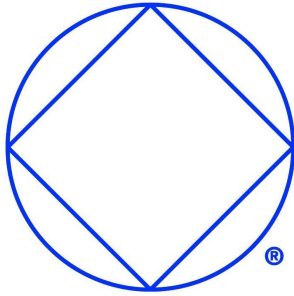


2/2/2008

Northern New England News



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February 2008

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Issue 25

RSC News

Next RSC meeting is March 8, 2008 at the Mercy Hospital, 144 State Street, Portland, ME

Dates of next few RSC meetings are: May 10, 2008 (Seacoast Area), July 12, 2008 (Maine Area) and September 13, 2008

Open positions are: Chairperson, Vice Chair and Secretary.

The Multi Regional Learning Event (MRLE X) was a very nice event. We had approximately 40 people from 9 different regions and also participation from NA World Services. The dates for MRLE XI have been set for December 4,5,6 2009

Began creating an outline to document the practices and procedures of the NNERSC that are not covered in the guidelines. This will be covered further in March during Open Forum

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

When have I felt like this?
What did I do?



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North East Zonal Forum

Upcoming NEZF meetings

[June 20, 21, 22 2008](#)

[ABCD Region](#)

Comfort Inn and Suites, Albany, NY
\$89 plus tax

January 23, 24, 25 2009 Connecticut Region

June 26, 27, 28 2009 Eastern New York Region

There were some proposals that were presented at the NEZF this past weekend. Here is a brief (not precise) rundown of the fun.

A proposal regarding money management at the NEZF (**sent back to regions for consideration**)

A proposal to create a web servant position for the NEZF website (**tabled till next meeting**)

A proposal to restrict the Agenda of the NEZF by the following:

a. 1st Zone After Conference (June):

Discuss the Conference and discuss the decisions we just made.

b. 2nd Zone After Conference

(Jan): WSC Business

c. 3rd Zone After Conference (June):

Workshop Issue Discussion Topics and/or ZWW

d. 4th Zone After Conference (Jan): CAR and CAT (**withdrawn**)

- ✓ A proposal to read the purpose of the NEZF from the guidelines at every meeting (**passed**)
- ❖ The topic for the June 2008 NEZF Saturday Sharing Sessions will be "What is the direction of the NEZF? Where are we going?"
- ❖ Three members of NA World Services attended the NEZF to facilitate a CAR Workshop for the participants

World Services Calendar And Deadlines

[27 April – 3 May 2008](#) - 2008 World Service Conference

NA World Services News

Conference Approval Track Released – The CAT contains lots of information pertaining to the upcoming Conference Cycle including the next proposed budgets, project plans, and proposed WSC Workgroups. It is available here: <http://www.na.org/conference/index.htm>

2006-2007 NAWS Annual Report is now available! Download it here:

<http://www.na.org/reports/ar/2007/TOC.htm>

Session Profiles for 2008 CAR Workshops –

Click the link for two versions of files that can be adapted to do local Conference Agenda Report Workshops.

<http://www.na.org/conference/wsc2008/sessionprofiles/sessprof.htm>

NA World Services Literature Distribution and Convention Workshops Summary Notes

– There is a lot of important stuff here, please check it out!

http://www.na.org/reports/Lit_Conv_Workshop_SUMMARY_NOTES.pdf

Online NA Way is here:

<http://www.na.org/naway/naway-current.htm>

Just For Today Email List - This mailing list sends out an email each day containing that day's meditation. This is a service provided by NA World Services in response to numerous fellowship requests. <http://www.jftna.org/cgi-bin/dada/mail.cgi>

"We made a decision to turn our will and our lives over to the care of god as we understood him".

As per my third step is a turning point to change myself when I have desire to change. Our Third step says we made a decision it doesn't say we turn our will and lives, so the decision is the key word to understand the third step.

I made a decision that I wanted this for my life. I got rid of all my using friends, and shut the door on anyone I knew from my past when I was in active addiction. I began to hang around only with recovering addicts and developed deeper friendships. I went to meetings every day when possible, I made extra meetings to do extra efforts in recovery and stayed afterwards taking in the fellowship with tea and coffee. I began to have clean fun without using drugs. I didn't know what my life was going to be like but this was better than getting high. I began to relax and trust the process that I would be okay. That was not easy for me, I had never been fine or okay. but slowly, I began to feel like I am fine and okay and could learn to do new things. I prayed, I didn't understand a high power completely, and didn't know who my god was, but I decided I didn't have to. My higher power is too big for me to ever understand. That's not what is important for me. I only have to be able to feel close to him and trust that I will be shown the way to be the best I can be, the most loving and caring.

When I made a decision to turn my will and my life over to this power, all I have to do is try with the best of my ability and ask for help and support from my sponsor, if I am hurting or not feeling good about something. I need to be willing to try different ways that I don't hurt myself, or others. I have to keep it simple, because my life is just for today. Just for today how can I love myself, and others in the best way possible? I choose to trust that all the big

things will be taken care of through the answer to that. We all found that we needed to do try and when we gave our best efforts to the program, it works.

We made a decision; it was not made for us by drugs, families or loved ones. We made it. For the first time since that first high, we have made a decision for ourselves not for our families or others.

So in conclusion my understanding about the third step is made a decision. It sounds simple but I made a million decisions and never carried most of them out. The proof of the third step is the continuation of the rest of the steps

My Gratitude speaks to my loving and caring Higher power, 12 steps, my sponsor, NA friends and my families when I care for myself by working the 12steps and 12 traditions when I share my experience, strength, hope with others. The NA way that is Unity, service and freedom. Thanks for letting me share.

Warm love & Hugsss

An addict named Suyash

Kathmandu,Nepal

✉ *Carry The Message!*

"We can only keep what we have by giving it away." This is *your* space to share your experience, strength and hope. We have an open topic forum and a forum emphasizing service work. Poetry, Art, and articles regarding NA History (personal or archival snippets) are welcome. There are many ways to share experience, strength and hope.

Send contributions to

nnewsletter@yahoo.com. *Please try to limit your sharing to half a page, single-spaced.* Thanks in advance for your participation.

→ April Issue Deadline: March 15th ←

Meeting Updates

NEW MEETING:

Belfast, Maine, **2nd Chances**, 12 Step Meeting, Monday, 6:30 – 7:30 PM, 55 Spring Street, First Church of Belfast, ME 'Annex' Behind Crosby School Bow,

TIME/FORMAT CHANGE:

Lewiston, Maine, **Changing the Lie**, Friday now meets from 7:00 – 8:30 PM and has relocated back to the 12-Hour Club on 120 Lisbon, Street.

Bangor, Maine, **Grateful We're Not Dead**, Sunday, 7:00 – 8:00 PM has a new format, now a 12 Step/Tradition Meeting.

Waterville, Maine, **Waterville Five & Dime**, Friday 6–7:30 PM, added the H(handicapped) & L(literature) codes

LOCATION CHANGE & NEW TIME

Kittery, Maine—Monday, **Freedom Group**, Kittery Lions Club, 117 State Road, 7:30 PM.

NO LONGER A MEETING:

THE ONLY HENNIKER ON EARTH GROUP, Henniker, NH, Friday

Norway, Maine, **Clean & Crazy**, Thursday, no longer meeting

STILL ALIVE AND WELL, Milford, NH

Most current meeting lists:

http://gsana.org/download/GSANA_Meeting_List.pdf

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

Does my disease seem as big to me as this moose does to this cat?

Well, Keep Coming Back!



What's Going on in Your Area

Seacoast Area

Hello NNER:

Everything is going well in the Seacoast Area. Currently at the SASC we have some open positions: Secretary, PI Chairperson, H & I Chairperson and Activities Chairperson. Also, all the sub-committees are in need of support. We are having more GSR's attending the ASC, but would love to see more. We have a new meeting in our Area. It meets in Wolfeboro, NH on Thursday's from 2:45 to 4:00 at the Kingswood High School in room 123.

We have formed the "Freedom Under the Stars XVIII" campout committee. The campout is July 18 – 20, 2008 in Thornton, NH. We will be having some fundraiser such as a Dinner, Auction and Recovery Meeting March 1st, 2008 in Rochester, NH at the First Congregational Church and Recovery Bowling April 12th, 2008 at the Dover Bowl. Flyers for these and other events will be available at www.GSANA.org under events.

The ASC has ordered copies of the Conference Agenda Reports and have sent back to the groups, so they can be informed prior

voting on both the questions and the motions at their business meeting in April. The “Keep it Real Group” will be hosting a C.A.R. workshop on Sunday Feb. 24th, 2008 from 4:30 to 7:30 at Wentworth Douglass Hospital in auditorium 1, 2 & 3. Everyone is welcomed.

We will be hosting the Regional Service Meeting May 10th, 2008 at the Wentworth Douglass Hospital. The SASC meets the second Sunday every month in Dover at the Wentworth Douglass Hospital, Community Conference room at 1:00 PM.

In Loving Service,
Seacoast Area Chairperson

From now on we will be opening up the area section to any groups of the Northern New England Region that want to place a submission about their group as well as the area's if they choose to submit information, with what area they are from along with the info you decide to submit: events, celebrations, questions, service work info, whatever you choose as long as it is Narcotics Anonymous.

We also are going to list first names and last initials with submissions, celebrations, etc, as well as the area and or group which ever is appropriate for the submission. If you choose not to have your first name and last initial printed with your article, just say so and it will be done the way you choose.

When anyone submits a word document using word 2007 please save the document as a word 97 doc or 2000. We are using word 2000 and can't open the 2007 docs as of yet. Thanks

Hugs

NNE Regional Newsletter Committee

Don't Compare, Identify

Have you ever attended a meeting, or talked with other members in the Fellowship where you said to yourself, “I never did that”?

Or maybe you feel that you didn't belong because you didn't feel that you suffered as much as one or more of those people? Well, maybe you haven't, YET!

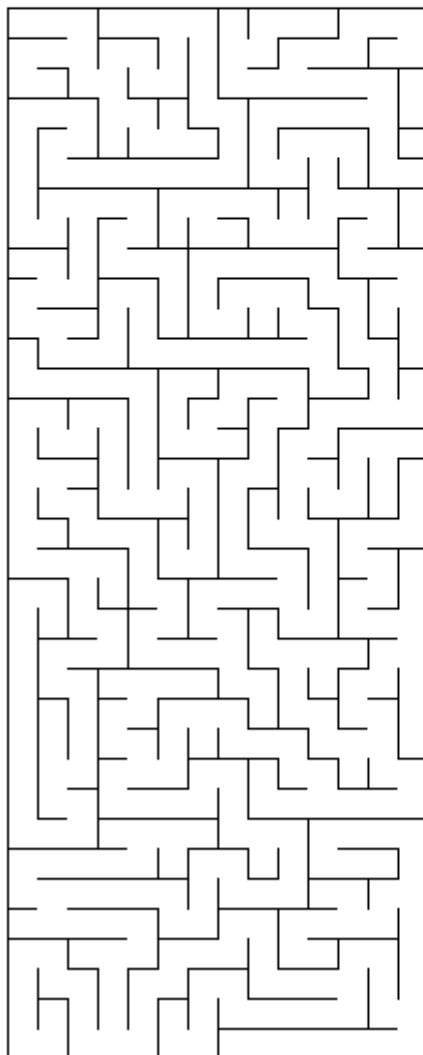
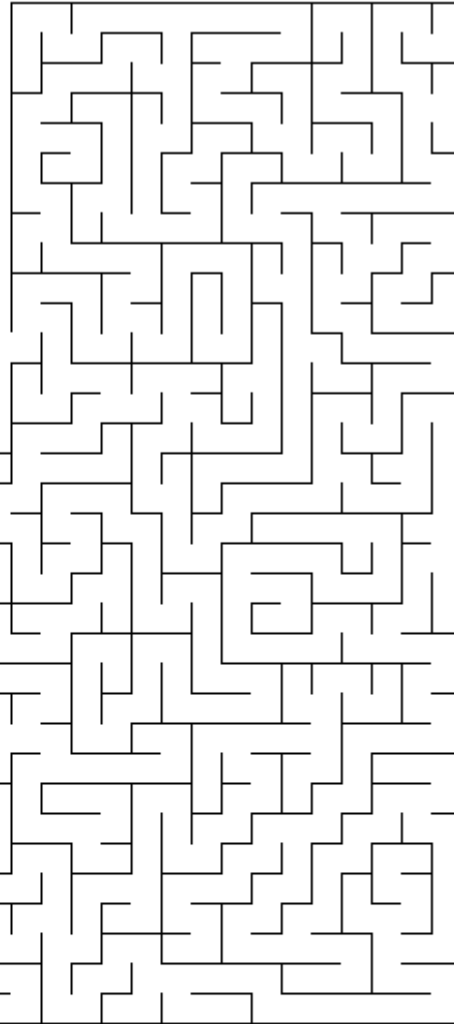
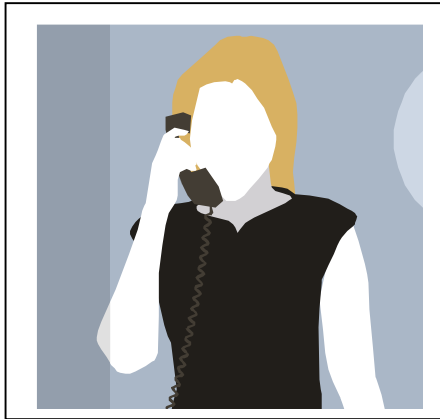
Just because you may not share the same bad experiences as someone else does not mean that you do not belong. The simple fact that your disease has led you into the rooms for recovery from your addiction is proof enough of your time spent in misery, as well as your desire to change for the better. Just because someone else's brand of hell seems worse than yours doesn't mean that you haven't lived through enough pain and suffering; hell is hell no matter what form it takes in anyone's life.

Any time you feel that you haven't suffered enough, or even worse that life in your active addiction wasn't that bad because someone else had it worse than you, that's simply your disease lying to you. It wants you back under its control. Your addiction is hungry and you are the only one who can feed it.

Now, today, when these thoughts arise, talk to your sponsor or a friend in the Fellowship. Let them know how you feel. They can help you discover that you DO belong, and that you need not suffer any further. In this discussion, don't compare yourself to others, but identify with their experiences, good or bad. Feel the strength of their recovery and listen to the hope in their voice. Realize that your past acts aren't as important as your present behaviors in your daily journey of recovery. Remember, WE are all in this together. If my disease starts lying to me today, will I do myself a BIG favor and talk with another member in the Fellowship?

Joe A. – grateful recovering addict in central
Pennsylvania

Help the Addict Find the Meeting



Online Recovery:

Hello family, I'm Nancy, a very grateful recovering addict. I came to NA like any other addict.... thru desperation and pain. After walking into the rooms I discovered a whole new life! It wasn't easy, but I did what I was told, worked the steps, went to meetings, got a sponsor, got involved, and stayed clean a day at a time.

My journey began January 14, 1986. I've stayed clean since that date thru a lot of pain and suffering. In late 1998 I began having health issues. Nothing serious, but it prevents me from making regular meeting attendance. I had to find an alternative so I turned to the internet. I'd seen posters at conventions where people gave their email addresses and signed up for NA internet information. My local region has a website and Sales office. It was a great way to meet other addicts and stay in touch with people I couldn't afford to call on the phone or see often. It opened up a lot of new recovery possibilities for me. But, I wanted and needed more... I needed the recovery you only find in meetings.

While surfing the net, I came across a webgroup. It was a group that met online. They had a chat room where any time of the day or night I could converse with other addicts. It was fun at first, but some of us are sicker than others, and I became disillusioned with the message I was seeing. Meanwhile I made some recovering friends and someone mentioned another webgroup that needed support for their email meeting. It was like a meeting only via email. The group wanted to expand but didn't have the support. I got involved and over the years we furthered that groups services to include chat rooms. They were a little disorganized at first, and we had problems with those who were still sick coming in and being a disruptive force but most times the meetings were good and recovery oriented. I learned a lot about how people applied these 12 steps and traditions in different parts of the world.

I met addicts from Australia, China, Russia,

Sweden, Africa, South America, Europe, Canada, and all over the USA. It was awesome. I was chatting with people in totally different time zones! It took a while to grasp the concept at first but I really began to see how world wide this fellowship truly is.

After some proddings from friends I got involved in helping form an online webgroup called "NAWorldWide.org". We got together via phone conferences and hashed out the details of what we wanted and how we should approach this new site. We funded it ourselves, got ahold of a recovering website designer and "NAWorldWide.org" registered with NAWS on July 15th, 2005. We went online September, 15, 2005. We have regular online recovery meetings scheduled and started sending out a weekly Email meeting. Our idea was to make this group as close to a live face to face NA recovery group as possible... only using the internet. We didn't want people having strange and bizarre 'handles'. We wanted people to be who they were and hopefully discourage trouble makers. We wanted to make the webgroup as safe and secure as possible. It took some doing, and not everybody agrees with the groups principles but that's okay! We are sharing recovery and growing every day!

Online recovery isn't just for those who are disabled anymore. It's not just for people who can't or won't make meetings. It's for anyone and everyone! For me I make online meetings because of time constraints and health issues. There are a lot of people who can't find babysitters, don't have transportation, work too late or early, don't feel comfortable in a f2f setting yet. The reasons online recovery is succeeding are as endless as addicts are. It doesn't completely replace walking into an NA meeting and being physically hugged by another addict, but it's as close as it can get and it has completely renewed my recovery program! I'll keep coming back and hope to see others there too!

~Nancy M.

Northern New England Region of NA—February 2008

| Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. |
|------|-------|------|--------|---------------------|--|--|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 Seacoast ASC noon - 4pm, Wentworth-Douglas Hospital, Salmon Falls Room, 789 Central Ave., Dover, NH. Granite State ASC 9am, Manchester VA Medical Center, 718 Smyth Road Manchester, NH. |
| 11 | 12 | 13 | 14 | 15 Unity Fest | 16 http://namaine.org/docs/NA_UF.pdf Granite State Area CAR Workshop plus Sweetheart Dinner and Dance http://www.gsana.org/download/0208carflyerweb.pdf | 17 Unity Fest NA Convention |
| 18 | 19 | 20 | 21 | 22 | 23 Maine ASC noon, 10:30am Literature purchases. The People Place, 6 Noble St., Brunswick, ME | 24 C.A.R. workshop on Sunday Feb. 24 th , 2008 from 4:30 to 7:30 at Wentworth Douglass Hospital, 789 Central Ave., Dover, NH. in auditorium 1, 2 & 3. |

Northern New England Region of NA—March 2008

| Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. |
|---|-------|------|--------|------|--|--|
| | | | | | 1 Dinner, Auction and Recovery Meeting March 1 st , 2008 in Rochester, NH at the First Congregational Church | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 NNERSC http://www.gsana.org/download/0308NNERSCflyerweb.pdf | 9 Seacoast ASC noon - 4pm, Wentworth- Douglas Hospital, Salmon Falls Room, 789 Central Ave., Dover, NH. Granite State ASC 9:00 AM, Manchester VA Medical Center, 718 Smyth Road Manchester, NH. |
| 10 | 00 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 Maine ASC noon, 10:30am Literature purchases. The People Place, 6 Noble St., Brunswick, ME | 30 |
| Up coming events: Brothers In Spirit: http://namaine.org/docs/bis2008_website.pdf Bike week: http://www.gsana.org/download/NA%20Bike%20Week%202008%20for%20realz%20final%20flyer.pdf GSA Convention: http://www.gsana.org/download/GSACC5%20Reg%20Flyer%20-%20Web.pdf More local and world events look here: http://na.org/nawsevents/event-reg.htm or http://www.gmana.org/ | | | | | | |

To submit an event for this Calendar, email the information along with the name of your Area to
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