

Northern New England News

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RSC NEWS

The next Regional Meeting will be held July 8th, at Southern Maine Medical Center, One Medical Center Drive, Biddeford, ME – Rt. 111 – Cafeteria 3. <http://www.gsana.org/events.html>

➤ **Open Positions:** all positions open for nomination and election at the July RSC, with the exception Treasurer and Newsletter Chair, who were elected in May. Clean time requirements are: Chairperson: 3 years, Vice Chair: 2 years, Secretary: 2 years, Regional Delegate, 5 years, Alternate Regional Delegate: 4 years, Subcommittee Chair: 2 years

➤ A motion was passed to amend the RSC guidelines to replace all references to ASR and ASR-alt with RCM and RCM Alt, as well as other guideline housekeeping motions related to the food allowance and ground travel for the delegates for travel to NEZF and the WSC. The guidelines will be updated and reviewed and be ready for distribution at the July RSC. There may be other recommended guidelines changed later this summer

➤ New prudent reserve recommendation remains at \$700.00

➤ The Regional Minutes Archive is slowly being scanned and compiled into a digital library that will be stored on CD

2006 RSC meetings to be held on:
July 8, Sept. 9, & Nov. 11.

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

Experience, Strength and Hope

Step One

After 10 years and 4 treatment centers, I still found myself totally beat up by drugs. I tried to stay clean, I tried to be a good son, I tried to work, I tried to just be normal and happy. But I couldn't. I wanted to, more than anything, but I would find myself again, high, without my family, friends and loved ones in trouble, feeling alone and hurting so bad. Ashamed of everything I did, and feeling so horrible about myself I wanted to die.

One last time, I went to the hospital. I was completely defeated. I had lost everything, and everyone that meant anything to me. I had finally got to the point where I was **READY TO DO ANYTHING** to get my family back. I felt like I was at the end of the road, and just too tired to know what to do anymore.

I gave up trying to fix it. I admitted the truth, and the truth was that I didn't know how to help myself anymore. I began to listen to the people in meetings. They taught me that it was not me failing, but that this disease of addiction was always going to be stronger than me, stronger than the love I had for my family. I loved them as much as any other children did, but in the face of addiction, it didn't matter at all. It wasn't stronger than the disease.

I began to see the truth. I had tried to stop drugs, but couldn't. No matter how much I wanted to be different, or how many times I tried to stay clean, I couldn't do it alone. I realized that I needed these people in the meetings. I surrendered to having to go to meetings, and changed my friends. I started to trust that if I did what these people told me, I might be ok. I gave up trying to do it alone. I started to tell the truth about me, and get honest. I started letting people love me just the way I was. My sponsor told me and really made me feel, that it was ok to be sick. It wasn't my fault, I had a disease. I cried a lot, and stopped pretending that I was ok. I told on my disease--how much it hurt me, how it made me someone

I wasn't. I finally told someone how much I was hurting and asked for their help. I admitted that everything I had ever done for 10 yrs to stop getting high hadn't worked, and that I was a complete wreck, and so was my life. I had no answers. Love and big NA hugs!

-Member Kathmandu, Nepal

12 Gifts of NA

The 1st Gift I remember from my Higher Power...

Did for me what I could not do for myself and introduced me to recovery. My motives and agenda for why I went to my first meeting, and for many more after that, were not in my HP's plan. The gift of the "pink cloud" helped me in the beginning to stay in denial while ignoring the truth but did not last very long.

The 2nd Gift.....

The "pink cloud" was replaced by another gift – the gift of desperation. Ignoring life and denying the truth and reality became real. It was then I was told that recovery does not come through just sitting my butt in a meeting and getting it through osmosis. This is an action program and I can either be responsible for my recovery or..... just slide by, becoming even more miserable and unhappy... helping to ensure a guarantee of sabotaging my life and recovery.

The 3rd Gift....

Through the gift of desperation and realizing my life was at stake another gift was given – my first Sponsor who loved me when I could not love myself, and who believed in me. She helped me to understand new definitions of words like trust and commitment. Learned to listen and listened to learn.

(continued next issue)

-Member, Blue Bonnet Region

NA History NNE Region

I do have a degree in History so historical research is something I am familiar with. Say that I realize that all history is in some way filtered through the eyes of the teller. If there are things you remember differently and things I have forgotten please send them. Collective history is always better.

Our region's history traces back to the Mid-Atlantic Region in the early 80s. In 1985 the New England Region was formed from it. New England Region (which in 1990 was the states and provinces of Massachusetts, Rhode Island, Vermont, New Hampshire, Maine, New Brunswick and Nova Scotia - although they rarely made the 900 mile trip to region) gave the RSR-A (regional service representative - alternate for you that don't predate RDs) responsibility for adhoc on restructure. The New England Region was large and diverse. In 1990 Western Mass Area and green Mountain Area left New England, formed two new areas, the Berkshires and Champlain Valley and a new Region Mountain Valley.

This is the time I became involved. The new RSR-A in 1991 was still tasked with the restructure adhoc. Each area could send representatives. I was asked by my home area Central Area of Maine (CAMNA) to be our representative. I took part in the discussions about the pros and cons and brought information back and forth from the area to the region and the region to the area. The adhoc was then divided into three parts - Maine and New Hampshire (North), Mass (Central) and Rhode Island (with the Cape and Islands vacillating between the two) (South). The North representatives chose me as their spokesperson, which was an honor.

We decided to start meeting outside of New England's regional meeting on the off months. They met Feb, April, June, Aug, Oct and Dec. We still went to New England as well, so we had 12 Regional meetings a year. On Sept. 19, 1991 in Lewiston, Maine we voted to form Northern New England Region. Back then everyone present could take part in the

discussion and vote. I abstained as I believe the chair should not voice their opinion. One of the discussions was what name. The geographical one was picked over ones that I thought were more creative (I can have an opinion now) ones like the Anonamoose Region. The areas then were CAMNA, Granite State and Seacoast (which had reformed out of the Four Season's Area in June of 1990), Southern Maine (the oldest Area formed in 1982 as Maine District 1), and Northern Serenity (which had reformed from International Area 1 which crossed the American - Canadian border).

We formed subcommittees - Public Information, Hospitals & Institutions, Literature, Activities (don't think we had policy) and later Outreach and MRLE (MultiRegional Learning Event). We decided to continue to attend New England until our request to be seated at the April 1992 World Service Conference in Dallas was acted upon. The 1992 CAR has our letter in it signed by all the Regional trusted servants. Our ASRs (Area Service Representatives) abstained on any New England regional business that might happen after we left.

We were seated and have attended all the WSCs as a voting member since 1993. Activities put on events to fund our participation but when we got to the point of giving our reps the money literally days before they left members with financial experience worked out a funding and budgeting plan that works very well. We still donate quite a bit when looked at the number of groups in our region. We also have a good percentage participating in CAR workshops. One of the first workshops we as a Region held was one in Stratham, NH on the proposed 12 Concepts of service.

We attended the first informal meeting of our Zone. It was a breakfast meeting in Dallas in 1992. Next June we will host the Zone for the first time. I am not sure but I do not believe we have ever missed a Zonal meeting. We have a great reputation as the host of the MRLE. It was first held in Fitzwilliam, NH in 1992 and now is biannual in December in Alfred, Maine just after the CAR comes out. We have had many, many regions from the US and

Canada attend and try to make it inclusive of groups (one year the theme was Year of the Groups) and individuals.

Other things that the Region has done over the years is an annual inventory (but not for a while) and rotating workshops. Maine has made the transition through a Fellowship Co-op (from the Guide to Service) and into presently the single Maine Area with a state wide 800 number. Both Maine and New Hampshire have websites www.maine.org and www.gsana.org. In 1996 World PI (when world had subcommittees) asked the RSRs to bring information about websites to the WSC. I was asked to bring back the collected info and it turned out to be quite a bit from us that other places around the world used. We also have been very good about sending in input on Literature projects (It Works How and Why, the 12 Concepts, IP revisions, the Step Working Guide, and the Sponsorship Book) and service changes and manuals. We continue to participate currently with the Public Relations Handbook and the new stories for the 6th edition Basic Text. I know personally that input from our region is included in NA literature we read today.

Thanks for letting me share some of what I remember and cherish. It all has helped me stay clean.

-Member, Northern New England Region

✉ *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 and Art are other ways to share your experience strength and hope. Send contributions to nnewsletter@yahoo.com.

Thanks in advance for your participation.

August Issue Deadline: July 15th

NORTH EAST ZONAL FORUM



The dates for the next few NEZFs are:

Northern New England Region**
June 23 - 25, 2006,

Ramada Inn at Amoskeag Falls, 21 Front Street,
Manchester, NH
\$89/night plus 8% Room Tax

For a printable flyer: <http://www.gsana.org/events.html>
and click on the NEZF Flyer link.

**The NEZF meeting rotates from region to region. This is the first time the NEZF will meet in our region and our next opportunity may not be until 2012

January 19 - 21 2007
Northern New Jersey Region

July 27 - 29 2007
Northern New York

- The NEZF ad-hoc on Zone Wide Workshops is still looking for feedback from the regions on the report submitted at the January meeting. Ideally all regions will come back to the June meeting with ideas or input so the ad-hoc will know if they should proceed or not. (If Regions like the idea of such a workshop, but do not like plan in the report, the ad-hoc needs to know) If Regions do not see the value of the pursuing this idea, then again, the ad-hoc needs to know

- The focus of the Saturday Discussion Session for the June NEZF is: Conference briefing and the Issue Discussion Topics selected at the WSC: Building Strong Home Groups, Who Is Missing From Our Meetings, Why Are Members Missing From Our Meetings, Our Service System

Elections at the June NEZF for:
Chairperson, Vice Chairperson and Secretary

WSC NEWS

- Basic Text Project Update Sept 2006–Mar 2007: Fellowship review and input period. Anyone can participate. More info on how later this summer.
- Motion #3 Passed with an amendment for a shorter time for IPs length pieces. “To change the time frame for approval form recovery literature from the current minimum of 150 days to a minimum of one year.”
- The PR Handbook has been approved by the Fellowship. Expect to see it later this summer!
- Approved the Area Planning Tool, which can be revised by the World Board
- The regions of Iran, South Africa and Western Russia were seated at the WSC
- The outdated Convention Guidelines were removed from the WSC Inventory
- Common Needs Meetings will be held at WCNA 32
- 5 new World Board Members were elected and 2 were re-elected. 2 new Human Resource Panel Members were elected and 1 new WSC Co-facilitator (*descriptions of these positions are in the Guide To World Services available to view or download at www.na.org*)
- This motion passed: “To allow the World Board to develop and approve service related information pamphlets and tools for distribution to the fellowship.”
- There will be a simpler 1 or 2 page World Pool Information Form for us to use.



World Convention Update

- WCNA-32: Aug 29th – September 2nd, 2007 in San Antonio, Texas
- WCNA-33: August 20–23, 2009 in Barcelona, Spain
- WCNA-34: September 1–5, 2011 in San Diego, California
- WCNA-35: August 29th – September 1st, 2013 in Philadelphia, PA

Meeting Updates

CLOSED MEETINGS

GRANITE STATE – Friday Night Littleton.

TIME & LOCATION CHANGES

MAINE – Tuesday, Houlton. Houlton NA Group, 6PM AMHC, Aroostook Mental Health, 11 Mill St., Open, Basic Text Discussion, Handicapped Accessible.

MAINE- Friday, Lewiston. Changing the Lie now meets at the Vineyard Church, 9 Foss Rd., 7:30-9PM. Discussion Meeting.

NEW MEETING!!!

GRANITE STATE-Monday, Farmington. 7:30PM, Advent Christian Church, Orange St. more will be revealed.

What's Going On in My Area?

GRANITE STATE AREA

We finally have an Area Vice-chair after 11 months. We still have no Secretary. We have qualified nominations for Chair and Treasurer. Most positions are open for nominations and elections in June. (Some positions were filled mid-term and are one year from date of election).

We last reported that we were getting an 800 # for our helpline. We got it and found that it was the same as the New England Region only 866 instead of 800. One addict wisely noted that this might be more than a coincidence. We are now working with the New England Region and looking into piggy-backing onto their phone line. This would save us money and give us a larger addict reach. We are in regular contact with the Seacoast Area as they share our phonenumber and are supporting our efforts. [As of May 31st, (603)645-4777 is still the helpline number. See GSANA.org Forums for more discussion on this.]

We will vote in June on moving the following ASC meeting dates: July 2 to 9 (for the 4th), Aug. 6 to 13 (due to our convention), and Sept. 3 to 10 (due to Labor Day). We will have the Sept. RSC hall location and flyers at the July RSC. We are also going to update the GSA guidelines from ASR's to RCM's (eventually-to be honest).

-Granite State Area RCM

SEACOAST AREA

We are seeing addicts stepping up to become GSR's for their home groups, but we can always use more.

Freedom Under the Stars XVI will be held July 21 – 23, 2006 at Goose Hollow Campout in Thornton, NH. We are excited about the change. We now have the potential to grow and not have to move. The committee is really active, meeting twice a month, planning fundraising events and the menu

for the campout. We want to thank everyone who's taken time out of their day to help.

"Fun in the Sun" will be held July 2nd, 2006 from 12:00 noon to 5:00 at the Stratham Hill Park in Stratham, NH. This will include a cookout (food will be for sale) then a pickup softball game followed by a recovery meeting. Come join us for fellowshiping and recovery.

The Policy committee is in the process of updating the Area Guidelines. They hope to have them ready to be sent to the groups for final approval in June. Our H&I committee is currently doing two commitments per week.

We have also formed an Ad Hoc to look into creating a website for our Area. The committee is hoping to have information regarding the site by the June ASC.

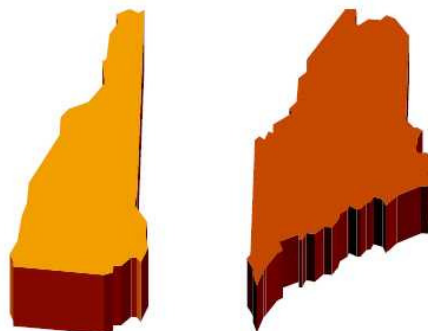
-Seacoast Area RCM

MAINE AREA

If you haven't been to NAMaine.org recently, CLICK again! Newly redesigned with drop-down menus, be sure to acquaint yourself with the site easily. Not all buttons have drop down menus, but there are sub-menus. Of note: the Literature Committee Homepage has a downloadable literature order form (PDF format). Yay!

There continues to be problems with our Phonenumber service in regards to addicts seeking information from the Phonenumber service professionals (not 12th step volunteers) about NA Maine events. For example: addicts in recovery unsuccessfully trying to find out when and where the next MASCNA would be. This needs to be addressed. Also, Phonenumber volunteers are needed.

-Maine Area Member





The 48 Musts of N.A. As Found in the Basic Text of Narcotics Anonymous (part 1)

1. Everything that occurs in the course of N.A. _____ *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 _____ with each other. (pg. xvi)
3. We *must* face our problems and our _____. (pg. 15)
4. We are people with the disease of addiction who *must* _____ from all drugs in order to recover. (pg. 18)
5. A second admission *must* be made before our _____ 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 _____.
6. We *must* be done with the _____ and not cling to it. (pg. 28)
7. Assets *must* also be considered, if we are to get an _____ and complete picture of ourselves. (pg. 28)
8. Although He already knows, the admission *must* come from our own _____ to be truly effective. Step 5 is not simply a _____ of Step 4. (pg. 31)
9. We *must* _____ choose the person who is to hear our 5th step. (pg. 31)
10. We *must* make sure that they _____ what we are doing and why we are doing it. (pg. 31)
11. We *must* be _____. (pg. 32)
12. We *must* realize that we are not _____. (pg. 35)
13. Our _____ tells us that we *must* become willing if this step will have any effect. (pg. 36)
14. We *must* _____ what was done to us from what we did to others. (pg. 37)
15. As with each step we *must* be _____.
16. We *must* remember the pain that _____ have known. (pg. 40)
17. It is said that for _____ to be of value, the results *must* show in our daily lives. (pg. 46)
18. We *must* _____ freely and gratefully that which has been freely and gratefully given to us. (pg. 47)
19. Our disease involved much more than just using drugs, so our _____ *must* involve much more than simple _____. (pg. 53)
20. We *must* give up this old concept and face the fact that _____ and life go on, whether we choose to accept them or not. (pg. 53)
21. When we are _____, we *must* try out our newly found way of life. (pg. 55)
22. We learn the program won't work when we try to adapt it to our life, we must learn to _____ our life to the program. (pg. 55)
23. _____ is a *must* in Narcotics Anonymous. (pg. 60)
24. We *must* live and work together as a group to ensure that in a storm our ship does not sink and our members do not _____. (pg. 60)

(more will be revealed next issue)

Northern New England Region of NA—June 2006

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
			1	2	3	4 Granite State ASC 1:45pm, Manchester VA Medical Center 718 Smyth Road Manchester, NH. Seacoast ASC noon - 4pm, Wentworth-Douglas Hospital, Salmon Falls Room, 789 Central Ave., Dover, NH.
5	6	7	8	9	10	11
Nature of Recovery Camp/vention Friends Camp, 729 Lakeview Drive, South China, ME.						
12	13	14	15	16	17 Kickball & Outdoor Potluck noon-4pm Deering Oaks Park, Portland, ME.	18
Sisters in the Sun Alfred, ME. http://namaine.org/annual/sisflier_06.pdf						
19	20	21	22	23	24 Maine ASC noon, 10:30am Literature purchases. 9 Foss Rd., Lewiston, ME.	25
NEZF Manchester, NH. http://www.gsana.org/events.html Fellowship in the Field XVI Bethlehem, NH http://campout.gsana.org/						
26	27	28	29	30		

Northern New England Region of NA—July 2006

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
					1	2 Fun in the Sun noon – 5pm, Stratham Hill Park, Rte. 33 Stratham, NH.
3	4	5	6	7	8 NNERSC Biddeford, ME. http://www.gsana.org/events.html	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
Freedom Under the Stars Thornton, NH. http://www.gsana.org/events.html						
24	25	26	27	28	29 Maine ASC noon, 10:30am Literature purchases. 9 Foss Rd., Lewiston, ME.	30
31						

July Event Dates TBA:

Granite State ASC 1:45pm, Manchester VA Medical Center 718 Smyth Rd., Manchester, NH.

Seacoast ASC noon - 4pm, Wentworth-Douglas Hospital, Salmon Falls Room, 789 Central Ave., Dover, NH.

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