monday – Friday
Serenity for Lunch
(Manchester)
Trusted Servants

Tuesday--Recovery
Thru Discovery
(Concord) Support

Wednesday—Turning
Point (Laconia) Need
Support

(World Service News Continued from Page 4)

- Sept–Mar 2007: Fellowship review and input period;
- Sept 2007: Publish the approval form of the text;
- WSC 2008: Approval

What are Fellowship Issue Discussions?

The purpose of issue discussions is several-fold. Experience has shown us that members find discussing these issues valuable, not only because such discussions encourage us to think more deeply about certain topics, but also because they help us build community within our groups and service bodies. In addition, when groups and members send in the results of their discussions, the World Board gets more insight into groups' and members' thoughts and experiences with these issues. The 2004-2006 topics are Infrastructure and Our Public Image.

North East Zonal Forum-NEZF

Mid Atlantic Region of NA

Williamsport PA

July 23,24,25, 2004

Discussion Topics

- 1) The Importance of Service work in N.A.
- 2) Predators in N.A.

Northern New England Region NNERSC

Elections were postponed until September due to lack of quorum. The next RSC will be held September 10, 2004 in the Granite State Area. Chairperson must have a minimum of three (3) years continuous abstinence

- Vice-Chairperson must have a minimum of two (2) years continuous abstinence
- Secretary must have a minimum of two (2) years continuous abstinence
- Treasurer must have a minimum of four (4) years continuous abstinence
- Regional Delegate must have a minimum of five (5) years continuous abstinence

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- Regional Delegate Alternate must have a minimum of four (4) years continuous abstinence
- Subcommittee Chairpersons (including Newsletter) must have a minimum of two (2) years continuous abstinence

An argument for a strong North East Zonal Forum

Ask yourself this question – Does the global focus that the World Service branch of NA strive for in their vision statement serve the needs of addicts in the US? Is there any direct connection between the two?

The concept of service to our fellowship is a long standing one. It has helped many of us to get and stay clean through the years. This article is a call to those who have been of service to our fellowship to take up a new cause in support of a stronger, more responsive service structure to suffering addicts within the political boundaries of the USA.

Service levels in the past were divided into Group, Area, Region, and World. For those of us who grew in NA in service there was a ladder of service to aspire to culminating in working for NA on the “world service” level. Given that service positions at each of the levels was for one year this structure was a great training tool for trusted servants. By the time they reached the coveted “world” level they already had several years of service experience and recovery under their respective belts. They also had a sense of the needs of addicts in their local areas.

As NA grew as a world wide fellowship the USA dominated world levels of H&I, PI and Literature became stressed. Not for lack of heart or trying to help. The people working at the “world” level did not have the expertise to handle the issues of H&I in Peru, or PI in Germany as two examples. During the 1990’s with a global view of NA the World Service Conference voted to modify the world structure with an eye to assisting people around the world help themselves with advice from the World Pool. This is a great idea for NA world wide but leaves a big hole in the service structure of NA for those regions in need of help in the USA. There is no sense of local addicts needs at this level; the whole “global” concept is foreign to local needs.

Suddenly the chain of service that had worked so well was broken. There are some area service committees and a few regional service committees for H&I, PI, and such left. They do not have anyone above them to turn to for help or for training. It’s as if the big brother who was always there to help and guide the younger sibling suddenly said “Okay,

MIRACLES HAPPEN

that's it you are on your own!" Once trusted servants have worked at a regional level

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(An Argument for a strong NEZF Continued from Page 6)

there is no place else to go but back to their groups. Some of this is a good thing but as the RSRs (RDs in naspeak) may be finding there is little interest in their positions or what is happening in their world. Why should a local addict care? The global concept of one addict helping another is not real to them. It has not been brought home by personal experience either of the addicts in our locale or other addicts from the near vicinity.

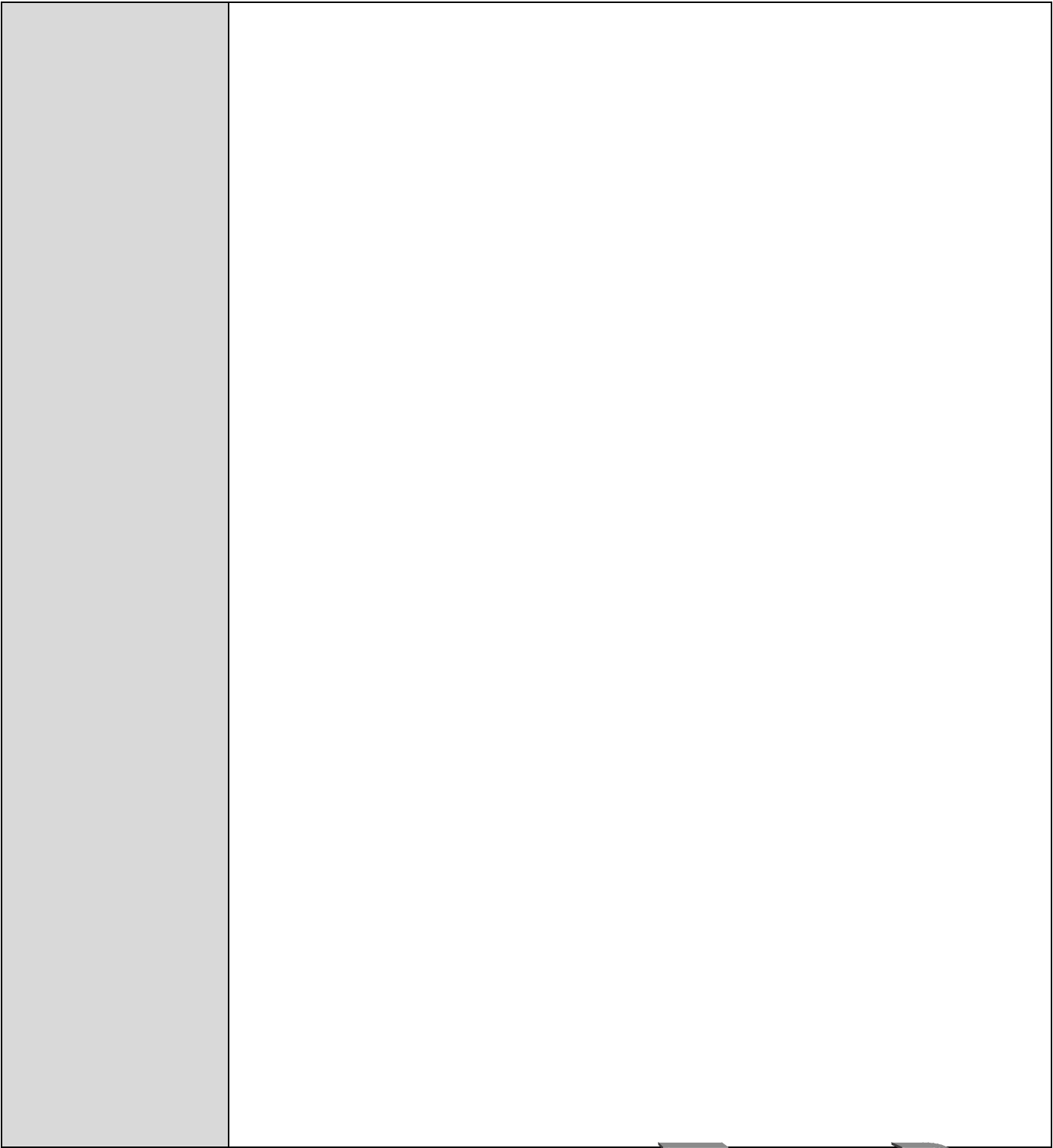
I have been told by our RSR – alt. (alternate RSR or RDA in naspeak) that there is not much call for a Zonal format. I cannot get much info about forums in other parts of the country. I am sure that WSO is more concerned for what is happening globally than in the USA although addicts at the world service office may have personal concerns about the future of NA in America.

THE PROBLEM is that to fill this gap will take a lot of concentrated effort for a lot of addicts within the USA. Policies and Procedures in most areas and regions will require that a motion be brought forward from a group to any area for discussion. If all is going according to the policy format I remember the issue will then have to go to other groups in the area for discussion. We are talking several months by now. If the motion is accepted by the local area it will be then forwarded to Region. Region will discuss it and the motion will have to go back to other areas within the region for discussion and approval. More months of discussion are necessary.

Assuming that the motion has not been modified or amended to death it will then have to be sent to other regions within the zone for ratification. Which means those regions should submit the motion to their areas and groups for acceptance as well. Years away we will have a working Zonal Forum, which must then work on being recognized by a world service body which has itself moved into a different mindset.

It will not be easy to accomplish this task. Is it necessary? Ask yourself where your recovery lies? Traditions tell us "our common welfare comes first". There can be no NA unity without a working service structure which meets the needs of the suffering addict locally.

In loving service, Member Southern Maine Area



Question 1:

In what year was NA founded?

- 1935
- 1953
- 1963
- 1943

Question 2:

What was the original name of Narcotics Anonymous?

Fun Page Quiz

AANA (Alcoholics Anonymous and Narcotics Anonymous)
San Fernando Valley Alcoholics Anonymous and Narcotics Anonymous
Narcotics Anonymous
Addicts Anonymous

Question 3:

An alcoholic who has never done any other drugs may attend open meetings, but may not join NA as NA is open to drug addicts only.

TRUE OR FALSE

Question 4:

In what decade was NA's "Basic Text" first published?

80s

70s

60s

50s

Question 5:

What is the official name of NA's "Basic Text"?

The Basic Text

The NA Basic Text

The Basic Text Of Narcotics Anonymous

Narcotics Anonymous

Question 6:

In the chapter of the "Basic Text" entitled "The Twelve Traditions" reference is made to the "hard won experience" of "our predecessors". This is in reference to the founding members of NA.

TRUE or FALSE

Question 7:

NA actually had numerous founders. However, one man is generally given credit as being the person who held NA together in its early years, or being "THE Founder". What was his name?

James Kinnon

Jim Beam

Jimmy Keenan

James Kay

Question 8:

Although NA got its Steps from AA, its true history can be traced to the old 13-Step "Addicts Anonymous" and "Narcotics Anonymous" groups of the 1940s.

TRUE OR FALSE

Question 9:

The word "narcotics" in the name "Narcotics Anonymous" refers to what?

"Street" drugs

All drugs

Opiates and synthetic opiates - Only drugs falling under the official "narcotic" classification

"Street" drugs and prescription drugs

Question 10:

The words "drugs" and "narcotics" appear nowhere in NA's Twelve Steps.

TRUE OR FALSE

Question 11:

How much does it cost to belong to NA?

- There is a one-time lifetime membership fee of \$100
- Each individual group sets its own dues
- Nothing
- One dollar per meeting

Question 12:

How do you become a member of NA?

- Have someone "sponsor" you in
- You may apply for membership at any meeting
- Be court ordered or obtain doctor's referral and present it to the local NA service structure
- Simply decide you are a member

Question 13:

What does "sponsorship" in NA (or any other 12 Step fellowship for that matter) primarily concern?

- All of these Membership dues
- Mentoring, or guidance through Step work
- Application for membership

Question 14:

Jimmy K's personal story does not appear in the "Personal Stories" section of the "Basic Text".

TRUE OR FALSE

Question 15:

In the early days of NA, who stated that the reason literature needed to be written was because there were addicts who had not even been born yet that would someday need it?

- Bob S
- Pele
- Si M
- Jimmy K

Note: This puzzle was copied with permission from the web-site "Last House On The Block"

Answers to NA Quiz

In what year was NA founded? 1953

What was the original name of Narcotics Anonymous? San Fernando Valley Alcoholics Anonymous and Narcotics Anonymous

An alcoholic who has never done any other drugs may attend open meetings, but may not join NA as NA is open to drug addicts only. False

In what decade was NA's "Basic Text" first published? 1982

What is the official name of NA's "Basic Text"? Narcotics Anonymous

In the chapter of the "Basic Text" entitled "The Twelve Traditions" reference is made to the "hard won experience" of "our predecessors". This is in reference to the founding members of NA. False

NA actually had numerous founders. However, one man is generally given credit as being the person who held NA together in the early years, or being "THE Founder". What was his name? James Kinnon

Although NA got its Steps from AA, its true history can be traced to the old 13-Step "Addicts Anonymous" and "Narcotics Anonymous" groups of the 1940s. False

The word "narcotics" in the name "Narcotics Anonymous" refers to what? All drugs

The words "drugs" and "narcotics" appear nowhere in NA's Twelve Steps. True

How much does it cost to belong to NA? Nothing

How do you become a member of NA? Simply decide you are a member

What does "sponsorship" in NA (or any other 12 Step fellowship for that matter) primarily concern? Mentoring, or guidance through Step work

Jimmy K's personal story does not appear in the "Personal Stories" section of the "Basic Text". True

In the early days of NA, who stated that the reason literature needed to be written was because there were addicts who had not even been born yet that would someday need it? Jimmy K

August 2004

Northern New England Region of NA – Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8 Granite State ASC will meet at St. Joe's Hospital in Nashua, in the Carl Amelio Room at 1:45pm	9	10	11	12	13	14 Granite State Area Spring Fling Fundraiser for Convention Comm. Grace Church Manchester, NH 4:00 PM – 10:30 PM
15	16	17	18	19	20	21
22	23	24	25	26	27	28 Southern Maine 10:30 Sub Comm. 12 Noon ASC Portland, ME
29	30	31				

September 2004

Northern New England Region of NA – Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 Granite State Area Summer Fest at Elm Brook State Park, Contoocook, NH 10 AM—6 PM Softball, Swimming, Dancing, bring your own food to BBQ, grills & charcoal will be provided
Granite State ASC 1:45 PM Seacoast ASC Dover, NH 12:00 Noon-4:00 pm	5	6	7	8	9	10 11 NNERSC 12 Noon Held in the Granite State Area
12	13	14	15	16	17	18 Southern Maine Area The Miracle Sept. 17, 18, 19 Notre Dame Spiritual Center Alfred, Maine
19	20	21	22	23	24	25 Southern Maine ASC 10:30 Sub Comm. 12 Noon ASC Portland, ME
<u>26</u>	<u>27</u>	28	29	30		