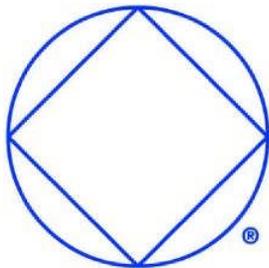


# Northern New England News



## **Granite State Area of NA**

PO Box 5171  
Manchester, NH 03108  
1-888-624-3578

<http://www.gsana.org>

## **Maine Area of NA**

PO Box 5309  
Portland, ME 04101  
1-800-974-0062

<http://www.namaine.org>

## **Seacoast Area of NA**

PO Box 512  
Greenland, NH 03840  
1-888-624-3578

<http://www.gsana.org>

Northern New England Regional Service Committee  
PO Box 1274, Saco, ME 04072

December 2009

[nnenewsletter@yahoo.com](mailto:nnenewsletter@yahoo.com)

Issue 35

## NNERSC Update

The November RSC was in Dover, NH. We had all three Areas in attendance. We are still looking for a Treasurer

The Multi Regional Learning Event XI (MRLE) will be happening as this edition published, we are excited to welcome a couple of NA members from World Services who will attend and facilitate the Conference Agenda Report Workshop on Saturday. The CAR was just released days ago, so there is a lot of work to be done between now and the World Service Conference in April. The next RSC meeting is January 9, 2010 in Manchester, NH at the VA Hospital, on the 6<sup>th</sup> floor. Get off the elevator and take a left and you will be there. Newsletter at 11am, RSC @ noon. From 10-11am there will be time allotted for subcommittees including all 3 H&I and PI/PR Committees from within our Region to meet face to face. Dates of next RSC meetings are: January 9, 2010 (GSA), March 13, 2010 (Maine) and May 8, 2010 (Seacoast)



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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.*

## 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.*

### **Next NEZFs:**

**GNY** January 22, 23, 24, 2010  
Rooms - 119.00 per/night.  
La Guardia Marriott.

Topic for January is the CAT/CAR which is the Conference Approval Track and the Conference Agenda Report

**Mid Atlantic** June 25-27, 2010  
Rooms – 95.00 per/night.  
State College, PA  
Topic will be chosen at January’s meeting.

The NEZF website will have more info. [www.nezf.org](http://www.nezf.org)

### **SHOWING UP (a new behavior)**

“When we accept personal responsibility for supporting our home group, we further N.A. unity and enhance the common welfare of the whole fellowship”.

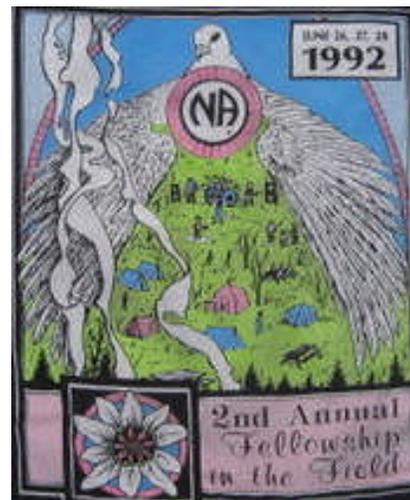
*From It Works How and Why.*

My home group is four years old and is located in a populated part of the Granite State. It’s the only N.A. meeting in town.

The meeting sometimes struggles to carry an N.A. message because many attendees haven’t been exposed to the program of Narcotics Anonymous. I’ve heard a couple long time N.A. members say they avoid my home group meeting because the N.A. message is sometimes blurred. I remind those people that the message is only blurred when N.A. members don’t show up to share their message of hope and recovery.

When N.A. members make a commitment to unity, we can then carry a message of hope. Meetings flourish in an atmosphere of hope. I want my N.A. home group to flourish. I will show up and share my message of hope and recovery.

*Member Granite State Area*



### **What is the CAR?**

The Conference Agenda Report (CAR) is the document that the NA Fellowship uses to approve new recovery literature, set World-level policies, and give NA World Services (NAWS) and the World Service Office (WSO) a direction to

### **What is the CAR? (cont)**

follow between meetings of the World Service Conference (WSC). It is also the vehicle to gather input on topics deemed important by the Fellowship

Once every other year we are asked to gather our groups outside of our regular meeting time to give direction and guidance to our Fellowship. We ask that our groups form a conscience through discussion of motions and topics. We believe that this discussion results in the expression of our Higher Power's will for our Fellowship. We then send a delegate from our region to meet with delegates from around the world to form a sort of Higher Conscience. From this, our Fellowship is given a direction.

This year the CAR was released on November 25, 2009. We encourage you to discuss this CAR. Your input really will help set the direction of World Services. While we are not sure what all of the motions are about, we know that there some regarding the literature review process. There will also be approval forms of the Self Support IP's and the revised In Times of Illness. This is a tremendous opportunity to have your voice heard. Home group members in 6 continents will be having these same kind of discussions. The more input we get, the better it will be for the Fellowship as a whole.

*Revised from 2006 NNE News*



### **Home Group Image**

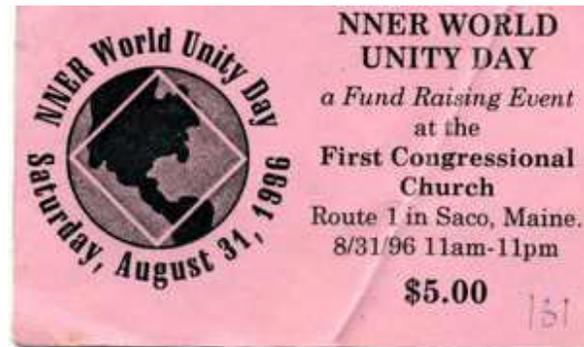
What's happened to the Home Group image? I have seen a change in the way people are at meetings that say "This is my home group." I was shown early in my recovery that we are supposed to try to participate in the group if possible. Being of service to the group in whatever way we can; setting up, breaking down, and making coffee. Some of the things we should do is show up on time, stay for the entire meeting, share about NA in a positive manner, show respect to all. We should remember anonymity, share our experience, strength and hope and carry ourselves appropriately at all times. We should leave the meeting place in the same or better shape than we found it. We should take the time to talk to and welcome newcomers. Also a responsibility that belongs to home group members is to contact members who have not been around for a while, or is sick, and see if they are doing alright. A lot of home groups have a list of members so they know when clean time

### Home Group Image (cont)

celebrations are. In some NA communities it has been customary for members of the fellowship to support a group, their home group. While this custom is not universal, many believe its practice can benefit the individual member as well as the group. For the individual member, it can provide a stable recovery base, a place to call “home”, a place to know and be known by other recovering addicts. For the group it ensures a core of regular committed members. A strong home group can foster a spirit of camaraderie among its members that makes the group more attractive to and more supportive of newcomers. The home group offers us many opportunities for us to involve ourselves in the NA fellowship, making it a great place for us to start giving back what Narcotics Anonymous has so freely given us.

In committing to our home group, we make a personal commitment to NA unity. That commitment not only enhances our own recovery, it helps to ensure recovery is available for others. Our home group also gives us a place in which to participate in NA’S decision making processes. There are many, many ways of talking and thinking about the bond established among addicts in their groups. Do what seems most suitable in your NA community. I hope we get more people involved in the fellowship. A home group is often one of the ties that bind us together.

*Member Granite State Area*



### Home Group Is Where The Heart Is

How would I explain to thee  
 What my home group means to me  
 This is the place where we go  
 No matter the weather; rain or snow  
 This is where we come to share  
 To let our NA family know we care  
 Carry the message is what we do  
 So that others may stay clean too  
 It's where we serve, discuss and vote  
 Our primary purpose offers freedom and hope

The home group is where we belong  
 Without it, we may be long gone  
 How I would explain to thee  
 It's not about I, you or me  
 First and foremost it's about the WE!

*Member Northern New England Region*

### Making a home in your Home Group

NA is a wonderful fellowship of full of suggestions. This article explores one of them, “Get a Home Group...”

In researching the topic, this writer was lucky enough to draw on the experience of many recovering addicts. It was a hope that this article would offer good guidance on how to make marriage of

### **Making a home in your Home Group (cont)**

addict and Home group stronger. What it did do was to come up with more questions than answers. It is our hope that you will bring some of these questions to your home group for discussion. A gentle reminder...any home group member can ask for a group conscience to discuss anything, including this article and your ideas at any time.

Two or more addicts make a group. The purpose of the group is to support the addict, and create and maintain an atmosphere of recovery. The common welfare that we look for comes from individuals coming together for NA unity.

The addict seeking recovery and the group are two sides of a coin. We need both to fulfill our purpose. The Home Group is a tool, a vehicle, a way to fulfill our purpose.

Here are some questions that you might want to ask yourselves, your network and bring up in your home group. These are presented in a list format for your use:

- 1) When was our last group inventory asking how we are serving our members? How are we spreading the message? How is our group welcoming newcomers? Any service positions that we could create, both for our newer members, and to serve our long-term ones? (Greeter? Assistant Secretary, Coffee maker...?) How is the group's GSR bringing information to Area Service and back? Are our materials in a visible, easily accessible place? Do newcomers have to climb over furniture or get behind people to obtain IP's? Is there a welcome package of any sort for newcomers? Would a change in layout, format or service positions serve the addict seeking recovery better?

- 2) How are home group members serving the group? Are home group members too comfortable in general, dare we use the word...complacent? Are they practicing the HOW of NA (Honesty, Open-mindedness, and Willingness) in regards to their group? Change can be uncomfortable, but if you are reading this article, you are looking for recovery, which for us, means change, which may not be comfortable in the beginning but might bring about important results.
- 3) Is it your autonomous group's choice to celebrate anniversaries with members, both for the member and as an attraction to newcomers or newer members? Is there a means that members get and stay in touch with each other? Is there a list of phone numbers available for home group members....to call a struggling member? To call someone who didn't show up to show concern or care?

Truly, How Dare I Not Be Grateful!

Your Brother in Recovery. Seacoast 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



### Random [www.na.org](http://www.na.org) Links

#### 2006-2007 Annual Report

<http://www.na.org/?ID=reports-ar-2007-TOC>

#### Recovery Literature

<http://www.na.org/?ID=ips-index>

#### World Service Conference

<http://www.na.org/?ID=conference-index>

#### Local Service Committee Resources

[http://www.na.org/?ID=local\\_resource\\_area\\_resources](http://www.na.org/?ID=local_resource_area_resources)

#### Local Phonelines and Websites

<http://www.na.org/?ID=phoneline#>

#### Just For Today Email Subscription

<http://www.jftna.org/jft-subscription.htm>

### Deadlines

#### 25 December 2009

Translated Conference Agenda Report available

#### 25 January 2010

Conference Approval Track material available

#### 1 March 2010

Regional report deadline

#### 25 April–1 May 2010

World Service Conference 2010

## Area Updates

### Granite State Area

The GSA has 41 Groups and 46 meetings per week.

*Activities* is busy planning the New Year's Event. The committee will prepare a meal for the evening, served family style and a DJ will be on hand.

The *BOD* approved the contract for taping of the GSA's 6<sup>th</sup> Convention in August 2011.

*The Campout* agenda for the near future will include elections, registration flyer, guidelines update; the discussion topics will include: Going GREEN, Another GONG show, Friday meal, possible optional lobster, registration price, Dunk Tank Bouncy house for kids

*H&I* is looking to develop a relationship with the Seacoast H&I committee to better coordinate our effort to carry the message into NH facilities.

*Literature* We wanted the Area Service Committee to know that due to rumors in our area there are a few people who do not want to be part of Literature in our area. We find this to be a loss for the area as a whole.

*PI* The phone lines continue to operate well. We are always looking for other members who are willing to be pager carriers. We were able to get new phone numbers of addicts in the Seacoast area so we could update our 12 step list.

*Convention* the registration flier is on [www.gsana.org](http://www.gsana.org). There is an early bird special to register early for \$10.00 that is available until 12/31/2009.

**Maine Area**

**Elections** We held elections on Oct 31. The following positions are unfilled: chair, vice chair, meeting list coordinator, and Public Relations Team Leader. The current chair will continue acting as chair for at least the next ASC (Dec 19) and there has been some (conditional) interest expressed in vice chair and meeting list coordinator.

**Meetings** We have had a number of new meetings start up in the last few months. In the last 3 years we have also had a number of meetings close so the net result is that the number has stayed steady or maybe dropped a little.

**Activities** On Thanksgiving we will have a potluck and meeting at the South Portland meeting (flyers on <http://www.namaine.org>).

**Seacoast Area**

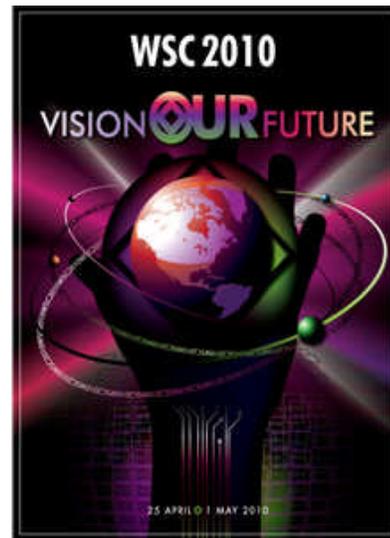
We have 14 groups that meet weekly in the Seacoast Area. Our subcommittees are Activities, Literature and Public Relations. Our open positions are Policy Chair, RCM-A and Secretary.

The Holiday Narathon schedule is: December 24<sup>th</sup> from 6pm to midnight  
December 25<sup>th</sup> from 3pm to 9pm

To download fliers go to:

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

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



Coming Soon...



The Just for Today NA Group of Alfred, Maine invites you to attend

**Brothers in Spirit**

11th Annual NA Men's Retreat

March 26-28, 2010  
Notre Dame Spiritual Center, Alfred, ME

Packages include:  
2 nights lodging at the Spiritual Center Dormitory  
Breaks from Friday Roper through Sunday Lunch  
Lots of Snacks  
Lots of Fellowship, Fun and Friends!

\$148.00 Registration for returning brothers  
\$130.00 for first time attendees  
\$25.00 deposit holds your place  
Limited TAC (Times are Rough), handling available - Contact Chair after March 1, 2010

Directions to the Notre Dame Spiritual Center -  
1) From the North or South - Interstate 95 (I95 ramp) to Exit 32 at BladesfordSec.  
2) After the off-ramp, turn right onto Route 111, towards Sanford/Alfred. 10 miles to the village of Alfred.  
3) Turn right onto Route 202A, drive through town. About 1.8 miles on right will be sign for Spiritual Center, across from a small pond.

Questions? Please contact Chair [bill@namaine.org](mailto:bill@namaine.org) For Special Requirements contact Registration Chair at [bill@registration@namaine.org](mailto:bill@registration@namaine.org)

Name _____	Packages @ \$148.00 _____
Address _____	Packages @ \$130.00 _____
Phone _____	Times are Rough Donation _____
E-mail _____	Total _____
Clean Time (optional) _____	
Suggested Meeting Topic: _____	Send Checks or Money Orders to:
1. _____	Brothers in Spirit
2. _____	62 Grant St.
3. _____	Rockland, ME 04841
Chair? _____	
For More Flyers: <a href="http://www.namaine.org">www.namaine.org</a>	



# Home Group Fun

o s m d r o s n o p s o y b h  
 m e m b e r s e k e s r c c a  
 e g a s s e m s r e a t c e s  
 s e a r m m r v r t y e e y m  
 e p r e s o i y e s l t k p r  
 y r e v o c e r e e a f a p s  
 c e a a e w c a b r r e p g a  
 h a c h k e v r b u s l u t s  
 t d h t s n a e m t u l o m t  
 r i o a p t l v e a p o r e o  
 s n u o e e r i s r p w g s r  
 r g t e c l s n r e o s e e n  
 a s n a t t e n d t r h m s n  
 r i a h c t r a d i t i o n s  
 e y l e r w e e k l y p h c e

members	celebrate	recovery
steps	traditions	newcomer
anniversary	celebrate	reachout
attend	weekly	service
sponsor	message	share
speak	literature	readings
homegroup	support	fellowship
chair	keytags	secretary

## Northern New England Region of NA—December 2009

M	T	W	Thurs	Fri.	Sat.	Sun.
	1	2	3	4	5	6
7	8	9	10	11	12	13 <b>Seacoast ASC</b> 6pm, Wentworth-Douglass Hospital, Community Conference Room, 789 Central Ave., Dover, NH. <b>Granite State ASC</b> 9am, Manchester VA Medical Center, 718 Smyth Road, Manchester, NH
14	15	16	17	18	19 <b>Maine ASC</b> noon, 10:30am Subcommittees & Literature purchases. Mid-Coast Hospital, 123 Medical Center Drive, Brunswick, ME	20
21	22	23	24 <b>Seacoast</b> Narathon 6pm- 12am Wentworth- Douglass Hosp 2 <sup>nd</sup> Floor Auditoriums	25 <b>Seacoast</b> Narathon 3-9pm Wentworth-Douglass Hospital 2 <sup>nd</sup> Floor Auditoriums	26	27
28	29	30	31 <b>Granite State</b> <b>Area</b> New Year's Event Concord Unitarian 5:30- 1am			

## Northern New England Region of NA—January 2010

Mon	Tue	W	Thurs.	Fri.	Sat.	Sun.
				1	2	3
4	5	6	7	8	9 <b>NNERSC</b> noon VA Hospital, Manchester, NH. Smyth Rd., 6 <sup>th</sup> Floor; Subcommittees 10:30 am	10 <b>Seacoast ASC</b> 6pm, Wentworth-Douglass Hospital, Community Conference Room, 789 Central Ave., Dover, NH. <b>Granite State ASC</b> 9am, Manchester VA Medical Center, 718 Smyth Road, Manchester, NH
11	12	13	14	15		
18	19	20	21	22	23	24
25	26	27	28	29	30 <b>Maine ASC</b> noon, 10:30am Subcommittees & Literature purchases. Mid- Coast Hospital, 123 Medical Center Drive, Brunswick, ME	31