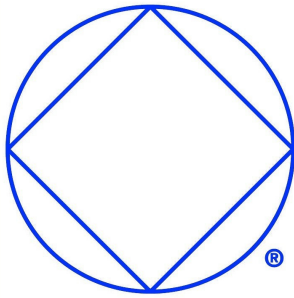


2/9/2009

# Northern New England News



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February 2009

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

Issue 31

## NNERSC News

Next RSC meeting is March 14, 2009 in Portland, Maine at the Mercy Hospital on 144 State Street.

Check here for more info:

<http://gsana.org/events.html> or  
<http://namaine.org/serviceSchedule.html>

Dates of next few RSC meetings are: May 9, 2009 (Seacoast Area), July 11, 2009 (GSA) and September 12, 2009 (Maine Area)

RSC opportunities include: Vice Chair and Treasurer.

We elected a Chairperson for MRLE. The Multi Regional Learning Event will be held December 4,5,6 2009 in Alfred, Maine

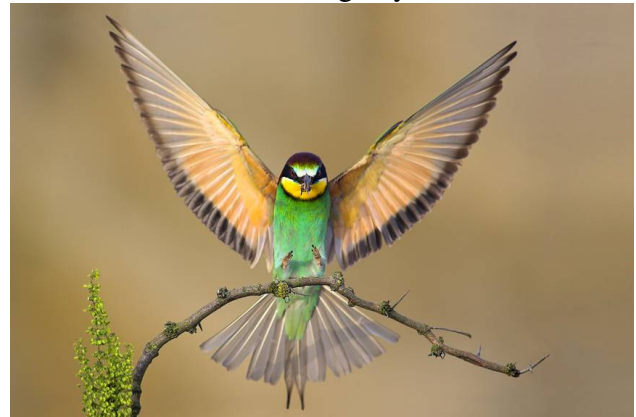
An ad-hoc committee has been formed to put on a fun regional event in May after the Regional Service meeting. Flyer will be released shortly.

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

This is how some recovering addicts feel while participating in different forms of NA service.

Have you felt like this?

Write about how service to others has made you feel and or changed your life.



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## North East Zonal Forum

### Next NEZF meetings

**June 26-28, 2009** hosted by Eastern New York region (with Zone Wide Workshop, flyer available soon)

**January 29, 30, 31 2010** hosted by Greater New York Region

The Northeast Zonal Forum meets twice a year, once in the winter and once in the summer. It is composed of thirteen 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.

The NEZF met the weekend of January 23 – 25 in Cromwell, CT. The topic, which was picked at the last zonal forum, was the Area Planning Tool (APT). This is a twenty-one page guide for an Area to take its own inventory and develop an action plan to actually get practical results. It is called the Area Planning Tool but is designed to be adapted by any NA service body, and so we used it for the zonal forum. Everyone present was allowed to fully participate. A total of about 50 NA members were seated at four round tables, using the brainstorming technique. We followed the seven planning steps as list in the APT:

- Gathering Information
- Listing the issues
- Developing goals (identify “what”, not “how”)
- Prioritizing goals
- Creating Approaches (actions to reach goals)
- Prioritizing approaches

Developing an action plan  
 Several major themes emerged:  
 To better define and understand our purpose  
 To orient and train new member participants  
 Make member participants aware of each other’s issues and offer solutions  
 That the NEZF needs to be driven by common needs and get results  
 We finished steps 1 through 6 above, and in the business session Sunday morning we formed an ad hoc committee to develop an action plan (Step 7) which will lead to tangible results.

## NA World Services News

Here are a few things to check out from NA World Services:

A link to the latest NA World Services News magazine (NAWS News)  
[http://www.na.org/pdf/nawsnews/en/NAWS\\_News\\_Nov08.pdf](http://www.na.org/pdf/nawsnews/en/NAWS_News_Nov08.pdf)

A link to the one page summary of the NAWS News called What’s Happening in NA World Services That You May Want To Know  
[http://www.na.org/pdf/nawsnews/en/Summary\\_NAWS\\_News\\_Nov08.pdf](http://www.na.org/pdf/nawsnews/en/Summary_NAWS_News_Nov08.pdf)

A link to the latest edition of the NA Way Magazine  
[http://www.na.org/pdf/naway/en/NA\\_Way\\_Jan09.pdf](http://www.na.org/pdf/naway/en/NA_Way_Jan09.pdf)

A link to the 2008-2010 Issue Topic Discussion page which has Session Profiles, Overview, etc. The cycles topics are: Building Communication, Our Freedom Our Responsibility, and Leadership  
<http://www.na.org/IDT/IDT.htm>

## TORN ASSUNDER

FROM THE BAR STOOL TO THE  
GUTTER  
THERE ARE THOSE WHOSE LIVES ARE  
DEAD  
EASY PREY FOR THEIR ADDICTION  
CONFUSED THOUGHTS RUN THROUGH  
THEIR HEAD

FROM THE PIPE, THE BAG, THE  
NEEDLE  
TAKING DAILY FROM OUR LIFE  
CAUSING CONSTANT PAIN & ANGUISH  
TOWERING MOUNTAINS FILLED WITH  
STRIFE

FAMILIES RIPPED & TORN ASSUNDER  
WONDERING WHERE IT ALL WENT  
WRONG  
NEED A PLACE WHERE THERE ARE  
ANSWERS?  
WHERE THEIR LOVED ONES CAN  
BELONG

N.A. HAS RELEASED MY TENSION  
GIVING ME SOME PEACE OF MIND  
SHOWING ME FROM THOSE AMONGST  
US  
AND ALL OTHERS OF OUR KIND

THAT A POWER REACHED INSIDE ME  
CUTTING OF MY SEAS OF DOUBT  
NOW THAT POWER SOARS ABOVE ME  
SHOWING ALL A NEW WAY OUT

LET THIS FELLOWSHIP OF FREEDOM  
SPIN YOUR YARNS & TALES OF WOE  
PRAY FOR THOSE WHO'LL HAVE TO  
FOLLOW  
HELP THEM FIND A PLACE TO GROW

THANX 4 MY CLEAN TIME ROB L. RD  
ONTARIO

✉ *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](mailto: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 15<sup>th</sup> ←

## *Meeting Updates*

<http://www.gsana.org/>

<http://www.namaine.org/>

## *What's Going on in Your Area*

*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*

*Hugs*

*NNE Regional Newsletter Committee*

Hello Family,

We will be having a very short ADHOC meeting this coming Sunday at 5:30, just before AREA service in the community conference room. Should the room be unavailable we will meet in the lobby on the first floor of the hospital.

Here's what we have currently:

Committee: Chair: My Bald self  
 Acting Secretary: Myself (although I'm hoping someone will be willing to step into this role. Erica Maybe?)  
 Registration/ treasury: Harry D  
 Food Chairperson: Lee T.  
 -Willing to help with the food production  
 Rodney S.  
 Tom B.  
 And others that have volunteered, but are not yet named.  
 Children's activities:  
 Cassandra  
 Erica

This Sunday we will be meeting to look at and hopefully agree on flyers which we can hopefully have available for you to take back to your groups.

We have the tentative dates for three fundraisers to support the campout. They are

**Seacoast Bowling** (again all tentative) on **March 21st (1st day of Spring) 1-3 pm DOVER BOWL**

Jaron will be following up on this hopefully this week. Wish him a speedy recovery.

**Chicken/Pasta dinner, auction April 18th**, 1st Church congregational in Rochester. I will follow up and let you know/

**May 23rd- Sponsorship celebration breakfast 3 hours.** Place to be determined. Harry is following up as is Rodney.

We are also discussing an AM "Just for Today" meeting on Saturday, A Dinner Speaker on Saturday, a Spiritual breakfast on Sunday morning at the campground. We also held an impromptu Campfire meeting on Friday night campfire side last year. 60 people attended and it went for a long time. We'll try that again. Also Justin D mentioned that he would like to hold an

informal H&I orientation, which we will schedule.

I will offer sunrise Tai-Chi and meditation class Saturday and Sunday mornings.

We appreciate your support in making this the best campout we can, and if you have ideas, something you'd like to share, a skill or class you'd like to make available, a workshop you'd like to run, or see run, ideas on icebreakers, anything...it's your camp out. Please let me know via email,

As always, How Dare I not be grateful.

ILS

David

#### CONTEMPLATIONS

I CAN WRITE A POEM OF LOVE, AND YES A  
 POEM OF HATE

I CAN WRITE A POEM THAT'S NEW, AND ALSO  
 ONE THAT'S LATE

I CAN WRITE ON ANYTHING, THAT MOVES THE  
 HUMAN SOUL

I WILL WRITE TO LET YOU KNOW, DISEASE HAS  
 TAKEN IT'S TOLL

I STRUGGLE WITH THE SIMPLE THINGS,  
 NEWCOMERS GETS SO WELL

I STRUGGLE WITH THINGS THAT, ENCHANT ME  
 NEATH IT'S SPELL

ADDICTION HAS TAKEN A NEW LOOK,  
 INSIDIOUS AT ITS BEST

IT REALLY HAS ME IN A CORNER, AND PUTS ME  
 TO THE TEST

THE TEST IF I LACK COURAGE, THE TEST IF I  
 CAN SEE

THAT I AM NOT AS FAR AWAY, FROM YOU AS  
 YOU ARE ME

A RIDDLE OR ENIGMIC CHANT, AND DO YOU  
 REALLY CARE

IF MY RECOVERY HAS GROWN LAZY, & I'VE  
 FORGOT TO SHARE

I SEE THOSE WHO TAKE FOR GRANTED, WHAT  
 WAS SO FREELY GIVEN

I USED TO HAVE A LIFE OF PURPOSE, THAT  
 WAS NOT EGO DRIVEN

I WANT IT BACK IT'S NOT TOO LATE, THERE  
 STILL CAN BE A SPARK  
 TO FREE ME FROM THE WRECKAGE THAT, HAS  
 LEFT ME IN THE DARK

IT'S NOT ALL GLOOM AND DOOM MY FRIENDS, I  
 HAVE NOT TOUCHED A DROP

NOR HAVE I STUCK A PIPE OR NEEDLE, OR ANY  
 OTHER PROP  
 INTO MY MOUTH MY HAND MY VEIN, OR ANY  
 OTHER PLACE  
 THAT WOULD HAVE ME FALLING SO FAR, YES  
 SO SO FAR FROM GRACE

IT'S NOT ABOUT USING ANYMORE, AND IT'S  
 NOT ABOUT USING LESS  
 IT'S ABOUT LOSING WHAT ONCE I HAD, WHERE  
 I WAS TRULY BLESSED  
 IT'S ABOUT YOU IT'S ABOUT ME, IT'S ABOUT  
 ALL WE SHARE  
 IT'S ABOUT HOW WE SOMETIMES FEEL, WHEN  
 WE NO LONGER CARE

DON'T LET THE ONES WHO FALL AWAY,  
 FORGET WHERE THEY ONCE WERE  
 REMIND THEM THAT THEIR NEEDED NOW, WE  
 STILL DON'T HAVE A CURE  
 A CARDINAL SIN TO END A POEM, WITH  
 DUPLICATING RYHMES  
 BUT THESE AREN'T JUST ORDINARY,  
 CHANGINGS OF THE TIMES

I HOPE YOU READ THIS FOR YOUR PART, AND  
 NOT FOR PITY ME  
 CAUSE I AM ONLY REFLECTIVE, OF THE PLACE  
 WE ALL MIGHT BE  
 HUG THE NEW AND OLD ALIKE, TO SHOW THEY  
 HAVE THEIR PLACE  
 THEN ADDICTS FROM FAR AND WIDE, WILL  
 TRULY WIN THIS RACE

ANONYMOUS

## The Season of Humility

Here we are again with the cold weather, and the forever surreal revolving doors of NA recovery. How my heart goes out to those who chose to continue their research and development (R&D) back out there using.

This time of year meeting attendance seems to go up a little as people realize they are addicts and they need to be at meetings. Just in the past month, I have had a number of former NA members (and former sponsees) return to the rooms. As always, I pray that they stay this time, for good, and do not return to living the lie.

I am truly grateful for the freedom from active addiction and the liberty that comes from surrendering to this disease. In living this new

way of life, and giving back what has been freely given to me, I continue in the growth process of selflessness. Our literature tells us that self centeredness is at the core of our disease. In reality, it is the pinnacle of all humankind shortcomings – the ugliest of them all, and is the one that pulls us further away from the God of our understanding. Practicing humility on a continual basis is the most effective way for me to achieve this goal. Give of your time and talents – to serve NA and other good causes, without expecting anything in return. Do something nice for someone and don't tell anyone else you did so. Try that a few times and experience the freedom and make it a part of your arsenal of tools to use when combating the disease of addiction.

I need to emphasize that serving NA first before other good causes is paramount. Why? Because, as our literature states, none of us came to NA brimming with love, acceptance, and among other things, honed personal skills. We need to fine tune those before we go out in the world and serve as humanitarians. For me, that process has taken many years, and it's continuing to evolve. Step work and NA service work has been the primary contributor to that success. Hopefully your path will be similar.

I often hear NA members share that the world we live in would be so much better if *everyone* practices the 12 steps and 12 traditions in their lives. I completely concur, but I also know that reality tells us that NA is a program for those who want it, not for those who need it. How best to make what we do known to all – walk the walk in your life. Practice the principles in everything you do. Look for new ways to be open minded in order to learn. In doing so, your higher power will shower you with personal growth. Often that growth will go unbeknownst to you for some time, and will be revealed when it needs to be. Always in Gods time, not ours. Be safe this season, and enjoy the company of those whom you love and whom love you.

Addict M from NH



## Growing Up in Recovery

I came to Narcotics Anonymous because I had a drug problem. Shocker! You all in the fellowship of NA gave me some simple suggestions. You told me, “**Keep Coming Back**” and “**Get phone numbers and use them.**” People even passed around phone lists for me. You told me “**Get a sponsor and use him. Get a home group, make 90 meetings in 90 days, get involved in service.**”

These things were a handful. I just wanted the pain to stop. The best I could do was get my nerve up and ask someone to sponsor me. I would call him, and he would tell me what to do. Can you believe his nerve? “What do you mean call 5 people every day from the phone list?” Say “I’m an addict and I don’t know what to say?” Fine. So I did. Read “We do Recover in the Basic text.” I did that too.

I can honestly say that I have never, ever met a stupid addict. Some who’ve done some stupid things? Sure. But stupid, no. Part of growing up is knowing that there’s a difference between not knowing how to do something, and being unwilling to learn.

Here’s the real hit for this addict. I don’t like to follow directions. I like the adrenaline of kicking, screaming, struggling, and throwing a fit. Growing up in recovery means I have to follow directions. I don’t like spinach. Cook some up with butter, garlic and put it in front of me and I’ll just about puke. I like muscles, iron, and the benefits of what eating spinach provides, but I can’t stand the stuff. I want the results without doing the work. I can’t tell you how many pieces of furniture that comes in the box and you put it together yourself I’ve bought. I always made fun of the people who wrote the directions, and was convinced that that I didn’t need the manual. I knew I was smart enough to make it. Funny, I thought, how I always ended up with extra pieces, and the furniture came out crooked and never lasted. One of the things step one taught me is that I suffer from self centeredness. I just want what I want, which is always right now, if not sooner. I want the

muscles from spinach, I want the furniture built. I learn, often the hard way, that if I follow directions, things tend to go better. I may end up not liking the furniture I bought, but following the directions in building it, it’s solid. I still don’t like spinach, but my beautiful vegetarian wife has taught me I can eat it raw, buried in dressing, and live. I hate to admit this, but you all are teaching me it’s often right to tell myself “No.” when I want to say “Yes”. I can do what I don’t want to do. My Sponsor says “How come doing wrong still feels right and doing right still feels wrong?” We can learn to survive our feelings and emotions.

We share our experience, strength and hope in Narcotics Anonymous. People share their experience with me on a daily basis and occasionally ask me for mine. They teach me that it’s O.K. to not know something, as long as I’m honest about it, open minded to suggestions and willing to try something different. Here are some of the directions I’ve been given that have helped me and others to stay clean all day today, and get into the process of recovery.

**Get a sponsor.** A sponsor is someone who can guide you through the process of step work, where recovery lies for the individual addict. Nothing more, nothing less. **Do step work. Make meetings** to be in the atmosphere of recovery. **Follow suggestions. Ask for help.** You might be amazed at what you are given. **Get involved in service**, which can be making coffee, setting up chairs, greeting people at the door with a hug, and much more. Learn the **difference between the Fellowship of NA, and the Program of NA.** Learn that there’s a difference between the humanness and the spirit. We say “keep coming and it will get better.” The “it” is not the outside, which may or may not change, but our insides. Want to grow up in recovery? Understand that this is not a selfish program! Eat spinach, use the instruction manual, and please Follow Directions! Truly, how dare we not be grateful!  
David S.  
Seacoast Area / Small Wonders Area

## Word Scramble

### FUN PAGE

UNSCRAMBLE THE WORDS BELOW:

- |                            |                       |
|----------------------------|-----------------------|
| 1. SACTIBNEEN _____ ,      | 2. DAIODCINT _____    |
| 3. NLIDAE _____ ,          | 4. FELHSWLOPI _____   |
| 5. GORRPWIEHEH _____ ,     | 6. ONIASILOT _____    |
| 7. ERMCNOWE _____ ,        | 8. PERID _____        |
| 9. LGISAEFEM _____ ,       | 10. SSTEP _____       |
| 11. IDOIRSTATN _____ ,     | 12. ATCECPENAC _____  |
| 13. EGNAR _____ ,          | 14. TFAHI _____       |
| 15. GATTUDERI _____ ,      | 16. NESOYHT _____     |
| 17. ANEOTDTIIM _____ ,     | 18. SRINPEPIC _____   |
| 19. NDENSDENSOIMPE _____ , | 20. YPESIFLT _____    |
| 21. SUEERRRDN _____ ,      | 22. NLNLWSEGIIS _____ |
| 23. OINACT _____ ,         | 24. ENALC _____       |
| 25. AEFR _____ ,           | 26. UILGT _____       |
| 27. NAITYNIS _____ ,       | 28. MIENETSG _____    |
| 29. ECTNIEPA _____ ,       | 30. PASEREL _____     |
| 31. MSAHE _____ ,          | 32. CRTLONAE _____    |
| 33. NSOPRSO _____          | 34. PNSEOSE _____     |

### ANSWERS TO FUN PAGE

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ol style="list-style-type: none"> <li>1. SACTIBNEEN is ABSTINENCE.</li> <li>2. DAIODCINT is ADDICTION.</li> <li>3. NLIDAE is DENIAL.</li> <li>4. FELHSWLOPI is FELLOWSHIP.</li> <li>5. GORRPWIEHEH is HIGHERPOWER.</li> <li>6. ONIASILOT is ISOLATION.</li> <li>7. ERMCNOWE is NEWCOMER.</li> <li>8. PERID is PRIDE.</li> <li>9. LGISAEFEM is SELFIMAGE.</li> <li>10. SSTEP is STEPS.</li> <li>11. IDOIRSTATN is TRADITIONS.</li> <li>12. ATCEPENAC is ACCEPTANCE.</li> <li>13. EGNAR is ANGER.</li> <li>14. TFAHI is FAITH.</li> <li>15. GATTUDERI is GRATITUDE.</li> <li>16. NESOYHT is HONESTY.</li> <li>17. ANEOTDTIIM is MEDITATION.</li> <li>18. SRINPEPIC is PRINCIPLES.</li> </ol> | <ol style="list-style-type: none"> <li>19. NDENSDENSOIMPE is OPENMINDEDNESS.</li> <li>20. YPESIFLT is SELFPITY.</li> <li>21. SUEERRRDN is SURRENDER.</li> <li>22. NLNLWSEGIIS is WILLINGNESS.</li> <li>23. OINACT is ACTION.</li> <li>24. ENALC is CLEAN.</li> <li>25. AEFR is FEAR.</li> <li>26. UILGT is GUILT.</li> <li>27. NAITYNIS is INSANITY.</li> <li>28. MIENETSG is MEETINGS.</li> <li>29. ECTNIEPA is PATIENCE.</li> <li>30. PASEREL is RELAPSE.</li> <li>31. MSAHE is SHAME.</li> <li>32. CRTLONAEI is TOLERANCE.</li> <li>33. NSOPRSO is SPONSOR.</li> <li>34. PNSEOSE is SPONSEE.</li> </ol> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Northern New England Region of NA—February 2009

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
						1
2	3	4	5	6	7	8 <b>Seacoast ASC</b> noon - 4pm, <a href="http://www.gsana.org/seacoast.html">http://www.gsana.org/seacoast.html</a> <b>Granite State ASC</b> 9am, <a href="http://www.gsana.org/news.html#gaaasc">http://www.gsana.org/news.html#gaaasc</a>
9	10	11	12	12	14 GSA Sweethearts Dance <a href="http://www.gsana.org/events.html">http://www.gsana.org/events.html</a>	15
16	17	18	19	20	21 <a href="http://namaine.org/events.html">http://namaine.org/events.html</a>	22

### Northern New England Region of NA—March 2009

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
2	3	4	5	6	7 Maine ASC <a href="http://namaine.org/serviceSchedule.html">http://namaine.org/serviceSchedule.html</a>	8 <b>Seacoast ASC</b> noon - 4pm, <a href="http://www.gsana.org/seacoast.html">http://www.gsana.org/seacoast.html</a> <b>Granite State ASC</b> 1:45pm, <a href="http://www.gsana.org/news.html#gaaasc">http://www.gsana.org/news.html#gaaasc</a>
9	10	11	12	13	14 NNERSC <a href="http://namaine.org/serviceSchedule.html">http://namaine.org/serviceSchedule.html</a>	15 <b>Brothers in Spirit 13-15</b> <a href="http://namaine.org/events.html">http://namaine.org/events.html</a>
16	17	18	19	20	21	22
23	24	25	26	27	28 GSA Bowling Campout Fund raiser <a href="http://www.gsana.org/events.html">http://www.gsana.org/events.html</a>	29
30	31					
Up coming events: JUNE 26-28 FELLOWSHIP IN THE FIELD <a href="http://www.gsana.org/events.html">http://www.gsana.org/events.html</a>						