

Northern New England News



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Issue 33

NNERSC Update

➤ At the July RSC meeting we had elections and filled the Chairperson, Secretary and Newsletter Chairperson. Still open are Vice Chair and Treasurer. Regional Delegate and MRLE terms are up at a later date.

On August 22, 2009 in Stratham, NH at the Community Church there will be NNE World Unity Day with telephone hookup to the Main Speaker meeting in Barcelona. Flyer for all RSC events available at <http://gsana.org/events.html> and <http://namaine.org/events.html>

➤ Next RSC meeting September 12, 2009 in Portland, ME at the Mercy Hospital, 144 State St. Administrative Conference Room, Level B-1. MRLE Planning and Newsletter at 11am, RSC @ noon.

➤ The (MRLE) Multi Regional Learning Event will be held December 4,5,6 2009 in Alfred, Maine

➤ Dates of next few RSC meetings are: September 12, 2009 (Maine Area), November 14, 2009 (Seacoast Area) and January 9, 2010 (GSA)



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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.

To Our Readers;

This Issue was put together in an effort to continue giving us the opportunity to share stories, memories, feelings and all around recovery experiences. We invite you to participate; the newsletter will be produced bi-monthly as always. The next issue will be slated for October 1 2009. The topic for the October issue will be Sponsorship. Thanks for your continued support hope to hear from lots of you while we are producing the next issue.
Newsletter Chair



Print a copy for the homegroup

Zone Wide Workshop. There were 11 regions represented.

- Large and small group discussion on the topics of *Atmosphere of Recovery and Our Freedom, Our Responsibility*
- The evening speaker meeting had 6 speakers from around the zone.
- Approximately 80-90 members participated on Saturday
- A new Chair and Vice chair were elected. (Secretary up next year)
- There are three Old Business proposals still on the table. The deal with NEZF *money management, NEZF web servant, and NEZF website funding.*
- Next NEZFs:

GNY January 22, 23, 24, 2010

Rooms - 119.00 per/night

Topic for next time is the CAT/CAR

Mid Atlantic June 25-27, 2010

Rooms – 95.00 per/night

Topic will be chosen at January's forum

- The new NEZF website has been unveiled; the address is www.nezf.org

[North East Zonal Forum](#)

The Northeast Zonal Forum meets twice a year, once in the winter and once in the summer. It is composed of fourteen 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.

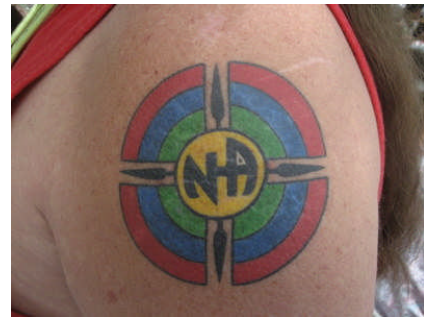
- The NEZF met on June 26-28 in Queens, NY, which included the first

[Illness In Recovery](#)

Life on life's terms doesn't always go the way I want it to. This isn't a matter of making plans so goddess can laugh at them, either. Sometimes things happen in life that I just can't figure out why they're happening. I have great faith that everything does happen for a reason, and I know that eventually that reason will be revealed to me. The last time I had a catastrophic illness, 7 years ago, I know it was to help others who have the same disease. I'm still called upon

by recovering addicts to help when they need to go into treatment for it. But this time the illness doesn't seem to be one that a lot of others in recovery are dealing with. A few girlfriends let me know they had gone through something like I was dealing with, but I still felt alone in this struggle. A failed long term relationship in the middle of treatment didn't help, either. Through all of this I've gotten the feeling many times that my whole life had become this disease. Everything I did or could do revolved around this illness and the treatment for it. It was almost like in early recovery when my whole day had to revolve around going to a meeting that night so I could stay clean. I was feeling obsessive and compulsive again. Writing down when I took every medication helped with not having to remember, but it also made me acutely aware of how much medication I was taking. My phone never stops ringing, because I had learned how to reach out and ask for help which can be humbling but brings us all closer together. One of my best girlfriends in recovery brought me to every nasty treatment I had to go to. I believe there are angels amongst us, and she is definitely one of them. A couple of sponsees and their families have been gifts from goddess through this by helping around my yard without even being asked to. A couple of family members who had been using drugs for several years have now stopped and stepped up to the plate for me and

become available. Dear friends even brought a meeting to my home when I was really in the worst of this treatment. I maintain my daily connection with my higher power even if it's to cry about the sadness I feel from this illness. I read my Just for Today book every day. And I write about what I'm going through every day.



Because of my sponsor's job she is not available like I need her to be. I don't know if that means I should be on a sponsor quest, but right now while my mind is not my own because of some extremely mind-altering medications isn't the time to be doing that. I spend a lot of time in bed and/or crying. There's a permeating sadness to my life. I've never been one to take anxiety medications but now I'm sedated several times every day. I have the best doctors I could find who understand what my recovery means to me. Nothing will make me forget I need to keep the focus on my recovery because I know anything I put in front of it will be lost. Several weeks ago an acquaintance in recovery was diagnosed with terminal cancer. He was not even given the possibility of

treatment. He passed away last weekend. I guess that puts my fears in prospective. I will get better from this even if it takes a while. My body has some extensive scars now but I will probably live a long full life. I am so grateful treatment is available for my illness ... and my addiction. Lovingly submitted by anonymous from the NNE Region

Thoughts on Old Age

The other day a young woman at a meeting asked me how I felt about being old. I was taken aback for I didn't think of myself as old. Upon seeing my reaction, she was immediately embarrassed, but I explained it was an interesting question and I would ponder it and let her know. Old Age, I've decided, is a gift from Goddess - my higher power. I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometimes despair over my body: the wrinkles, the bags, and the sags. And I am often taken aback by the old women who lives in my mirror (who looks exactly like my father!), but I don't agonize over allowing those things to rent space in my head for long.

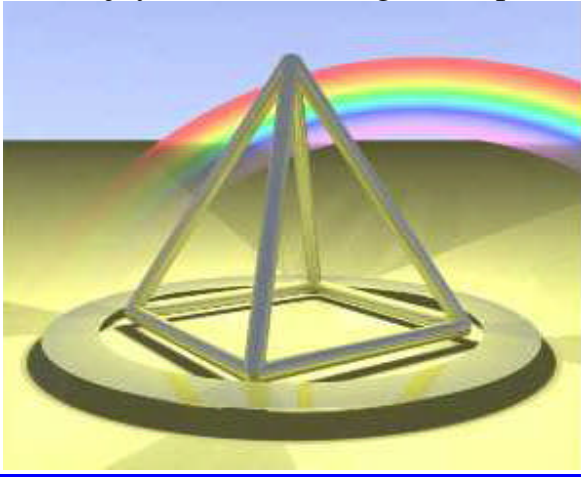
I would never trade my amazing recovery friends, my wonderful life, and my loving family for less gray hair or a flatter tummy. As I've aged I've become kinder to myself and less critical and judgmental of myself and others. I've become my own friend. I don't chide

myself for eating an extra slice of cake, or for not making my bed, or for buying the silly cement gecko I didn't need but looks so avante garde in my garden. I am entitled to a treat, to be absent-minded, to be messy, or to be extravagant - they are not character defects. I've seen too many dear friends leave this world too soon - before they understood the great freedom that comes with aging in recovery. Whose business is it if I choose to read or play on the computer until 4 AM once in a while or sleep until noon on a Sunday? I will dance with myself at the N.A. convention dance to those wonderful tunes of the 60&70's, and if I wish to weep over a lost love at the same time, I will.



I will walk the beach in a costume that is stretched over a bulging body and dive into the waves with abandon if I choose to, despite the pitying glances from the young jet-setters. They, too, will grow old. I know I am sometimes forgetful. But then again some of life is just as well forgotten. And I eventually remember the important things. Sure, over the years my heart has been broken. How can your heart not break when an old friend relapses and dies, or

when you watch your child suffer from this disease, or even when one loses a beloved pet? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.



I am so blessed to have lived long enough to have my hair turning gray and to have my youthful laugh be forever etched into grooves on my face. So many have never laughed, so many have died before their hair could turn silver. As I get older, it is easier to be positive. I care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong and I'm OK with you calling me on it. So, to answer your question, I like being older. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here I will not waste time lamenting what could or should have been or worrying about what will be. The present is a present to me. And I shall eat dessert every single day. (If I feel like it!).
Anonymous

NA World Services News



The Living Clean Project

A project was approved at the World Service Conference in 2008 to develop a book named Living Clean – The Journey Continues. It is about how recovering addicts in NA face life on life's terms. It will touch on relationships, spirituality, living with success, dealing with challenges, health/illness, practicing these principles in our daily lives, etc.

Get Involved:

For the most up to date info including the session profiles, review and input drafts of Chapters 1 and 2, topic outlines, etc: [http://www.na.org/?ID=Living_Clean Project](http://www.na.org/?ID=Living_Clean_Project)

Review input deadline for the first 2 chapters is September 15, 2009. The material in these chapters sets the stage for the rest of the book. The remainder of the book will be sent out for review and input in two other staggered periods. The approval form of the book will be sent out for review and input in two other staggered periods. The approval form of the book will be released in April 2011 according to conference policy.



Area Updates

Seacoast Area

We currently have 15 groups, all positions are filled except Activities and RCM-A. We held a workshop on “In Times of Illness” and the self support IP’s on April 26 with 8 addicts in attendance and we came up with a few comments which have been passed on to the World Board. H&I have a few commitments and are always looking for NA Speakers to carry the message behind the walls. PI is adding to the list of Professionals and working on clean time requirements for PI service positions. We recently had our annual campout, and it was a lot of fun! In New business motions have gone to the groups to dissolve the H&I and PI Committees and reform under the umbrella of Public Relations. We also had nominations for all positions and elections are next month



Granite State Area

We had elections recently and had great results.

ASC Chair - FILLED

ASC Vice-Chair - FILLED

ASC Treasurer - FILLED

ASC Secretary – FILLED

BOD Voting Member - OPEN

Activities Chair - FILLED

Campout Chair - FILLED

PI Chair - FILLED

RCM - FILLED

Alt RCM - OPEN

Well another campout come and gone and it was fun, fun, fun!

Total registrations for this year were 256 compared to last year, which were 242.

Activities this year was a great success for all...the children enjoyed the relay games as well as the piñata. The treasure hunt was fun to watch. The tug of war was a great accomplishment for the Granite State Area, and the gong show was hilarious.

The next campout will be our 20th Anniversary Campout and planning is already underway.

- H&I have open slots in many jail commitments as well as a couple of open slots in hospitals....
- The literature committee has created a priority list for their work...
 1. Review Guidelines and refine
 2. Determine time and place for next meeting or two
 3. What exactly are we going to review
 4. How exactly we are going to review
 5. Budget
 6. How to promote attraction to the committee itself
 - PI has several ongoing projects including the phone line and a few new things starting. We were just asked to setup an info table at Inspired Recovery. It

will take place at 1000 Elm St. in the mall on Friday Sept. 18 from 4-9pm. It is part of the National Recovery Month and it features poetry and music inspired by recovery and is open to all recovering addicts and their loved ones.

We have also been notified that Naranon is starting up in the Nashua area and they plan to come to the Sept. PI meeting to meet with us and find out how we can work together within our traditions.

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 are looking for NA based stories, poetry, art, articles on NA history (personal or archival snippets), and observations on the NA Service are all welcome.

Send contributions to:

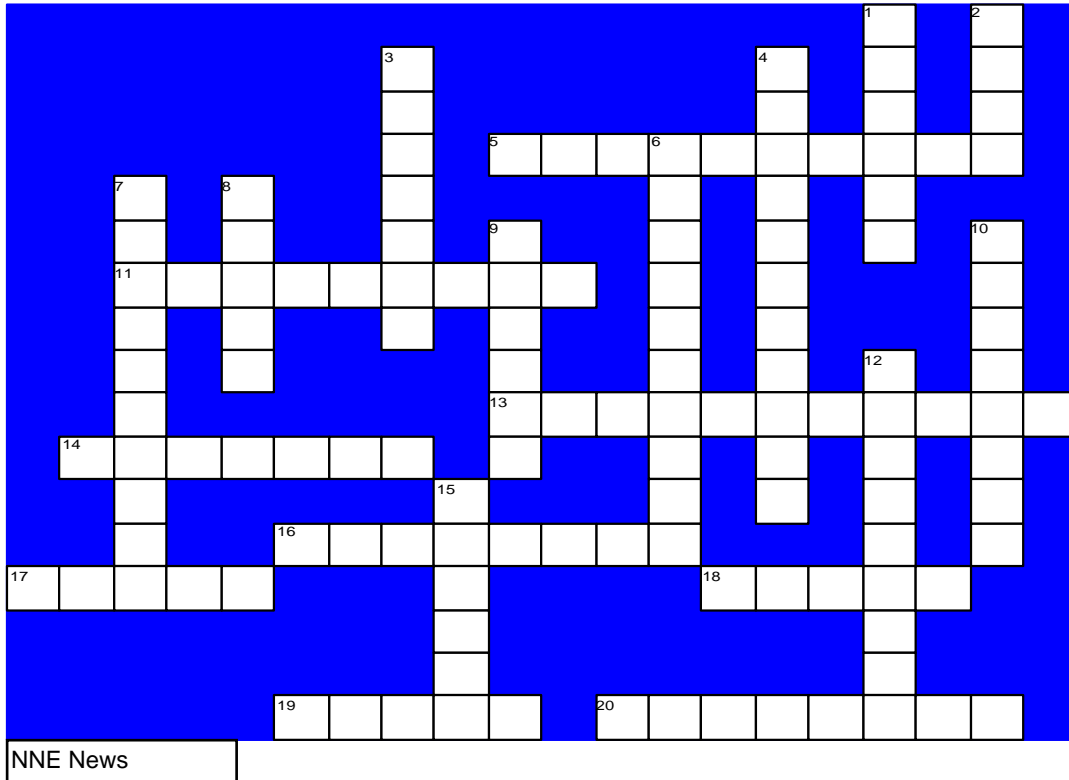
nnewsletter@yahoo.com

Please try to limit your sharing to half a page, single spaced. Thanks in advance for your participation

Maine Area

- We have 60 meetings per week in the Maine Area.
- Public Relations – is editing Public Service Announcements specific to the Maine area
- Website report - Keeping up with meeting list updates as well as meeting and service information updates
- Hospitals & Institutions - Issue with treatment center interfering with the running of the NA presentation in facility and wanting to manage the format. NA pulled out because of this. Many residents are on drug replacement therapy and the facility does not want NA's message of complete abstinence from all drugs to discourage their clients from taking their meds etc.
- Old Business - there were two motions from the June minutes that were withdrawn today. They involved TAR packages. (Tar packages means Times Are Rough and are usually convention packages for the Miracle or other events specified by the Maine area given to selected addicts without funds to attend the event)

Sixth Edition Fun



NNE News

ACROSS

- 5 _____ is the key to our symbol (Our Symbol)
- 11 This is a simple _____—not religious—program, known as Narcotics Anonymous. (We Do Recover)
- 13 Although we are not responsible for our disease, we are _____ for our recovery. (Why Are We Here?)
- 14 Everything that occurs in the course of NA _____ must be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers. (Introduction)
- 16 Many times in our recovery the old _____ will haunt us (Recovery and Relapse)
- 17 Anyone may join us, regardless of age, race, sexual identity, _____, religion or lack of religion (What Is The NA Program)
- 18 Just for _____, you never have to use again! (Preface To The First Edition)
- 19 just for today, you _____ have to use again! (Preface To The First Edition)
- 20 _____ begins with surrender. (What Can I Do?)

DOWN

- 1 we can only keep what we have by _____ it away. (What Is The NA Program)
- 2 Narcotics Anonymous was formed in _____ 1953 (Preface To The First Edition)
- 3 Our reaction to drugs is what makes us _____ not how much we use. (Who Is An Addict)
- 4 Lack of daily _____ can show up in many ways. (Just For Today)
- 6 Three basic spiritual _____ are honesty, openmindedness, and willingness (Just For Today)
- 7 This is a program of total _____. (More Will Be Revealed)
- 8 Worrying is a lack of _____. (Just For Today)
- 9 Many books have been written about the _____ of addiction (Our Program)
- 10 _____ is a result of getting honest with ourselves. (Step Seven)
- 12 We keep what we have only with _____. (Traditions intro)
- 15 Before coming to the Fellowship of NA, we could not _____ our own lives. (Why Are We Here)

Northern New England Region of NA—August 2009

Mon	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 A Night Out Potluck Dinner 5:00- 6:30pm Meeting: 6:30pm, Dance: 7:30 - 10:00 pm People's United Methodist Church 13 Chapel St., South Thomaston, ME	16 Seacoast ASC 6pm, Wentworth-Douglas Hospital, Salmon Falls Room, 789 Central Ave., Dover, NH. Granite State ASC 9am, Manchester VAMedical Center, 718 Smyth Road, Manchester, NH.
17	18	19	20	21	22 NNERSC World Unity Day w/ telephone hookup from Barcelona. Stratham, NH Community Church, Emery Lane NH. 10:30am MRLE subcommittee, Noon – potluck lunch 1:30-3:30 Barcelona Speaker meeting	23
24	25	26	27	28	29 Maine ASC noon, 10:30am Subcommittees & Literature purchases. Mid- Coast Hospital, 123 Medical Center Drive, Brunswick, ME	30

Mon	Tues	Wed	Thur	Fri.	Sat.	Sun.
	1	2	3	4		6
7	8	9	10	11	12 NNERSC Mercy Hospital 144 State Street, Portland, ME Subcommittees 11am RSC begins at noon ACR –Level B-1	13 Seacoast ASC noon - 4pm, Wentworth- Douglas Hospital, Salmon Falls Room, 789 Central Ave., Dover, NH. Granite State ASC 9:00AM, Manchester VA Medical Center, 718 Smyth Road Manchester, NH.
14	15	16	17	18 Miracle 26 Convention Notre Dame Spiritual Center 147 Shaker Hill Rd. Alfred, ME	19 Miracle 26 Convention Notre Dame Spiritual Center 147 Shaker Hill Rd. Alfred, ME	20
21	22	23	24	25	26 Maine ASC noon, 10:30am Subcommittees & Literature purchases. Mid-Coast Hospital, 123 Medical Center Drive, Brunswick, ME Recovery Road 25 th Anniversary, First Baptist Church, Plaistow, NH 5:30-11pm	27
28	29	30				