



NORTHERN NEW ENGLAND NEWS

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Issue 7

March RSC Meeting

The next RSC meeting will be held on **March 12, 2005** at Wells Urgent Care, 114 Sanford Road, Wells, Maine, Rt. 109. Our Entrance is the Community Room door to right of the main entrance.

From 95 North or South—Take Exit 19, at the end of the ramp take a left onto Route 109. Head towards Wells-Ogunquit, not Sanford) and go for 1.2 miles and the Wells Urgent Care will be on the right.

We have the hall from 10:00 AM until 4:00 PM. Set-up and any sub-committees start at 10:00 AM. The RSC will begin at 12:00 noon.

In order to be more efficient at serving our ASCs we need help from the Fellowship in the form of Trusted Servants. There is a lot we could be doing to help serve, but without the human resources we are limited. For example:

- * Regional Website (long overdue).
- * Online archives of RSC Minutes.
- * More participation with the Regional Newsletter, the Northern New England News! Fun! Excitement!
- * Better-planned MRLE with continued WSC participation and more involvement from other Regions (and ours).
- * Continuing with Regional Workshops in all the Areas.

- * Better communication between ASCs & RSC.
- * More involvement in RSC planned events such as Unity Day & Regional Assembly.
- * Need Input from the ASCs—what are the needs of your Area and how can we help.
- * Do you wonder why there are no active Regional Sub-committees such as H&I, PI & Activities? Come and Find out!
- * We are open for any Sub-Committees at the RSC from 10:00 AM to Noon including MRLE and Newsletter Sub-committees.

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Prayer & Meditation

When I first learned to pray as a child there was never any doubt in my mind that the God I knew then heard and understood what my intentions always were. Somewhere in my active addiction I lost that faith. There were no prayers in my life for so many years that coming into recovery and not only being encouraged to pray but virtually forced was very foreign. The group prayers said together at meetings was so cultish to me, but I was desperate enough in my addiction to just go through the motions and do it with or without the faith to back the actions. I knew most of my family members prayed with great faith to see them through some really tough times, but I was unsure where that fit into my life. I had studied non-tradition faith practices at different times in my life to satisfy something in me that still craved learning. But none of them resonated with me in early recovery either. It took many years and several sponsors to find any sort of definition of my higher power. There just wasn't anything tangible for me to understand or describe. So, how could I pray or meditate without a clear understanding?

Since prayer and meditation seems to be such a driving force in our recovery I was more than willing to explore what other people used. I gyrated to the Women in the fellowship who had abstract higher powers but sincere faith. I knew something was keeping me clean, besides self-will, so that was the beginning of the foundation. I read as much as I could about all sort of organized religion and still do read about different faiths. Eventually, a little bit at a time, I started to develop something I could find solace in. At first my prayers were only the NA chants from the meetings, but soon I was developing my own mantras. I was thrilled every time my recovery was reinforced with prayer that brought me comfort and serenity.

In time, that very abstract version of a higher power began to take shape from many different faiths I had read about. I met people who practiced different faiths than I was raised with, learned what about their faith made me feel connected and used it, too. I brought bits and pieces from many different prayer styles into my

life. That hippie transcendental meditation finally had some real use in my life. I was, and still am, a sponge to learn any techniques that might reinforce my faith. Taking a few yoga classes has proved invaluable for learning meditation rituals, too.

I know I'm not the only one in recovery who had lost the faith of their childhood, but the power of prayer is irrefutable. There is so much second step evidence in my life today. In the past few years a dear friend suggested I pray in a certain body position. I had stopped kneeling to pray after a very short try in early recovery with the humiliation of active addiction still too fresh in my mind. What a difference simply kneeling has made for me now! I'm so grateful to be open-minded enough today to take a suggestion even if it seems strange at first. You are all in my prayers of thanks every day for being in NA, too.

Member Northern New England Region



Go to a Meeting, It Works!

Suggested Future Topics



April Issue (deadline March 15th)

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.”

Just For Today

Today I don't choose to hide inside my addiction. I reach out wholeheartedly to the recovery available for my disease (the NA Fellowship and its members). I have to because my disease is a disease that tells me “I don't have one”. I must surround myself with people who know me, understand my disease, know my denial, and how it can destroy me. My disease affects all areas of my life, but I choose to take positive actions toward recovery from it. I willingly continue to grow and change by reaching out to new goals, making new mistakes, and breaking old patterns. My thinking must be geared toward positive change and action; working the Steps and letting go to surrender, living in today for all it's worth by not putting any falsehoods in or taking any truth out. I seek to accept my reality as just that...reality, by listening to others' experience, strength and hope, and taking honest suggestions.

Today, realizing that my drug use was just a symptom of my addiction, I know I cannot

recover by mere abstinence from all drugs. Today I choose to have recovery from my disease by working the Twelve Steps of NA. My life depends on it. I'm free to recover from this disease “Just for Today”.

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Prayer

It has been stated that prayer is plea to alter the balance of the entire universe on the behalf of a lone petitioner admittedly unworthy.

Here is a distinct unawareness of the availability, and the subtle ease of the ultimately creative. During my exposure to the healing powers in this Miracle, growth went totally unnoticed. Without the occurrence of a “killer rush”, I wasn't aware that anything had happened. As things got better, and I possibly did notice, if it wasn't “dynamite”, I felt it wasn't worth bothering with. Any circumstance I am involved in can be improved simply by improving me. If I get better, we get better, and the proof is still in the pudding.

The God that I understand can create any circumstance. If every day, I think one less negative thought, or use one less negative word, it will go unnoticed. But in doing so, I have allowed my God to alter not only me, but the balance of the entire universe, on the behalf of a long petitioner, admittedly unworthy, with a willingness to try.

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Meeting Time Change

GRANITE STATE, SUNDAY, NORTH CONWAY, One Promise now meets at 6:00 PM.

New Meetings

SOUTHERN MAINE

MONDAY, BANGOR 7:00–8:00 PM, New Beginning, Open Discussion, Community Health & Counseling Services, 42 Cedar St., (behind Homeless Shelter)

MONDAY, RUMFORD 8:00–9:00 PM, Open Basic Text Discussion, St. John's Homeless Shelter, Corner of Main and Franklin

WEDNESDAY, BANGOR 8:30– 9:30 PM, New Beginning, Open Discussion, Community Health & Counseling Services, 42 Cedar St., (behind Homeless Shelter)

WEDNESDAY, SACO 12:00 Noon, Open Discussion, Holy Trinity Church, Most Holy Trinity Hall, 271 Main St., Room #4 (basement)

FRIDAY, BANGOR 7:00–8:00 PM, New Beginning, Open Discussion, Community Health & Counseling Services, 42 Cedar St., (behind Homeless Shelter)

FRIDAY, PORTLAND 6:00 PM, Women's Meeting, Open Discussion, YWCA, 87 Spring St.
*Addicts needing recovery may attend any meeting regardless of how it is listed.

Closed Meetings

GRANITE STATE

TUESDAY, DOVER, Tuesday After Work Group

THURSDAY, DERRY, When at the Crossroads

THURSDAY, BERLIN, Freedom through Recovery

FRIDAY, DERRY, It's About Time

SATURDAY, DOVER, Wake Up and Smell Recovery

SATURDAY, FRANKLIN, Fresh Horizons

Prayer and Meditation

"We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out." Step 11 - The Twelve Steps of Narcotics Anonymous

"Pivotal to our new way of life is our relationship with God; ongoing recovery requires ongoing spiritual growth. This Step describes the basis of N.A. spirituality: an active, God-centered approach to living. We have found that we can only focus on our Higher Power in the present; if we are obsessed with the past or the future there is no room for God. With practice, prayer and meditation link us with our Higher Power. We consciously orient ourselves toward God and learn to depend on spiritual guidance and direction rather than our own intelligence. N.A. does not prescribe any specific rituals or methods to make contact with God, we encourage each member to find and practice whatever works the best for them. Awareness is also a form of spiritual communication; we speak to God through our actions, and God's will for us can be revealed by other people and by the events which occur in our lives. We believe that our lives get better as true spirituality awakens, evolves, and grows in us." Paths of Recovery
<http://www.mwbr.net/narchive/>

What is your experience with prayer and meditation? Do you live life like a prayer, in quiet conversation with the God of your understanding, or are you just waiting for the next shoe to drop? Do you stick around to listen for the answer, or do you rush off to the next 'exciting' event that titillates your fancy? Our eleventh step gives us some clear direction for action.

Once I made the decision to turn my life over to the care of God (something that happens frequently over time with me), I believe and have decided that my life is good. All I need to do is decide, whether in good times or bad. Does this mean every decision I've made, every action taken, or that which has happened to me since being in recovery has been to my satisfaction? Of

(continued on page 5)

(Prayer & Meditation Con't from page 4)

course not, but I believe my life is no longer for my own immediate or long-term self-gratification. The intervening steps (4-10) tell me this.

As I live my life, more in line with God's desire for me, it has become clear my life is worth living, not something from which to run away or hide. How do I know I am living my life according to God's will for me? Clearly my life is measurably better than when I was still using. Likewise, as I have lived in recovery, not using, life has gotten progressively better. What are those measures? Can they be counted as in money, assets, children, service positions, and so on? This is hardly the case. But it is true situations, people, or things that once flummoxed me, intimidated me, or to which I would have responded negatively may now be looked upon as challenges. My belief is God wants only good for me, regardless of how painful it may become.

Instead of acting to be sure everyone, including me, feels good, I have become more valued-centered. This does not mean that good feelings do not follow, but good feelings are not my primary motivation for living. Living right with God, according to his purpose, as clearly articulated in Step Eleven is primary. And this is as a direct result of prayer and meditation, seeking to improve my conscious contact, valuing that which God wants for me and asking for the power to carry it out. This has made all the difference.



Mountain Valley and Mid-Atlantic Regions. On Friday Night we had an Orientation where we meet and set the agenda for the weekend. On Saturday we had the “Sharing Sessions”, dominated by the Regional Input and discussions of the topic Sexual Predators in NA Meetings. Most likely, the RD and RD-A will be reporting on this in greater detail. We discussed some proposals that were submitted by Northern New England Region and also Eastern New York Region. These proposals (motions) concerned when we meet, what percentage of votes to pass a proposal, and having a longer open forum session.

During our Open Forum Session we talked a lot about bilingual and Spanish language meetings. Eastern New York even has a Spanish speaking Area. Also talked about how conventions can destroy the infrastructure of local subcommittees.

Three of our delegates belong on World Services workgroups. They are: Public Relations, Basic Text Revision and the NA Way.

On Sunday, we were given a revised Power Point Presentation. It was significantly improved over the viewing we had in Augusta in December. This PPP has been approved by the NEZF as a first release after a few minor edits. This could be a great tool for Workshops and Assemblies, etc. There was much more, but gotta save something to report to RSC. *Thanks, RD-A*

January NEZF

Just came back from the North East Zonal Forum in the Mountain Valley Region. It was very cold and the “Blizzard of 2005” was bearing down on us. There were 10 regions present out of the 13 member regions. In addition to the Delegates and Chair, Vice Chair, Secretary, there were around 15 observers, mostly from the

North East Zonal Forum

The next few North East Zonal Forum Meetings are:

- July 2005 – New England Region
- January 2006 – New Jersey Region
- June 2006 – **Northern New England Region!!!** (better start planning)

- January 2007 – Northern New Jersey
- June 2007 – Northern New York
- January 2008 – Western New York

RSC News

- Next RSC March 12 in Wells, ME
- Next Regional Workshop will be held April 9 in GSA most likely in Franklin, NH
- MRLE IX will be held December 2,3,4 in Alfred, ME
- There was no quorum at the last RSC, so the Newsletter Guidelines are up for approval in March
- Speaking of the March RSC, **budgets** are due
- Open positions are Treasurer and Vice Chair
- Total donations from groups/RSC to NAWS (from Annual Report) are \$3,054.23 from fiscal year July 1, 2003 to June 30, 2004. The total amount from the previous fiscal year was \$1,103.19

NAWS

The NAWS Annual Report is available. Now we can get electronic subscriptions for the NA Way and NAWS News at www.na.org Paper or electronic issues, but not both. Here are a few dates for your calendar

- February to December 2005 – Solicitation of personal experience for the Basic Text
- April 1, 2005 Deadline for WSC Seating Request
- April 15 – 17 World Wide Workshop, Burbank, California
- April 21 – 23, 2005 World Board Meeting
- May 27 – 29 World Wide Workshop, Nashville, Tennessee
- May – July 2005 Review period for section one of the Public Relations Handbook
- July 14 – 16, 2005 World Board Meeting
- Aug. 1, 2005 Deadline for Regional Motions
- August 1, 2005 Deadline for Self Nominations
- September 1 – 4, 2005 – World Convention in Honolulu, Hawaii

Letter from an Addict

Hello Family, I am an addict and my name is _____, I really felt compelled to write in your news letter in regards to the meetings that are closing in you're area, although I am no longer a member of the granite state area it is most definitely where my heart is. I am so blessed to have gotten my foundation of recovery in the great state of New Hampshire and had a sponsor who instilled in me the importance of service, I have been in recovery a few 24 hours and unfortunately there seems to be 10% of the addicts doing 90% of the service 100% of the time. I Love NA and it saved my life as did the members of the GSA who loved me until I could love myself and had faith in me until I developed some of my own, and that is why I and I can only speak for myself try to do what ever service I can to keep the message of recovery alive and well in the Bay Area of Florida, I am so grateful to NA for giving me my life back that I will do what ever is necessary to give back what was so freely given to me, It costs nothing to belong to NA, you are a member when you say you are. It is important to continue to carry the message to other addicts still suffering and let them know there is a way out and that way is Narcotics Anonymous that no addict seeking recovery need ever. You may very well be the only voice some addicts ever hear and if a meeting is having a problem with attendance then please rally around that meeting and show some support, it has been my experience that if you open a meeting and make coffee they will come, and I want to give the area some props as well because of the fact that you folks are so new comer friendly is probably a very large reason I am clean today, and I thank you daily for my recovery because this is a we program not an I program, and that doesn't mean we all have to have savior behavior.

We are here to carry the message not the mess. Anyway I just wanted to express my concern as to the meetings closing and to let you know there is power in prayer and I will forever keep the granite state area in my prayers.

In Loving Service, *Member of Bay Area, Florida Region*

NA Fun Page

Prayer & Meditation

T S V Y R S S U A Z R O Y E E
V C P G W D T Q V E E L A E E
A C T I O N M L W W E D D R V
A F Z P R A G O U V H T O Q H
X S B M Y I P R E S L R T A D
K Y K Y B R T I P I E W R W M
T J C I E Z L U S I X R O A W
X C B H N E F T A P J T F K G
D E G P B G E F H L F I T E N
V I P R I N C I P L E S S N I
H G D D I Q J K Z O P H U I K
G W K N E T A T I D E M J N E
O T G Q N S C E R G T Q F G E
D E X V U D Y Z T C V M D S S
X P Z S T W Y W N G D R F W D

ACTION
BELIEVE
JUST FOR TODAY
PRINCIPLES
SPIRITUAL

ASKING
GOD
LISTENING
RESULTS

AWAKENING
HIGHER POWER
MEDITATE
SEEKING

February 2005

Northern New England Region of NA - Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
Granite State H&I will be meeting Feb. 6 th in Manchester at the VA Hospital, at 12 Noon, before Area Service						
Granite State ASC 6 Will be meeting in MANCHESTER at the VA Hospital, Smyth Rd. 1:45 PM Seacoast ASC Wentworth Douglas Hosp. Dover, NH 12 Noon	7	8	9	10	11	12 Granite State Valentine's Day Dance, Nashua, NH 4 - 6:00 PM H & I Orientation 6 - 7:00 PM Pot Luck 7 - 8:00 PM Meeting 8 - 9:00 PM Dating Game 9 - Midnight Dance Church of Good Shepard, 214 Main St.
13	14	15	16	17	18	19 12 Noon SMA Bangor Acadia Hosp, 268 Stillwater Southern Maine Dance Dancing, Food & Fun 8:30 - 11:00 PM, Church of the Holy Spirit, 1047 Congress St. Portland, Maine
20	21	22	23	24	25	26
					Southern Maine, Winter Unity Fest 25, 26, & 27 at the Notre Dame Spiritual Center in Alfred, Maine. No Children permitted (except for nursing infants)	
27	28					

To submit an event for the Calendar, email the information along with the name of your Area to nnewsletter@yahoo.com

March 2005

Northern New England Region of NA - Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
Granite State ASC 6 Seacoast ASC Wentworth Douglas Hosp. Dover, NH 12:00 Noon	7	8	9	10	11	12 NNE Region 10:00 AM Sub-Committees 12 Noon- RSC Wells Urgent Care Wells, Maine
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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