



# NORTHERN NEW ENGLAND NEWS

February 2004

Issue 1

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

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## How Deep Are Your Roots?

Roots provide a critical need in the plant kingdom. They supply the means for nurture and sustenance, thus enabling life there to thrive. Trees, one sub-species in the plant kingdom, often exist on significant amounts of rain. Given these conditions, a shallow root system is sufficient to pick up an individual tree's nutritional needs. And yet, this very system has to physically support the massive overhead structure of trunk, branches, twigs, and leaves. If that tree stands alone, in a stiff wind it can be easily toppled. Upended it will experience eventual decay, then death. Bunched together and challenged by the wind in a similar environment, trees are able to support each other and live to flourish another day. Members of NA have meetings to support one another's recovery in the challenge of daily living. Together we carry the message of NA recovery to the addict who still suffers. In so doing, we set much deeper roots. Oxygen, a necessary element to an abundant life, is given off by trees when they recycle carbon dioxide. We, too, can come to know and participate in life more abundantly. We can reach out to one another, recycle our message of hope, pump oxygen into our recovery, and help unify the region in a new way...**"A Meeting in Print."**

All writers (closet or otherwise) within the Northern New England Region of Narcotics Anonymous are encouraged to express a message of recovery in print. This email newsletter is designed to enable you that possibility. It will be published and distributed six (6) times each year. Topic oriented, each release will inform you of future topics. See page 4 (*Suggested Future Topics*) of this issue to begin your thinking process. Those of you who need it will have time to craft your message. Those who write naturally and spontaneously will have no problem. Simply hand in your article prior to that topic's deadline. To make this fair and encouraging of all participants, when you submit your article, we ask for a way to contact you directly so that if the need arises we can clarify or further encourage your participation. The more people participate, the more we will publish. Let's begin anew. Communicate through the written word. Bring us closer together; support our membership's personal recovery. *(continued on page 3)*

## Meetings on the Road

For me, this is a program I have to live just for today. Meetings are a big part of my program, and if I don't make an effort to get to a meeting today, I'm not working my program. I've been on the road and working hard all week, and it's been three days since I've been to an N.A. meeting. Three without a meeting is a long time for me. Something that's been helping me to "stay on the beam" is the stack of N.A. Newsletters I brought along with me. I'm very grateful to have these N.A. Newsletters to keep me going. I have a strong need to keep in touch with other recovering addicts on a daily basis, or I start to forget that I'm an addict and I start "thinking" too much. I'm aware today that nothing can replace an N.A. meeting, but reading each newsletter is almost like sitting in a meeting. I thank you folks out there who have taken the time to share your recovery in writing. You've made my week a whole lot better than it might have been, and helped to keep me feeling happy, joyous and free! *Reprinted with permission from the NA Way*

## Newcomer in Service

I feel very blessed to have been a part of NA history. I entered the fellowship during an exciting time, the Basic Text had just been written. I was looking for a way to give back to NA *(continued on page 2)*



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 April issue, the deadline is March 15th, for the June Issue, deadline is May 15th. Submit articles to: [nnnewsletter@yahoo.com](mailto: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 document in another program. [nnnewsletter@yahoo.com](mailto:nnnewsletter@yahoo.com)

*Newcomer in Service (continued from page 1)*

what it had so freely given to me. It was suggested that I get involved! I jumped on the NA Way Committee, which was open to the fellowship in the early 80s. As I reviewed and typed articles, I found that “I didn't want to use”. Recovering addicts surrounded me and I got more hugs than ever before. I fellowshipped with these people as we worked hard to get the message of recovery out to newcomers like myself. As I traveled around serving with this committee, I met so many folks, many who were and still are very instrumental in my recovery. I'm thankful they gave me the opportunity to serve. They didn't hesitate because I was a “newcomer”; they wanted me to be a part of. What a great gift, real meaningful participation in NA service! Eternally Grateful

## Pathways of the Spirit

There is an indefinable spiritual center in the midst of every N.A. meeting held in accord with our Twelve Traditions. It lies in the fact that we are people who literally depend on one another for our lives. We have no real choice about attending meetings because we have learned from bitter experience that without regular contact with other recovering addicts, we will sicken and fall into our old ways once again. It is the members who are bringing about rapid change and growth within the Fellowship. We know that together, anything is possible. We are like immigrants who are understood by each other in ways necessary to our survival.

A connection exists between groups through the service structure of N.A. I think of this as a corridor of the Spirit of recovery, or a circle of truth, or a web of caring. In our work as N.A. trusted servants, we learn to foster and encourage these channels of communication just as we learn to respect and protect the spiritual nature of our meetings, despite obstacles and disruption. It is possible for a group of people to meet and discuss what's bothering them without resembling an N.A. meeting in any other way, group therapy, religious groups, town meetings, etc. have been going on as long as people have been people. What makes NA. groups different is the fact that we are addicts seeking recovery, who have learned through surrender to the N.A. program to depend on a Power greater than ourselves This is an essential part of our meetings. Many people have attended our meetings without participating in this miracle of the Spirit. Those who are not addicts seeking recovery or who have not surrendered to our program cannot experience the miracle of N.A. recovery. They can attend without feeling the excitement and joy we feel when we find ourselves and those around us changing and growing.

The service structure exists to nurture meetings by making available whatever a group needs, but cannot provide on its own. Literature, support for a group that needs it, and activities which offer ways for members to get together are some of the more obvious ways the structure serves. Also, many groups go through growing pains of one sort or another and through structural service can get answers and avoid difficulties; benefiting from the experience and strength of greater N.A. These benefits must be guarded in the same ways that groups guard their atmosphere of recovery. If personalities come into play, the personalities select that which is to be passed on more in terms of who said it rather than what was said. We believe we can learn something from each and every member of the Fellowship and certainly areas and regions have something to offer. Only by opening and protecting channels of communication can we share experience. In this way areas and regions can serve one another in much the same way as do individual members. If like members, they talk to each other regularly in spite of differences.

*Reprinted with permission from the NA Way*

## Meetings Needing Support

### GRANITE STATE AREA OF NA:

- 7:00 PM-DERRY, NEW HAMPSHIRE, “When At The Crossroads”, Community Center 39 West Broadway HA (RT/D)
- 7:00 PM-DERRY, NEW HAMPSHIRE, “It's About Time”, Community Center, 39 W. Broadway HA (SP/T/D)

**DISCLAIMER:**  
The opinions expressed here do not necessarily reflect the views of NA as a whole,  
the NNE RSC, nor the Newsletter Ad-Hoc Committee.

## New Meetings

### SOUTHERN MAINE AREA OF NA:

- Tuesday, SACO, MAINE 7:00 – 8:30 PM “Tracks to Recovery” Saco Parks & Recreation Center, 80 Common Street O N C H
- Tuesday, HOULTON, MAINE 7:00 PM 56 Military Street, downstairs C B T D

### GRANITE STATE AREA OF NA:

- Saturday, FRANKLIN, NEW HAMPSHIRE 7:30 PM, St. Jude’s Episcopal Church on Central Street (next to the police station)



## Roots *(continued from page 1)*

What follows are measures you, the potential article submitter, must consider and perform when sending us something to add for publication. Some are strictly legal and unavoidable; others act to keep us away from many problems. Remember, “Our traditions protect us from the internal and external forces that could destroy us. They are truly the ties that bind us together. It is only through understanding and application that they work.”

### Housekeeping measures or rules for participation:

1. Submit written personal articles to [nnnewsletter@yahoo.com](mailto:nnnewsletter@yahoo.com). You will then receive a copyright release form with a unique qualifying number, unique to you. Place this number on the release form signature line along with your full name, address, and contact phone number and return to our email address. This number, when so placed, will signify and denote your actual signature, releasing us to print your article in a future publication. Maintain and secure this number for future use as well.
2. Submit announcements for the good of NA within the region accompanied by the group, area, service committee, or other NA-derived name along with a contact number. We want, in particular, to help support any new meetings, meetings or groups that are struggling, and any effort that helps to further unify our region.

### Keep in mind when writing for participation:

1. The Fifth Tradition is our guiding principle: “Our primary purpose is to carry the message to the addict who still suffers.”
2. NA has no opinions on outside issues.
3. NA does not express or implies affiliation with any other organization.
4. NA remains anonymous in print.
5. NA is and will remain non-professional.
6. This is a program of attraction, not promotion.

### Some guidelines once having received an issue:

1. Enjoy and learn. The newsletter is to help you in your recovery.
2. Read the entire newsletter. Don’t miss something important.
3. Share, not everyone has an email address (sign-up @ [nnnewsletter@yahoo.com](mailto:nnnewsletter@yahoo.com))
4. Print off copies and bring them to your home group.
5. Review the topics for future issue. Write and submit an article.
6. Tell every member of NA you know to sign up and receive future issues.
7. Participate in the announced activities. Support the groups listed.
8. Remember why we are here, “...to carry the message to the addict who still suffers.”

*(continued on page 4)*

*NA Roots (continued from page 3)*

That's it, that's all there is to participate, pretty simple and easy to follow. The ultimate success of this newsletter will rise or fall on your participation. We, your humble servants, look forward to hearing from you and allowing us to serve you in carrying your NA message to everyone in the region. Deepen your roots. "With faith in a Power greater than ourselves, hard work, and unity we will survive and continue to carry the message to the addict who still suffers."

...Ed.

## **What is the CAR and Why is it Important?**

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

I know some of you are thinking, "That doesn't really help." Let's see if I can keep this simple. In NA, the groups are in charge of everything. Yes, YOUR group. The idea is that we are not like a democracy, where every member has a vote in our direction, but that we are more like a theocracy. We get our direction from a loving Higher Power, as expressed in our group conscience.

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.

I highly encourage you to workshop this CAR. If you have limited time or interest in your group, please at least look at the motion concerning the proposed 6<sup>th</sup> Edition of the Basic Text and motions on the proposed new Sponsorship Book and IP. These are important decisions for our Fellowship to make and the more input we get, the better it will be for the Fellowship as a whole.

Regional Delegate (RD),  
NNERSC

## **Suggested Future Topics**

**April Issue** (deadline March 15)

Beginners: *Surrender*  
Old-Timers: *Complacency*

**June Issue** (deadline May 15)

Beginners: *Powerlessness*  
Old-Timers: *Spiritual Principles*

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."

## Area Announcements

The GSACC III Programming Subcommittee is looking for NA speaker tapes to help us in selecting speakers for the 3rd Granite State Area Convention happening in the Summer of 2004. If you have a tape and are interested in speaking at the convention, or know someone who has a tape that you would like to hear at the convention, please give the tape to a GSACC III member or mail it to the address below. In order to be confirmed as a speaker, you must be pre-registered by June 1, 2004. Tapes must be received no later than 4/1/04. Please contact us if you need registration flyers. Minimum clean time requirements are as follows:

Main speakers: 5 years  
Workshop speakers: 2 years  
Meeting chairpersons: 6 months

Mail tapes to: GSACNA III Committee Attn: Programming P.O. Box 6102 Manchester, NH 03108 \*Be sure to include the speaker's name, address, phone number and clean date on the tape!

## Regional Meeting Schedule Updates

- Monday, LEWISTON, MAINE: St. Mary's has moved to Friday Nights at the 12 Hour club in Lewiston. It is 8:30 – 9:30 PM. We are looking for a Monday Night spot but have had no luck so far.
- Saturday, LEWISTON, MAINE: Meeting is no longer being opened. Please make alternative meeting plans for that evening.
- BANGOR, MAINE: Now you can find a meeting 6 nights a week at the Acadia Hospital Sunday – Friday from 7:00 pm – 8:00 pm. Sunday is an Open Discussion. Monday Night is a step meeting. Tuesday is an open discussion. Wednesday is an Open Question & Answer meeting. Thursday is open discussion. Friday is an Open Speaker Meeting
- Tuesday, HOULTON, MAINE: This meeting is held on Tuesday Evenings – Not on Wednesday. Please see details in “new meetings” section of this newsletter.

## NA Birthdays

Coming in April Issue! Email us your clean date, where and when you plan to celebrate. Send information to [nnewsletter@yahoo.com](mailto:nnewsletter@yahoo.com)





# February 2004

## Northern New England Region of NA – Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Granite State ASC</b> Manchester, NH 12:00 Noon-4:00 pm  <b>Seacoast ASC</b> Dover, NH 12:00 Noon-4:00 pm					<a href="mailto:unityfest@namaine.org">unityfest@namaine.org</a>  <b>UnityFest</b> Notre Dame Spiritual Centre Alfred, Maine	<b>UnityFest</b> Notre Dame Spiritual Centre Alfred, Maine
		<b>6<sup>th</sup> Anniversary, "Still                      Alive &amp; Well Group"</b> Amherst, NH, Souhegan Congregational Church				
<b>NNERSC                      CAR Workshop</b> Southern Maine Medical Ctr. Biddeford, Maine 10AM-3PM Cafeteria Rm.3						<b>Southern Maine ASC</b> @ Church of Holy Spirit Portland, Maine

# March 2004

## Northern New England Region of NA – Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
<b>Granite State ASC</b> Manchester, NH 12:00 Noon-4:00 pm  <b>Seacoast ASC</b> Dover, NH 12:00 Noon-4:00 pm	7	8	9	10	11	<b>NNERSC</b> Portland, Maine Church of the Holy Spirit Subcommittees 10AM RSC @ 12 Noon
14	15	16	17	18	19	20
<b>CAR Workshop</b> Vision of Hope Group Manchester, NH	21	22	23	24	25	26
28	29	30	31			<b>Southern Maine ASC</b> @ Church of Holy Spirit Portland, Maine

Just For Today NA Group of Alfred, Maine invites you to attend Brothers in Spirit 5<sup>th</sup> Annual NA Men's Retreat  
 Coming April 2, 3 & 4, 2004 @ Notre Dame Spiritual Center, Alfred, Maine