



Northern New England News

Northern New England Regional Service Committee
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August 2010

nnewsletter@yahoo.com

Issue 39

NNERSC Update

The Northern New England RSC was held on July 10, 2010 in Manchester, NH at the VA Hospital on Smyth Rd. We elected a Chairperson, MRLE Chair and Newsletter Chair. We re-elected our Regional Delegate and Alternate Regional Delegate. That leaves open, Vice Chair, Secretary and Treasurer.

There will be a Unity Day/NNERSC 19th Anniversary event on September 4 at Hilton Park in Dover, NH. Potluck from 10 am-12:30pm, then a meeting with the worldwide Serenity Prayer at 1pm- 2pm

The next RSC meeting is September 11, 2010 in Brunswick, ME at the Midcoast Hospital 123 Medical Center Drive, Community Resource Room. Setup and subcommittees at 11am, with RSC @ noon.

Dates of next RSC meetings are: November 13, 2010 (Seacoast), January 8, 2011 (GSA) and March 12, 2011 (Maine),



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



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.

Next NEZFs:

New Jersey Region

January 29-31 2011

Saturday Discussion Topic:

Service System

Location not available by publishing date

New England Region

June 2011 with Zone Wide Workshop

According to the NEZF rotation schedule the Northern New England Region will be hosting the NEZF in January 2012. We would like to change the date to December 2, 3, 4, 2011 to coincide with our hosting of MRLE XII. This will be a great opportunity for us. This is not set in stone at this time, but it is our regions intent to do so and the delegates have said that the NEZF is agreeable to this.



My Time in H & I

The first time I got clean in March of 1989 the hospital in Northern NH I was in had a commitment that came in, and that was the first time I had ever heard of NA. So thank you to whomever it was that came in to carry the message at that time. I spent the next seven years in recovery in all kinds of service, I did H & I of all kinds, went in and out of prisons in my area on a regular basis because at that time I had never been in one, thus the process of getting approved was fairly simple

When I went through a very painful relapse and returned to recovery years later, the jail I was in did not have a commitment, nor did the detox I was in,

and the rehab at the time I was there had one person show up to speak and had no one with him. **This was not the H & I or die** area I had so many memories of. So when I got out of rehab (thrown out) and started going to meetings in the area, I started asking questions about what was going on with H & I. I started attending the subcommittee first as a member, because that is all my clean time allowed according to the guidelines. Next I went on commitments with other members and eventually became a panel leader that held a commitment in the facilities I had attended previously; except for the jails, because now they would not let me in, another one of the many consequences of my relapse.

Although I had plenty of previous experience with H & I, being a newcomer meant if I wanted to give back freely I better get some first (hence the clean time requirements). I spent the next several years trying to help grow H & I in our area, and while I was the chair of H & I even made an effort to encourage a Public Relations committee with the PI chair, I honestly felt our combined efforts could better serve our area. Fortunately I have learned I can make an effort and do my part to the best of my ability and still nothing happens. There was many times the committee voted to do things that were not what I wanted, once the vote happens it's my responsibility to honor the outcome.

One of the best gifts that comes with H & I for me is that I felt I was doing an indirect amends by trying to have a positive effect on the lives of newcomers. I am grateful all those people that I might have had an effect on

their active addiction while I was involved with H&I.

GSANA Member



IF IT WASN'T FOR H&I I'D BE DEAD!

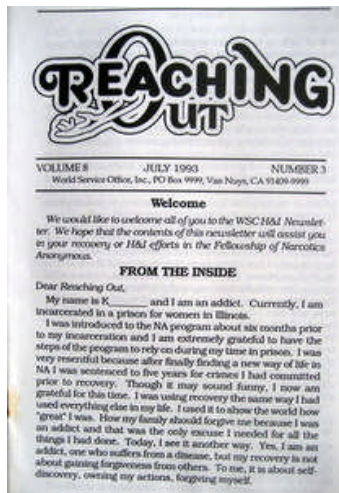
I'm an addict from Boston, Massachusetts, and I used for a long time! My life was spent in and out of jackpots. I've spent many many years in prison thinking I was going to use differently when I get out. But it never happened! I always got caught up in the getting and using and finding ways and means to get more.

In early addiction I prided myself as being a stand up person, and I looked down my nose at others who weren't. I despised people who would steal from their families or friends. I thought they were disgusting and someone should put a bullet in them.

I'm an old drug addict and tried to get clean in early addiction. They didn't have detunes like they do today, they had the Public Health Service hospitals east and west of the Mississippi and I tried that. They gave me a card saying I was a registered drug addict. (at 20 yrs old I was proud of that, look at me I'm a card carrying dope fiend LOL) Needless to say as soon as I got out I started to use again.

This was my life! I didn't try to get clean again, and I accepted the fact that I was a drug addict and would use until they threw the dirt over me. I did everything I had to in order to get my drugs. I used a lot when I was in prison, back then it was easy to cop in jail. My favorite war cry was "Why won't they give me a break" I blamed everybody for my problems. The stool pigeons, the cops, the judges, etc. I thought Utopia would be if they just put me in a cell give me all the Heroin I could use, then they could weld the door shut and just feed me once in awhile everything would be all right.

I know what it is to suffer from no self worth, lack of dignity, full of self-hatred, homicidal suicidal, etc. I became everything I despised in others and couldn't lie to myself anymore. How I handled that was to use more.



I was paroled from State prison in 1980 and continued to use while I was on parole. The last year of my using I thought I was alright because I stopped shooting Heroin, and was just doing everything else. I had no friends I was unpredictable and would turn on people in a minute. They often said I was better when I was shooting dope.

In 1984 I got in a car accident, I was in a blackout and don't remember any of this. When I woke up next day I was back in State prison on a parole violation. Needless to say I was sick! My world had fallen apart again. I had another habit to kick; I was depressed and wallowing in self-pity and didn't have the guts to kill myself.

The next day a friend of mine came by my cell and asked me if I wanted to go to a meeting that night. I told him to go away, couldn't he see I was sick. He was persistent; I said what kind of a meeting is it? He said it was an H&I meeting. I said what is that? It's a program called Narcotics Anonymous, he said it's like AA but they talk about drugs. I said I don't need that s**t! That night I went with him to the meeting and the thing I remember the most was the clock on the wall (just watching the hands go around) I didn't want to be there, I didn't want to be around people, I couldn't wait for the meeting to be over so I could go back to my cell and isolate, finally it ended. On the way back my friend said, "That was a pretty good meeting" I said it sucked! They were full of it; the guy that was talking said he had a life second to none.

He had holes in his shoes; he was a loser!

What happened was reality set in, I had another habit to kick and another sentence to finish. I continued to go to meetings and eventually I was released. NA was young in 1984 in New England but we had some meetings and I attended them regularly.

Over the years I got involved in service, at the group, area, region and world levels. It was a great experience I got to meet people from all over the world. My heart was in H&I and I had the privilege to serve on the WSC H&I committee and was involved in the creation of our H&I handbook and guidelines. Now I try to be of service in my home group and to welcome the newcomer.

My journey in recovery is ongoing, I attend meetings regularly, I have a sponsor, I sponsor a few men, I have a home group, I don't use no matter what and I try to apply the steps in my life on a daily basis.

Today I'm a useful productive member of society, I'm involved in the community, and I'm a man of dignity. I'm a father, husband, grandfather and a grateful member of NA.

The reason for this is:

Some members of Narcotics Anonymous H&I committee thought it was important enough to take some time out of their lives to come in the prison where I was, and let us know that we didn't have to use anymore and that there was another

way of life. We had no clue; I didn't know anyone who had got clean.

I'm grateful for the addicts who show me the way.

Sincerely,
Member Boston Northwest Area

Statement of Purpose

Note from the editors.....
Thank you for sharing recovery with us through the Northern New England Regional Newsletter. Our purpose is simple; to offer articles, news, photos, calendars of events in the area and some good clean fun as well. We encourage you to share this newsletter with your friends in recovery, and we also hope that you will find yourself inspired to contribute to this publication. In short, we are in service to you, our reader. We welcome your ideas, feedback, suggestions, opinions, and knowledge. As editors of this publication, we reserve the right to edit based on length, profanity and excessive drug or sexual reference. Thanks again.



NA World Services News



At WSC 2010, a motion was approved to discontinue automatic NA Way delivery to all registered groups, service committees, and trusted servants. All subscribers are being asked to reconfirm their subscriptions.

To re-subscribe to The NA Way Magazine, just go to:

www.na.org/subscribe

NAWS is planning a series of United States workshops pertaining to the Service System Project. There will be 5 workshops in the US between mid-August and mid-November at places with concentrated fellowship density. The workshops will focus exclusively on the service system proposals and will run from Friday evening through Sunday around 1:00 pm. There will be a recovery meeting on Saturday night. The workshop closest to us is: October 29-31: Baltimore, Maryland (Holiday Inn Baltimore Harbor) \$99 Room rate—Rooms must be reserved by 7 October

The WSC adopted a vision statement for all NA services. We are encouraged to use this in committee meetings and in our service efforts.

- The proposed revisions to In Times of Illness were also adopted by unanimous consent. The revised booklet will be available July 2010.

- Money Matters: Self-Support in NA (IP #24) and Funding NA Services (IP #28) were also adopted, and will be available July 2010. These pamphlets replace the previous IPs #24 and #25.

- NAWS will be providing session profiles for workshops on our new vision statement, self-support in NA, and In Times of Illness to encourage fellowship wide discussion.

Area Updates

Granite State Area

Activities

Currently in need of an Activities Chair. The committee is now dormant.

BOD

We have finalized the research we were doing to evaluate our current insurance agent. Generally we feel that they are responsive and thorough and produce fair quotes in a reasonable time. Therefore, we feel there is no reason to seek another agent.

Campout

The Campout was great fun and more details will be available soon.

Convention

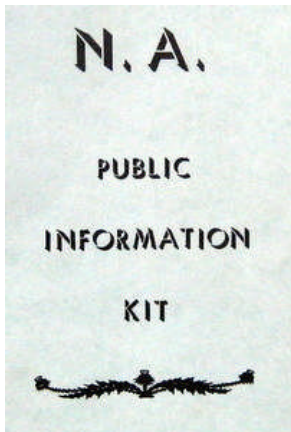
The convention is happening the last weekend of July so will have more info next issue.

H&I

Our learning day in Contoocook, NH went pretty well; there were some

members not currently involved with H&I in attendance, many current members of H&I were also there. It perhaps not the best venue for a learning day (NA Barbeque) as there were lots of other things for the NA members to do, making the learning day seem not as enticing.

PI



We are still meeting the third Sunday of the month at the VA hospital and we are starting to see more people attend. It good that more people are attending because there are many open positions right now. We have

available: phone line chair, secretary, phone line message updater, vice chair, phone line and hotline volunteers and email responder. Also, position as chair person will be open shortly. PI as a whole has a strong desire to support new members. We will be there as people decide to take service positions.

Maine Area

There have been ongoing discussions at the Maine Area regarding the use of DRT (Drug Replacement Therapy) by NA trusted servants. A motion was rejected that would add to the guidelines language that requirements for all ASC Trusted Servants be that clean time includes no use of DRT.

H&I

The Two Bridges commitment in Wiscasset, ME regularly sees about 20

addicts attending meetings. The recovery discussions have been positive for the most part, but the mixture of long term state prisoners with jail inmates has been challenging. The state prisoners present some very negative views with regard to life changing goals. We still welcome newcomers previously introduced to NA through the NA meeting at the jail.

Website

The updated Maine Area guidelines are now uploaded on the NA Maine website. There is always the usual work of updating the online meeting information, event information, and responding to emails sent to the web servant.

Activities

Wiffle Ball in the Park was a great success! We had over 20 addicts in attendance. We also had Miniature Golf on July 24th at Long Shot Driving Range in Brunswick. It was a lot of fun!

Public Relations

There is no real PR Committee in place at this time. The position is open.



Outreach

Outreach had a great month focused primarily on supporting the meetings that have asked for assistance. We hit 7

meetings this month. Excellent participation this month. Went up to Bangor, and I will be working with our literature chair to perhaps make some hardcover literature available. We worked with some addicts in the southern part of Maine with setting up a meeting in Biddeford that will be starting the second Saturday in July.



Seacoast Area

The Seacoast Area of NA has been very busy and most recently PR has been experiencing a growth of energy and service. PR (which for this area is the combination of H&I as well as PI) will be meeting and several people have stepped up and the area is now working on PR commitments at the Portsmouth Pavilion, South Eastern New Hampshire Service's Crisis Center, as well as the Strafford County Correctional Center. Without doubt there will be more information as these commitments grow, and the PR committee creates new ways and places to bring the message.

Freedom under the Stars (XX) was held mid July and approximately 80 people were counted in attendance. It was a fantastic campout with many people stepping up to be of service. Weather

was flawless, many sunburns. Many fish were caught; lots of volleyball and horseshoes were played. We had meetings from 7am until midnight. Bonfire was beautiful. A great event which worked out more easily than the 6 months of planning behind the scenes would have allowed for. Thank you everyone for participating!

Coming Soon...

Click on the fliers below to view or download full size
(fliers removed from web server after event is over)

MAINE AREA OF NARCOTICS ANONYMOUS PRESENTS

WE'RE A MIRACLE XXVII

At the Notre Dame Spiritual Center
147 Shaker Hill Road
Alfred, Maine
Sept. 17, 18 & 19, 2010

Package Includes:
2 nights lodging at the Spiritual Center dormitory
Breakfast from Friday through Sunday (Lunch)
Lunch on Saturday
Lunch of Fellowship, Recovery, and Worship!

\$165.00 for Full Registration
\$145.00 for Early Registration (Must be in before July 31, 2010)
\$10.00 deposit/fee for your place (Refund before Aug 31, 2010)
Lodging, Food, and Alcohol, Smoking available - without Request
Please No Children and No Pets

Directions to the Notre Dame Spiritual Center -
1) From the North on South - Interstate 95, Exit 12 at Biddeford Falls.
2) About the off ramp, turn right onto Route 111, towards Biddeford Falls. 10 miles to the village of Alfred.
3) Turn right onto Route 200A, drive through town. About 7.5 miles on right will be sign for Spiritual Center, across from a small pond.
Questions? Please contact Miracles77@mainearea.org

Return with Envelope

Name	Package @ \$165.00
Address	Early Package @ \$145.00
Phone	Times and Prayer Calendar
E-mail	Total:
Check (date optional)	Send Checks or Money Orders to:
Suggested Meeting Topics:	MIRACLES 27th Convention Committee
1.	PO Box 528
2.	Purdum, ME 04473
3.	
Check!	
For More Flyers: www.mainearea.org	

Maine NA Miracle 27 Convention Committee Presents

Pondering by the Pond

Fellowship, Swimming, Boating
Pot Luck BBQ, Resentment Bonfire
Covered Shelter & Bathrooms



August 21st

Starker Pond in Alfred

Starts at 10:00AM - Lunch at Noon
Adults \$5 - Children Under 12 Free

Smalls Falls Rain Relief Cookout

August 28, 2010 10:00 am till 5:00 pm
Smalls Falls State Rest Area
Route 4 in Strong, Maine



Sponsored by the Dragonslayers and Nineish groups of Farmington, ME. Groups will provide hamburgers, hotdogs and drinks. There is a beautiful stream and waterfall to see and swim. Attendees are asked to bring a dish to share.

For more info email NAFarmington@namaine.org

World Unity Day

4 September 2010

In a spirit of unity, we will join together around the world and say the Serenity Prayer at the same time. You may have an event, you may join together with friends, or you may take a moment to yourself as we pray together in this Day of Unity. A simple prayer that, for that moment, we will say together as a fellowship...on telephone lines, no big event, just a prayer.

Northern New England Region
is hosting a World Unity Day gathering at
Hilton Park in Dover, NH.
Free...EVERYONE WELCOME!!!

12pm - 12:00pm - Potluck (Bring a dish if you can, some food will be provided)

1pm - 1pm - Unity Day meeting (Serenity Prayer at 1:00pm)

The recovery meeting will end at 2pm (but not get longer if we work it)

Even though the event ends at 2pm we can stay at the park as long as we wish.

Directions: From the Seaboard Complex take exit 100 towards Concord. At the first light take a left onto
Boston Harbor Rd. go past Newell's Lobster House and at the old bridge there will be a road on the right
that will take you to Hilton Park.

For more info: Mary D (508) 427-7700 / Chris B (603) 888-1111

www.na.org

USA 24 Hour Helpline 1-888-NH-HELP-12 or 1-888-624-1515

Download from all: <http://www.na.org> or <http://www.na.org>

5:00 am New Zealand • 6:00 am Samoa • 7:00 am Hawaii, US
8:00 am Aleutian Islands, US • 9:00 am Alaska, US • 10:00 am California, US
11:00 am Edmonton, Canada • 12:00 pm Mexico City, Mexico • 1:00 pm New York City, NY
2:00 pm Rio de Janeiro, Brazil • 3:00 pm Greenland • 4:00 pm Cape Verde
5:00 pm (GMT) Greenwich • 6:00 pm London, United Kingdom • 7:00 pm Warsaw, Poland
8:00 pm Tel Aviv, Israel • 9:00 pm Sydney, NSW • 10:00 pm Karachi, Pakistan
10:30 pm India • 11:00 pm Bangladesh
(3 Sept 2010) 12:00 am Thailand • 1:00 am China • 2:00 am Korea
2:30 am Northern Territory, Australia • 3:00 am Sydney, Australia • 4:00 am Kuala Lumpur, Malaysia

NNSC MEETING



Date: September 11, 2010
Time: 11 AM-4 PM

MID COAST HOSPITAL
123 MEDICAL CENTER DRIVE
BRUNSWICK, ME
Community Resource Room

To entrance is to the right of the main entrance and says "South Entrance" above it. When inside, make a quick right and the Resource Room is down the hall on the left.

Coming from the South:
(Portland, Portsmouth, Manchester)
• Take Exit 26 (Brunswick) off I-295 North (formerly I-95 Exit 22). This will put you on Pleasant Street-Route 1.
• Follow signs for "U.S. Route 1-Bath." (This will involve a left turn at laundromat.)
• Take the Cook's Corner exit off Route 1. Get in the left lane, and at the traffic light, turn left onto Bath Road.
• Medical Center Drive is one mile down Bath Road. Look for the Mid Coast Hospital sign and turn right.

Everyone Welcome!

Contact: Jeremy F (RD) at Harry D (RD-A)
GSA 24 Hour Toll Free Helpline
888-NA-HELP or (888) 624-3579 NH

H&I Fun

p e c i v r e s f n s s

r h s o l r g h r o g e

i s l i m n r e e i n i

s i a n i m k r e t i f

o j t l e a i p d a d a

n e i o e o o t o t a c

t a p p g h e e m n e i

m i s n e w c o m e r l

s n o i t u t i t s n i

r o h e l p l i n e i t

m e s s a g e f c r i y

e c i o h c c e p p v s

hospitals
institutions
commitment
service
newcomer
message
hope
freedom
choice
speaker
readings
facility
jail
prison
helpline
mailings
presentation

Northern New England Region of NA—August 2010

M	T	W	T	Fri.	Sat.	Sun.
						1
2	3	4	5	6	7	8 Seacoast ASC 6pm, Wentworth-Douglass Hospital, Community Conference Room, 789 Central Ave., Dover, NH. Granite State ASC 9am, Manchester VA Hosp. 718 Smyth Rd Manchester, NH
9	10	11	12	13	14	15
16	17	18	19	20	21 Maine Pondering By The Pond, Shaker Pond, Alfred, ME 10am Lunch at noon	22
23	24	25	26	27	28 Maine ASC noon, 10:30am Subcommittees & Literature purchases. Mid-Coast Hospital, 123 Medical Center Drive, Brunswick, ME Maine Small Falls Rain Relief Cookout – Small Falls Rest Area Strong, ME 10am – 5pm	29

Northern New England Region of NA—September 2010

Mon	Tue	Wed.	Thur	Fri.	Sat.	Sun.
		1	2	3	4 NNERSC World Unity Day Hilton Park, Dover, NH 10am-2pm	5
6	7	8	9	10	11 NNERSC subcommittees 11am RSC at noon, Brunswick, ME Mid Coast Hospital 123 Medical Center Drive	12 Seacoast ASC 6pm, Wentworth-Douglass Hospital, Community Conference Room, 789 Central Ave., Dover, NH. Granite State ASC 9am, Manchester VA Hosp 718 Smyth Road, Manchester, NH
13	14	15	16	17	18	19
20	21	22	23	24	25 Maine ASC date moved to October 2, 2010	26
27	28	29	30	31		