



# NORTHERN NEW ENGLAND NEWS

Northern New England Regional Service Committee, PO Box 1274, Saco, ME 04072

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June 2005

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

Issue 9

## July RSC Meeting

The next RSC meeting will be held on **July 9, 2005, 12:00 Noon** at the Maine General Medical Center, 6 East Chestnut Street, Conference Room #3, Augusta, Maine. Set-up and any subcommittee meetings at 10:00 AM. The Cafeteria downstairs will be open 11 AM – 2 PM.

Directions from Interstate 95 North or South, take **Exit 109** onto Western Ave., towards Augusta (ME-3/US-201), enter Rotary and take 2<sup>nd</sup> exit onto US-202E/ME-17N and cross Memorial Bridge, immediately after bridge: turn slight right onto ME-17/ME-9/ Stone St., take 1<sup>st</sup> right onto Middle St., take 2<sup>nd</sup> right onto E. Chestnut St.

- Nominations were held in May. Nominations were received for Chair, Vice Chair, Secretary, Treasurer, RD, MRLE Chairperson
- No nominations were received for RD-A or Newsletter. All positions with or without nominations are open to the Fellowship.
- More nominations will be accepted in July during the elections. New terms start in September.
- All budgets were approved. The treasurer will recommend a new prudent reserve.
- The next Regional Workshop will be in the Seacoast Area in Stratham, NH on August 13. The Area has chosen the 4<sup>th</sup> step as the theme for the day.

- MRLE planning is moving ahead. We need a theme and artwork! Any ideas?
- For RSC elections nominations are accepted at the **May** and July RSC with elections held in July and the term begins in September

## Self Acceptance

I love the IP we have on self-acceptance. What a helpful, albeit rude, reminder that everyone in N.A. experiences the same insecurities as I do. I'd love to believe my sponsor never felt fearful or angry or any of those

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*(Self Acceptance continued from page 1)*

other character defects I seem to have so readily at my disposal that I hasten to use. But, alas, we are all human. When I think about the process of self-acceptance it has to start in early recovery for just being an addict. The way of the world is to stigmatize addicts, so how could I ever forgive myself for being one? It took many meetings and sharing about the self-loathing for my actions in active addiction to make a dent in the emotional wreckage, but it was the starting point. A great sponsor helping with working on my steps in writing sure did the trick, too. When we can see ourselves as something other than just a manifestation of this disease we become whole people with the ability to forgive ourselves and change. After many years in the process on a daily basis while doing step work, I have so much self-acceptance today I truly love myself. There isn't that acting out behavior anymore to forgive myself for. The disease isn't in my face tempting me into thinking it's the solution to any issue in my life. Step 3 taught me to trust that I, too, could actually do this God-given program. Step 7 was probably the most instrumental in showing me the path from acting out on my shortcomings to living in spiritual principles. When life gets rough I know I have coping skills and tools to turn to instead of the diseasing bringing more unmanageability into my life. Once I start on the road to self-acceptance it perpetuates itself by living spiritually. When I make a mistake now I know how to use step 10, hopefully very promptly, to ease the loss of self-acceptance I might feel. And, lastly, just because I want to always grow in my recovery doesn't mean I don't accept exactly who I am today. I do not use self-acceptance to prevent me from trying to always improve.

*A member from the Northern New England Region*

When you don't know what to do—PRAY. More important when you think you know exactly what to do—PRAY.

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## Suggested Future Topics



### August Issue

#### Deadline July 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.”

## Away From Home

While on vacation this winter I had the opportunity to look for some NA meetings down South. I needed to contact the local fellowship and get meeting info. Being from Northern New England Region I am used to just going online to the Area websites for pretty accurate meeting information. In the state where I was going, there was not online meeting info for every area, but there were phone line numbers. In one area, the recording gave no meeting info, but said an addict would call right back (and he did) and gave me directions and info to the meeting. In more than one area I called, a recording read off the whole week of meetings. I forgot how hard it is to try to copy all of that down. I figured if I could get the info correct for one listing, then I could go to the meeting and get a meeting list. It felt very different to me to have to reach out and depend

*(continued on page 3)*

*(Away From Home continued from page 2)*

on the fellowship to help me. When I went to the meetings, I felt truly anonymous. Other than knowing that I was from out of town, no one knew anything about me. All that they knew about me was that I was at a meeting presumably looking for help. It was nice to see how the members were aware that I was new to the meeting and were carrying the message to me. I feel a sense of gratitude for the phone line workers and the other people doing service that makes it possible for us to find a meeting in places we are not familiar with. Since returning, I am more aware of the importance of carrying the message of NA recovery and welcoming newcomers, 2 things I had taken for granted.

*Member Granite State Area*

## **Closed Meetings**

**MAINE AREA—Monday, Ellsworth, Maine**  
Alive & Kicking 7:00 PM closed.

**Tuesday, Calais, Maine, “Rise & Shine Group”**  
8:00 AM closed.

**Thursday, Calais, Maine, “Rise & Shine Group”** 8:00 AM closed.

**Friday, Portland, Maine, Women in Unity”,**  
6:00 PM closed.

**GRANITE STATE—Thursday, Derry, NH**  
“When at the Crossroads” closed.

**Friday, Derry, NH “Its About Time”** closed.

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## **New Meetings**

**MAINE AREA—Monday, Caribou, Maine**  
6:30–7:30 PM, held at the Unitarian Church, 3  
Grove St. in Caribou.

**Saturday, Belfast, Maine** 6:30–7:30 PM, held at  
the Alternate Choices Office, 11 Market Street in  
Belfast.

**GRANITE STATE—Wednesday, Antrim,  
NH, 7:30-8:30 PM, “Closer Than You Think  
Group”, Presbyterian Church, 100 Main St., Rt.  
202, Center Antrim.**

**Friday, Henniker, NH, 7:30-8:30 PM,**  
“Henniker on Earth Group” held at  
Congregational Church, 5 Maple St. Open Mtg.

**Saturday, Derry, NH, 11:00 AM – 12:30 PM**  
“On Center”, held at the Friendship Center, 45  
East Broadway. Speaker/Discussion Format

## **Meeting Location Changes**

**MAINE AREA, Wednesday, Augusta, Maine,**  
6:30-7:30 PM, “All Will Be Well”, now meets at  
Maine General Hospital, Conf. Rm. #1, 6 East  
Chestnut Street.

**Thursday, Norway, Maine, 6:30 – 7:30 PM.**  
“Clean & Crazy”, now meets at the Unitarian  
Universalist Church on 479 Maine Street in  
Norway.

**Saturday, Norway, Maine, 12 noon to 1:00 PM**  
“Clean & Crazy”, now meets at the Unitarian  
Universalist Church on 479 Maine Street in  
Norway.

**GRANITE STATE AREA, Sunday, Pepperel,  
MA, “Burning Desires Group”, now meets at  
Church of the Holy Spirit on Tucker Street at  
corner of Cross and Hollis.**

## Home Group

Tonight is my home group. It is my home group because it is a place that needs me and I need it to help me keep in a state of constant vigilance toward my recovery. Besides the fact that I have taken a position of general service representative (GSR) to act in accordance with our twelve traditions when I attend the monthly area service meeting for my home group, I like the people there. I like it when they share. The group fits my personality. I learn a great deal when my fellow home group members share.

My fellow group members show an obvious appreciation for me and my recovery and are genuinely concerned about my welfare. I like that, I like to be at this meeting. What we share in common amongst ourselves is a common bond of wanting to carry the message to the addict who still suffers whenever that person comes into our midst or someone from the outside who reaches out to a member within our group. We pay attention when these things occur so that no one of us strays too far, including me, and our common welfare, the welfare of the group, remains intact. I can be myself at my home group as I am learning to be myself in all venues, but I especially feel at home there and with them.

If you do not have a home group, I would urge you to keep attending meetings until you find one, then declare yourself a member. Ask other group members how you can help the group fulfill its primary purpose, then pitch in. It maybe that you will have to start your own group with several other committed NA members, people who will stay with you and you with them through thick and thin, acting along with each other in the direction of where our steps and traditions guide us. Do this and you will be able to state with confidence to anyone, "Yes, I am a member of Narcotics Anonymous and my home group meets..." I am very humbled to be a member of this God-given organization because it has taught me to think less of myself while giving more to others who are seeking recovery. I got that by becoming an active member of my home group and Narcotics Anonymous.

*Member, Hell in a Bucket group of NA*

## NAWS

- For the latest news on the Basic Text Project News click on the link to read or download the 8 page document <http://www.na.org/conference/bt/index.htm>
- Here is a link to the Unity Day Flyer September 4 (2-4 PM Telephone Hookup) [http://www.na.org/pdf/wcna/31\\_EN\\_Telephone%20Link%20Flyer.pdf](http://www.na.org/pdf/wcna/31_EN_Telephone%20Link%20Flyer.pdf)
- Here is a link to the most current info on the Public Relations Handbook. <http://www.na.org/conference/prhb/index.htm>

## North East Zonal Forums

July 22-24, 2005,

New England Region, Ramada Inn Resort, Norwood, MA \$82.28 per night

January 27-29, 2006

New Jersey Region, Sheraton Newark Airport hotel, Newark, NJ \$86.00 per night plus tax

June 23-25 2006

(Proposed) Will be confirmed at the July 2005 NEZF, Northern New England Region, Ramada Inn at Amoskeag Falls, Manchester, NH \$89.00 per night plus 8% room tax



If you have any suggestions for the NNE News, please send them to: [nnewsletter@yahoo.com](mailto:nnewsletter@yahoo.com)



# Home Group

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

ATTENDANCE  
COMMITMENT  
DECISION  
DIRECTION  
GROUP  
HOME  
MEETINGS  
REGULARLY  
SERVICE  
STEPS  
SUPPORT  
WEEKLY  
WILLINGNESS



## June 2005

### Northern New England Region of NA - Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 <b>Maine Area</b> Volleyball & Picnic Fun Day at Deering Oaks, Park Ave., Portland, ME 2:00 PM – 5:00 PM
<b>5</b> <b>Granite State ASC</b> Will be meeting in MANCHESTER at the VA Hospital, Smyth Rd. 1:45 PM <b>Seacoast ASC</b> Wentworth Douglas Hosp. Dover, NH 12 Noon	6	7	<b>8</b> <b>Maine Area PI &amp; H&amp;I</b> Orientation, St. Luke's Church in Portland, New Life Group of NA 8:15 – 9:00 PM	9	<b>10</b> <b>Unwashed Group of NA</b> Nature of Recovery, Friends Camp, South China, Maine June 10, 11, & 12	<b>11</b>
<b>12</b>	13	14	15	16	<b>17</b> <b>Just For Today Group</b> presents: Sisters in the Sun June 17, 18, & 19 <sup>th</sup> Notre Dame Spiritual Center in Alfred, Maine	<b>18</b> <b>Sacopee Valley Recovery Group</b> , 4 <sup>th</sup> Annual Ride in Recovery, <u>9:00 AM</u> meet at the Causeway Route 302 (across from Rick's Café) in Naples Maine.
<b>19</b> Sisters in the Sun	20	21	<b>22</b> <b>Maine Area PI &amp; H&amp;I</b> , Trinity Episcopal Church in Lewiston, Solution Starts Here Group, H&I before mtg. 6:30 - 7 PM. Orientation 8:15 – 9:00 PM	23	<b>24</b> <b>Granite State</b> Fellowship in the Field Campout June 24, 25, & 26 in Bethlehem, NH	<b>25</b> <b>Maine ASC—Portland</b> , 12 Noon (sub-committee mtgs. 10 AM) Church of the Holy Spirit
<b>26</b> <b>Granite State</b> Fellowship in the Field Campout	27	28	<b>29</b>	30		

To submit an event for the Calendar, email the information along with the name of your Area to [nnewsletter@yahoo.com](mailto:nnewsletter@yahoo.com)

## July 2005

### Northern New England Region of NA - Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
<b>Granite State</b> <span style="float: right;"><b>3</b></span> First Softball Game, Elm Brook State Park in Contoocook, NH  <b>Seacoast ASC</b> Wentworth Douglas Hosp. Dover, NH 12 Noon	4	5	6	7	<b>8</b>	<span style="float: right;"><b>9</b></span> <b>NNE Region</b> 10:00 AM Sub-Committees 12 Noon- RSC Maine General Medical Center, Augusta, Maine
10	11	12	13	14	<span style="float: right;"><b>15</b></span> <b>Granite State</b> Freedom Under the Stars Campout July 15, 16, & 17 West Ossipee, NH	<b>16</b>
<b>17</b>	18	19	20	21	22	<span style="float: right;"><b>23</b></span> <b>Maine ASC—Augusta</b> 12 Noon (sub-committee mtgs. 10 AM) Maine General Medical Center
24 31	25	26	27	28	29	30

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