



NORTHERN NEW ENGLAND NEWS

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Issue 13

MARCH RSC MEETING

The next RSC meeting will be held on March 11, 2006 at 12:00 Noon at Wells Urgent Care, Wells Urgent Care, 114 Sanford Road, Wells, Maine, Rt. 109. Our entrance is the Community Room door to right of the main entrance. We have the hall from 10AM until 4PM.

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

Setup and any subcommittee meetings will meet at 10:00. The RSC will begin at 12:00 noon.

- “We need participation from each ASC: help give us direction!”
- “Believe it or not: budgets are due at the March RSC.”
- Preparing for the World Service Conference.
- Newsletter looking for articles from you!
- Report from the North East Zonal Forum in New Jersey Region.

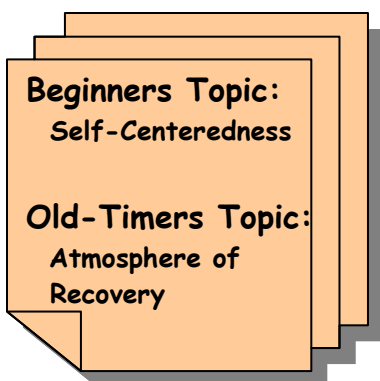
- Open Positions: Treasurer and Newsletter Chair.
- Just elected: Chairperson, Secretary and RD-A.
- There will be a (CAR) Conference Agenda Report Workshop February 11, 2006 in Biddeford at the SMMC. Flyers are at www.gsana.org and www.namaine.org

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SUGGESTED FUTURE TOPICS



Beginners Topic:
Self-Centeredness

Old-Timers Topic:
Atmosphere of
Recovery

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.”

FREEDOM

All this started when I was so young,
Didn't know what it was, I began to run.
It is hard to realize humility,
To face where I ran, to really see me.
Now for me it's time to grow.
To find out who I am, all I can know.
It's not easy to find
the right words to say,
Only one thing's for certain,
I am clean today.
So whatever happens, I want to be free,
Because my friend, I've just begun,
And now I know I don't have to run.

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CONFERENCE AGENDA REPORT WORKSHOP

Northern New England Regional Service Committee will host a CAR Workshop in the Maine Area on February 11, 2006 at the Southern Maine Medical Center, One Medical Center Drive, Biddeford, ME, Rt. 111, Class Room 3. Go through the main entrance, take the elevator to the 2nd Floor, follow the signs to the Cafeteria, Classroom 3.

We have the hall from 10AM until 4:30 PM. Exit 32—Biddeford (formerly Exit 4) off the Maine Turnpike, I-95. At first light, turn left onto Alfred Street - Route 111. Follow 1/4 mile to SMMC on your right.

This CAR Workshop will use small group discussion and large group exercise topics: Regional Motions, Atmosphere of Recovery, Leadership in NA, Our Public Image, Infrastructure, Tools & Targeted literature.

GSRs and all interested members are invited to learn about and discuss the 2006 Conference Agenda Report to aid their group in deciding the future direction of World Services and the NA Fellowship. The Regional Delegate and Alternate will be on hand to help facilitate discussion, answer questions, and share information regarding this year's CAR. Download the CAR from:

<http://www.na.org/WSC2006/car-toc.htm>

Everyone Welcome!

“If I had an answer to all of my problems, then I wouldn't need to question them, but if I had no questions, I wouldn't get any answers.”

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SERVICE: WHAT IT MEANS TO ME

I became involved in service work the first day that I came to an N.A. meeting. The handful of people that I associated with at that time were very much involved in service; therefore I followed suit. When they went to a service meeting I tagged along, simply because I wanted to be exposed to as much N.A. as possible. At first it was confusing, but, I continued to go and I learned quickly to ask questions. I asked for, sent away for, and conned people out of anything in writing that had to do with N.A. and N.A. service, i.e., a service manual, an approval copy of the text, stories, unapproved literature, WSC minutes, P.I. and H&I handbooks, anything and everything. I learned quickly and became involved just as quickly. At sixty days clean I held two trusted servant positions which became very important to me. There came a point in my life soon after reaching the sixty day mark that I started to feel. I didn't think that I would ever be able to live with those feelings and I wanted to run. Getting high became a very real way out. I sat in the middle of my living room floor one night with a bottle of barbiturates in one hand and my key tags in the other hand, thinking about what I was about to do. I thought about my involvement in service, those two trusted servant positions. It was the first time in my life that I had a feeling of worth. People had placed their trust in me and the gratitude I felt is something I cannot express in words. I threw the pills away.

I credit my involvement in service with playing a major role in my recovery that specific night and today. I have tried several times during my clean time to rationalize my way out of service, but I keep coming back. I know today that there is a reason for this and just recently I have accepted that reason. I need that involvement. Not for ego reasons, at least I don't believe so. It is a very real need for me. I need that feeling of worth. Today I am able to look at my assets and accept them and I honestly feel that I have something to give. Service work provides a medium for me just as

a paint brush and canvas provide a medium for the artist.

I have a drive and desire to do what I can to help to assure that N.A. will be here in future years, for myself and for others. It's my dream. If I can do anything at all to contribute to making that dream come true, I am willing to do it. Other people cared enough and were willing enough to assure that N.A. was here for me—I have that same willingness. Someone said to me the other day that I should not be looking for that feeling of worth from outside sources. To that person I would like to respond: I feel that lending a feeling of worth by being willing to extend my hand to another suffering addict is the best way for me. I am grateful for having been given the gift of life. The N.A. Program gave me that gift. Thank you N.A. You're special! *Printed with Permission from the NA Way*

MAINE MEETING UPDATES

Time Change: Damariscotta, Maine, Wednesday, The Spiritual Warrior group, now meets from 7:30-8:30 at the same location.

Location Change: East Winthrop, Maine, Thursday, The Unwashed and Somewhat Slightly Dazed Group, is changing its location, effective January 5th to: The East Winthrop Baptist Church, Rt. 202.

Meeting Night Changed: Norway, Maine, Saturday Night Candlelight meeting has changed to Sunday Night. The time and place remain the same.



If you would like to subscribe to the NNE News, it's FREE! Send your request to: nnenewsletter@yahoo.com



NORTH EAST ZONAL FORUM

Northern New England Region

June 23, 24, 25, 2006, Ramada Inn at
Amoskeag Falls, 21 Front St., Manchester, NH
\$89/night plus 8% Room Tax

Click here for NNER Flyer:

http://www.gsana.org/download/NEZF0606Flyer_web.pdf

January 19, 20, 21 2007

Northern New Jersey Region

July 27, 28, 29 2007

Northern New York

The NEZF was held January 27, 28, 29 in Newark, NJ. There were 12 out of 13 Regions present. Saturday was a day long Conference Agenda Report Workshop. There were approximately 35 people present. Some of the highlights were:

- All day long Conference Agenda Report Workshop with large and small group discussion and a quick overview of the Conference Approval Track (CAT).
- Recovery Mtg. at 8:00 AM Sat. & Sun.
- July 2007 NEZF will most likely be held at the site of NNYRCNA XVI.
- An ad-hoc report was read about the possibility of putting on Zone Wide Workshops biannually. No action taken, ad-hoc will meet in again in June.
- The focus of the Saturday Discussion Session will be: Conference briefing and the 2 Issue Discussion Topics selected at WSC.
- The NEZF will for the first time present an oral and written report to the WSC.
- Many RDs are completing their term soon and were saying goodbye. Rotating off are the delegates from: Mid Atlantic, Greater New York, Northern New Jersey, New England, New Jersey, Northern New York and Connecticut. More will be completing terms in June.

- Elections at the next NEZF for: Chairperson, Vice Chairperson and Secretary.

NA WORLD SERVICE NEWS

Some random info from the NA World Services:

- There are 5 regions that are being recommended by the WB for seating at the WSC. They are: North Carolina, Bluegrass Appalachia, Iran, South Africa and Western Russia. Seating decisions will be made at the WSC.
- Iran is the largest NA fellowship outside of the US. Iran is doing Fellowship Development in Afghanistan.
- Currently there are people from World Services in Russia, with a trip planned soon to return to Iran.
- The Conference Approval Track (CAT) was released on January 23rd and is posted online for the first time. The CAT is service related material such as project plans and budgets for the upcoming Conference cycle.
- The delegates will be asked to approve the Public Relations Handbook at the WSC. The last Chapters are out for review right now until March 15.
- There are plans to do a major overhaul to the website www.na.org
- NAWS Annual Report will be out soon.
- In the last year over \$460,000 worth of literature was given away from the WSO to emerging fellowships and when requested by new groups, etc.

Some upcoming dates:

February 15, 2006 Regional Reports due

March 9-11 World Board meeting

April 23-29 World Service Conference



NNE NEWSLETTER FUN PAGE

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

ABSTINENCE
 ADDICTION
 DENIAL
 FELLOWSHIP
 HIGHERPOWER
 ISOLATION
 NEWCOMER
 PRIDE
 SELFIMAGE
 STEPS
 TRADITIONS

ACCEPTANCE
 ANGER
 FAITH
 GRATITUDE
 HONESTY
 MEDITATION
 OPENMINDEDNESS
 PRINCIPLES
 SELFPIITY
 SURRENDER
 WILLINGNESS

ACTION
 CLEAN
 FEAR
 GUILT
 INSANITY
 MEETINGS
 PATIENCE
 RELAPSE
 SHAME
 TOLERANCE



Northern New England Region of NA—February 2006

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
		1	2	3	4	5 Granite State ASC 1:45 PM, VA Medical Center, 718 Smyth Road Manchester, NH Seacoast ASC 1PM, Wentworth-Douglas Hospital, Salmon Falls Room, 789 Central Ave., Dover, NH
6	7	8	9	10	11 NNE Region —Conference Agenda Workshop in Biddeford, Maine at the Southern Maine Medical Center from 10 AM – 4:30 PM. Click here for flyer http://www.namaine.org/0206CARWorkshopweb.doc	12
13	14	15	16	17, 18 & 19 Maine Area —9th Annual Winter Unity Fest at the Notre Dame Spiritual Center in Alfred, Maine. Click here for flyer http://www.namaine.org/UNITY%20555.pdf 18 Maine Area —Learning Day at the Winter Unity Fest, Notre Dame Spiritual Center in Alfred, Maine. 2 – 4 PM. Click here for flyer http://www.namaine.org/Maine%20Area%20Service%20Committee.pdf		
20	21	22		24	25	26 Maine ASC 12 noon, www.namaine.org
27	28			30		

Northern New England Region of NA—March 2006

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
		1	2	3	4	5 Granite State ASC 1:45pm, VA Medical Center, 718 Smyth Road Manchester, NH Seacoast ASC 1PM, Wentworth-Douglas Hospital, Salmon Falls Room, 789 Central Ave., Dover, NH
6	7	8	9	10	11 NNE RSC —Maine Area http://www.namaine.org/0306RSCFlyerweb.doc	12
13	14	15	16	17	18 Granite State, King Lanes, Goffstown, NH	19
20	21	22	23	24	25	26 Maine ASC 12 noon, www.namaine.org
27	28	29	30	31		

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