



NORTHERN NEW ENGLAND NEWS

June 2004

Issue 3

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

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Every-Member Subscriptions for FREE

If you are a member of Narcotics Anonymous in the Northern New England Region, this newsletter is yours. If you have found a copy of this newsletter in a meeting and brought it home, thank you for seeking some local recovery in print. You may not be aware that you can receive this newsletter sent directly to you via internet email. If you have an email address, simply write to *nnewnewsletter@yahoo.com* and request your free subscription. You will receive it every two months, starting February 1st of each year.

If you are without a computer of your own or do not have internet access, you can still create your own email address for FREE and get this newsletter sent directly to you. Go to your local public library or wherever internet access is available. If you need help to set up an on-line email account, your local librarian will likely help you through the process, or you might ask one of your computer literate, fellow members to help. There are any numbers of free email services available. Once you have established an address, simply repeat the instructions to the email address found in italics at the top. This is your link to what's happening in your region. Use it and enjoy!

Thank you for your continued support and written contributions. Your free subscription and written articles are important to every member's personal recovery. You will have enhanced everyone's recovery just a bit more by signing up today.

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 N.A. 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 N.A. My life depends on it. I'm free to recover from this disease "Just for Today"—The N.A. Way".

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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 August issue, the deadline is July 15th. Submit articles to:

nnnewsletter@yahoo.com



12 Must in NA as found in the Basic Text

(There are really 48 must found in the NA Basic Text, but only had room for 12)

1. "Everything that occurs in the course of N.A. service MUST be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers." pg. XVI
2. "We MUST always remember that as individual members, groups, and service committees we are not and should never be in competition with each other." pg. XVI
3. "We MUST face our problems and our feelings." pg. 15
4. "We are people with the disease of addiction who MUST abstain from all drugs in order to recover." pg. 18
5. "A second admission MUST be made before our foundation is complete." pg. 21 Explanation: It is not enough to admit that we are powerless over drugs, we MUST also admit that our lives had become unmanageable.
6. "We MUST be done with the past and not cling to it." pg. 28'
7. "Assets MUST also be considered, if we are to get an accurate and complete picture of ourselves." pg. 28
8. "Although He already knows, the admission MUST come from our own lips to be truly effective. Step five is not simply a reading of step four." pg. 31
9. & 10. "We MUST carefully choose the person who is to hear our fifth step. We MUST make sure that they know what we are doing and why we are doing it." pg. 31
11. "We MUST be exact." pg. 32
12. "We MUST realize that we are not perfect." pg. 3 5

The Principle of Giving

One of the primary principles I was taught when I came to NA was giving of my time and resources. Whether it's taking an addict to a meeting, chairing a meeting or putting a few dollars in the basket, it's a responsibility that I take seriously.

I was reminded of the principle of giving when I attended area service this past month. I heard we were a little short on funds. I have to agree with some of the comments that were made, putting a dollar in the basket is not good enough today. I have been around long enough to know that I can afford to put in a few more dollars. In the past I have been on welfare and couldn't afford to give much; today is much different. As a responsible member of NA and a productive member of society, I know I can do better.

When I can't contribute financially, I know there are many other ways to give back what this program has given me. There are meetings to chair, people to sponsor, and many other service related activities that I can give to. It's easy to get into the "I'm busy syndrome" but I must apply the principle of giving, its how this program works.

Member Southern Maine Area

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 file as a PDF (portable document format).
nnnewsletter@yahoo.com

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.

The Way Things Are

The words spiritual principles keep coming up either in conversation or in the reading of our texts. These principles could be called spiritual rules as well. Yet, they might conjure up larger than life ideals and project such intimidation that how can they possibly apply? It is easy to fall into the trap of wanting something that seems beyond the capacity to achieve. Then it becomes even easier to not orient and live in the direction of spiritual principles. Positive progress is what's important and each day of recovery affords the opportunity to move forward with and toward spiritual principles. What are these spiritual principles and how can I begin to practice or refine them in my life?

The readings at the start of every meeting give us a clue. "Our program is a set of principles written so simply that we can follow them in our daily lives." "Three of these that are indispensable are honesty, open-mindedness, and willingness." These principles are certainly straightforward, yet they can easily be rationalized into vagueness and seem brilliant in the process. Remember that infamous line, "Well, that depends on what the definition of 'IS' is." However in respect to our 12 steps, and in the experience of many, to undergo the searching and fearless process of taking a personal moral inventory (4th) and admit the exact nature of my wrongs to God, myself, and another human being (5th), sets us firmly on the road toward these principles, spiritual, not material.

There are clear differences between what some might describe as assumptions of life. One spiritual principle is to live one's life by accepting "the way things are." I am an addict and that as a result my life had become unmanageable. This is another way of expressing the spiritual principle of honesty. Yet, this can be challenging because sometimes feelings of pride, guilt, anger, lust, embarrassment, envy, shame, among others will want to keep me from accepting the truth. "What will others think? How can I fully live with myself?" We may look at ourselves simply as human beings who, on occasion, have spiritual experiences. We attend spiritual gatherings. Every meeting where two or more addicts gather is considered a spiritual gathering. And we all know of The Miracle.

Yet there is another way and that is to accept in this place we are spiritual beings having human experiences. Do you know there is no single spiritual 'part' of the program? Everything we do, everyone we touch or touches our heart is spiritual. As the days of clean recovery have added up, more and more is recognized the truth of these latter statements. This is not to dismiss the fact that there is bad in this place, we can all recognize that truth. Steps 6 through 9 seem to turn life into a grind sometimes. Yet, hardships endured bring about patience, while patience rewards us with experience, and experience in time turns to strength and wisdom. As we progress in the steps and come to know God, as we understand him, we will have a greater appreciation for another spiritual principle. All things work for the good for those who know and trust in God and live according to the way he wants us. This is the essence of the last two steps.

What other spiritual principles are there in Narcotics Anonymous? Read the texts, look further to the 12 Steps, 12 Traditions, and 12 Concepts, then do one thing more. Help someone else, perhaps another sick and suffering addict (always with another recovering addict), but don't tell anyone about it.

Member Southern Maine Area

NEW MEETINGS

GRANITE STATE AREA

Friday

MANCHESTER, NH
7:00 – 8:00 PM “Teen
Freedom Group”, 404
Chestnut Street, Open
Discussion Format

Saturday

FRANKLIN, NH
7:30 PM, “Fresh
Horizons”, St. Judes
Episcopal Church on
Central Street (next to
the police station).
Coffee is provided!

Sunday

PEPPERELL, MA
5:00 – 6:30 PM “Burning
Desires”, at the Park
Street Fire Station,
Basic Text/Open
Discussion format.

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MEETING CHANGES

GRANITE STATE AREA

Monday

Beginning April 26th, the
Monday night
Manchester meeting on
Hanover Street will meet
from 8:00 till 9:00pm.

Thursday

Beginning June 3rd, the
Thursday night Nashua
meeting (Freedom Ain't
Free) is moving to the
YMCA, 17 Prospect St.

WSC NEWS

The 27th World Service Conference was held in late April in California. There were delegates from 98 regions present. Some of the highlights were:

- We voted to approve the Sponsorship Book. This book should be out in the fall and may cost around \$7 to \$9.
- We voted to replace some or all of the personal stories in the Basic Text. Please send in your personal stories to the WSO with a copyright release and contact information
- At www.na.org we are finally going to have shopping cart where we will be able to order stuff with a credit card. This should be ready by the time you read this. Also being installed is a Donation Portal, where individuals and groups can do direct donations with a credit card. It will also help our non-US friends to contribute to NAWS using a credit card.
- Donations to NAWS from groups in our Region from July 2003 to July 2004 were \$324.20 and from NNERSC to NAWS in the same period was \$1600.84. Donations from groups to NAWS in July 2002 to June 2003 were \$116.14 and from NNERSC to NAWS in the same period was \$987.05.
- We elected 7 World Board Members, 2 Co-Facilitators and 4 Human Resource Panel Members.
- There were 10 Zonal Forums present that gave reports. (They do not vote or have any official business.) The Conference gives Zonal Forums time to meet if they wish. NEZF did not give a report at the WSC. Members from our zone met in an informal session to discuss nominations to the WB, HRP, and Co-Facilitators.
- The 2 Issue Discussion Topics for 2004-2006 are: Our Public Image / Infrastructure. Infrastructure is the services that are handled locally such as Phoneline, Hospitals and Institutions, Public Information etc.)
- Currently there are 38 newly translated items with 65 active translation projects in 41 languages with a total of 322 items translated and published.
- The style of the medallions changing from Roman Numeral in the center to the more familiar Arabic.
- We are adding a new group reading card from the third paragraph of We Do Recover called “When at the end of the road”.
- We are adding to the poster of the Third Prayer the words “Many of us have said”

MEETINGS NEEDING SUPPORT

GRANITE STATE AREA

Sunday

Trusting the Process
(Nashua)Trusted
Servants/Support

Monday – Friday

Serenity for Lunch
(Manchester)
Trusted Servants

Tuesday

Recovery Thru
Discovery (Concord)
Needs Support

Wednesday

Turning Point (Laconia)
Need Support

Friday

Hot Topics (Laconia)
Needs Support

Northern New England Regional Meetings

July 10th—RSC, Bangor,
ME, Acadia Hospital,
Stillwater Avenue
(Elections to be held)

September 11th—RSC,
Granite State Area

Suggested Future Topics

August Issue (deadline July 15th)

Beginners: *Just For Today*

Old-Timers: *Humility*

October Issue (deadline Sept. 15th)

Beginners: *Making Decisions*

Old-Timers: *Making Amends*

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.”

Letter to Home Group

Dear Home Group,

I am at the WSC this week in California. We are meeting and working with addicts from all over the world. There are Delegates from 98 Regions here at the Conference. There is a vast amount of recovery and service experience here that I hope will able me to be a better trusted servant. I have had the opportunity to observe and learn from addicts from many her cultures learning how to work together. I am sincerely hoping that that I can return from this experience a little bit more willing and able to help carry the message of hope in NA. The one thing that is amazing to me is that a lot of the old- timers that I met here still go to meetings 2– 4 times a week and still use their sponsor and work the steps. What a powerful example for me to see. See you all as soon as I return.

ILS, Member, GSA

Elections for Region @ July RSC 2004

For RSC elections nominations are accepted at the May and July RSC with elections held in July and the term begins in September. Trusted Servants Responsibilities are read from these guidelines. Nominees must be present to qualify and be present to be elected.

NNE Guidelines 1/03

June & July NA Birthdays

Email us your clean date, the area you are from and where and when you plan to celebrate. Send information to nnenewsletter@yahoo.com



*4 Years
Member of Southern Maine
Celebrating*

Our Message

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

NNE News Fun Page



- ACCEPTANCE
- ANONYMITY
- AUTONOMY
- FAITH
- FREEDOM
- GOD
- HONESTY
- HOPE
- HUMILITY
- LOVE
- OPENMINDEDNESS
- PATIENCE
- PERSEVERANCE
- SELF
- SERVICE
- SOCIETY
- SURRENDER
- TOLERANCE
- UNITY
- WILLINGNESS

Find the words to the left in the puzzle above. Use the unused letters to form the phrase below.

Cryptogram Puzzle

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
								25														23			

W I
I
I

6 1 16 18
12 21
23 25 14 14
1 11 20
12 21
14 25 5 18
10 26 25 20 18

I
W

12 18
25 11
12 21
9 18 13 22 15 18 9 21
8 7 22 23
12 18

W
I

7 22 23
6 22
14 25 15 18

Ideas for our Regions Fun Page? Please submit to nnewsletter@yahoo.com

June 2004

Northern New England Region of NA – Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Granite State Area 6:45 PM Board of Directors Meeting Manchester, NH		1	2	3	4	5 Southern Maine Area Nature of Recovery June 4-6 South China, Maine
6 Granite State Area 12:00 Noon H&I 1:45 PM Area Service VA Hospital, Manchester, NH	7	8	9	10	11	12 Granite State Area Spring Fling Fundraiser for Convention Comm. Grace Church Manchester, NH 4:00 PM – 10:30 PM
13	14	15	16	17	18	19
20	21	22	23	24	25 Granite State Area Fellowship in the Field Campout XIV! June 25-27 Bethlehem, NH	26 Southern Maine 10:30 Sub Comm. 12 Noon ASC Acadia Hosp. Stillwater Ave. Bangor, ME
27	28	29	30			

July 2004

Northern New England Region of NA – Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
Granite State ASC Manchester, NH 1:45 PM Seacoast ASC Dover, NH 12:00 Noon-4:00 pm	4	5	6	7	8	NNERSC 12 Noon Southern Maine Area hosting Region Bangor, Maine
11	12	13	14	15	16	17
					Seacoast Area 14 th Annual Freedom Under the Stars Campout, Whits End Campground, West Ossipee, NH	
18	19	20	21	22	23	24
						Southern Maine ASC
<u>25</u>	<u>26</u>	27	28	29	30	31
					Granite State Area Convention 3 at the Sheraton Tara Hotel Nashua, NH	