



# Northern New England News

Northern New England Regional Service Committee  
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[nnenewsletter@yahoo.com](mailto:nnenewsletter@yahoo.com)

Issue 38

## NNERSC Update

September 11, 2010 (Maine),  
November 13, 2010, and January 8,  
2011 (GSA),

On May 8<sup>th</sup> the Northern New England RSC was held in Portland ME at the Mercy Hospital on State Street. We opened up nominations for all positions. There were nominees for Chairperson, Regional Delegate and Alternate Regional Delegate. Even though there is interest in these positions, they are still open to the fellowship with more nominations and elections July.

There are still tentative plans for a Unity event; however the thinking now is more along the lines of an event in August to celebrate the NNERSCs 19<sup>th</sup> Anniversary.

Budgets were approved in May, to take effect in July. The next RSC meeting is July 10, 2010 in Manchester, NH at the VA Hospital, on the 6<sup>th</sup> Floor in room 450. Setup and Newsletter at 11am, RSC @ noon.

Dates of next few RSC meetings are:



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



## North East Zonal Forum

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

### **Next NEZFs:**

**Mid Atlantic** June 25-27, 2010

Rooms – 95.00 per/night.

State College, PA

Topic is how will the NEZF resolve the issues that are continuously returned to. (money management, etc)

**New Jersey Region**

January 29-31 2011

**New England Region**

June 2011

*According to the NEZF rotation schedule there is the possibility that the Northern New England Region will be hosting the NEZF in January 2012. This will be a great opportunity for us. There will be some decisions ahead for us as MRLE is currently scheduled for December 2011. Do we try to host 2 events back to back? Do we try to combine the 2 events? Should we try to host the NEZF a time other than January 2012?*

### Fun In Recovery

While in detox, I thought my life was over and fun was not possible without using. All those suggestions; Go to meetings, Get a sponsor, Do the steps, 90 meetings in 90 days. I was jobless with no license in a city where I knew no one but my dealer, who was in jail. Fun was not even a thought. I was released from the detox and went to a shelter. I was introduced to another shelter dweller that was in recovery and he showed me where an NA meeting was, at noon weekdays. I attended the Serenity for Lunch group and got phone numbers. I also found a sponsor there. But most of all I found fun in recovery. I got to know other recovering addicts who had a sense of humor about themselves and they taught me the same.



Going to recovery events are not only fun, but it was a step in learning how to have fun while being clean. Meetings were the first place where I experienced fun and fellowship. After the Friday night meeting we have great time supporting one another during game nights. We have a blast laughing together as more gets revealed about ourselves. Fun and fellowship brings joy to my life, and that joy spreads out into other areas of my life. Having fun in recovery is essential to me.

At meetings I ask for rides to NA events

where I meet other recovering addicts and have more fun. Sometimes we go and get ice cream or coffee after the meetings. Most of all we hang together and stay clean. I went to an NA cookout on the back of a motorcycle, there's nothing like the wind in your hair and the sun on your face and being clean to enjoy it. When I was going through a hard time and needed to get out of the city, I was taken to the NA camp-out for the day. I didn't get lots of questions only lots of hugs, love and understanding, and managed to have fun.

I find that conventions are spiritually uplifting and a lot of fun as well. I get to meet people outside my area and collect even more phone numbers. Food, dances and entertainment are included.

*Member GSA*

### **No Time For Boredom!**



This addict is fortunate enough to serve his area as chairperson for the Activities committee. Since I am

no longer stuck using with a pipe in my hand, hiding under stairs or in basements, I've begun to learn how much fun people in recovery can have.

In the Seacoast area, in the past year the Activities committee has done some great things to serve addicts. We went

apple picking last fall as an NA event (ever seen 30 addicts in a field of apple trees, riding tractors?) we offered Narathons for Thanksgiving and over the holiday seasons. We're currently putting together some events which act as fundraisers for the Freedom Under the Stars Campout (our area's 20th campout!) We did recovery bowling, we've just finished a gourmet dinner and auction event, and we are holding our area's first Sponsorship Celebration Brunch-complete with food, speakers and a Sponsorship Q&A for attendees on June 19th.

Last year our campout had people from all over the United States, with speakers from Connecticut, Delaware, New Hampshire and Pennsylvania. We had bonfires, played volleyball, ate together, gone swimming in streams together.

As an individual recovering addict, I have been fortunate enough to make some truly wonderful, diehard friends in recovery. We watch fights together, go to concerts and dance for hours, swim, eat out, go to movies. I can tell you from personal experience that, in recovery, my life is never, ever boring. Who would have thought that (former) felons, junkies, thieves, robbers, car thieves, pimps, prostitutes and the scum of the earth would ever be the people that I trust with my house, car, kids, heart and spirit. How dare I not be grateful to be a part of this fellowship!

*Member Seacoast Area*

### **Statement of Purpose**

Note from the editors.... Thank you for sharing recovery with us through the Northern New England Regional Newsletter. Our purpose is simple; to offer articles, news, photos, calendars of events in the area and some good clean fun as well. We encourage you to share this newsletter with your friends in recovery, and we also hope that you will find yourself inspired to contribute to this publication. In short, we are in service to you, our reader. We welcome your ideas, feedback, suggestions, opinions, and knowledge. As editors of this publication, we reserve the right to edit based on length, profanity and excessive drug or sexual reference. Thanks again.

### **The Big Three**

It is about honesty, open mindedness and willingness that I as a newcomer saw at six months clean.

Honesty - just, conscientious, honorable with all sincerity. Open mindedness - Free from rigidly fixed perceptions. Willingness - accepted voluntarily or without reluctance, relating to the will. I have learned in my recovery that these three things are key to writing steps and accepting I am an addict and need help. In the first meeting I attended, I did not know if it would help. They all said "keep coming back; it works if you work it!" I kept coming, started listening. Any good addict knew it was their way or no way, but this way

may just work. I listened, read the literature, and kept attending meetings. I met a core group of addicts at the four meetings that I was attending; that is where I took my first service position being coffeemaker. To get back to H.O.W., I learned to be honest, admit I was an addict and that I needed help. All other ways had failed or didn't work for long. I learned to ask a Higher Power for guidance. I never had a problem with asking God for help. Being honest led me to meet a man I asked to be my sponsor. I still talk to my core group of addicts as much as I can. Open mindedness - I learned I had to be open minded to let in new information and the



ways of life I was going to learn. I had to practice these ways in my daily life. Again I had to listen and shut up, just let the

words and ways come in. I had to stop doing old actions such as judging people and talking behind their backs. I had a hard time with learning group conscience. Not all addicts practice this principle from what I see; it's their way or no way. I am always open to suggestions from others. I have learned a lot of this in my five years in service in the fellowship. Willingness - I did not know what willingness was other than being willing to get another one or take another one. I have learned that being willing to accept all of these changes in



life is really important. Being willing to give back what was freely given to me is important. That will is hard earned, just like honesty and open mindedness are, we were experts at denial and convincing ourselves that our past was right, and it was not at all, it was a life of lies, stealing, conning and not caring about family, wives, husbands or children. We put our addiction ahead of all of these. Finding the way into the rooms saved this addict's body and soul. I am hoping my last journey is over and the new journey will continue. Thanks God.

*ILS – Member NNER*

## NA World Services News



### The 30th World Service Conference

Here is a link to the Summary of Decisions from the WSC:

[http://www.na.org/admin/include/spaw2/uploads/pdf/conference/WSC\\_2010\\_Summary\\_of\\_Decisions\\_post\\_WSC.pdf](http://www.na.org/admin/include/spaw2/uploads/pdf/conference/WSC_2010_Summary_of_Decisions_post_WSC.pdf)

Here are some links from the NAWS Discussion Boards Homepage

- [NA Service Discussion Area](#) - registration and some demographic information are required. The demographic information we collect allows NA World Services to contact members directly.

We are constantly looking for members in local NA communities who have interest and/or experience in specific areas of service for a variety of reasons, ranging from providing ES&H to other members or serving on workgroups of various types for service projects and other tasks. All demographic information will be kept private.

- [WSC Participant Discussion Area](#)- this board may be viewed by all but only current and former (WSC 2008-present) conference participants may post.
- [Living Clean Discussion Area](#)- this discussion board contains the outline for the Living Clean Project and encourages discussion about the various topics to be included in the work.
- [Service System Project Discussion Area](#) - this discussion board focuses on the four-year WSC project on our Service System. The main project page can be found [here](#).

## Area Updates

### Granite State Area

The RCM-Alt position has been filled; although the clean-time requirement had to be waived.

### *Activities*

*(from the Activities Chair)*

I would like to discuss the possibility of disbanding the activities committee since the last 2 events have been so poorly attended they've lost the area money. I think we need to re-evaluate the whole idea of having an activities committee. It would appear our fellowship is changing and the area is not that interested in having functions put on by Activities.

**BOD**

We need one more Director (voting member) to be filled in order to meet the minimum number of board members as specified in our corporate Bylaws. If you have three years clean and want to learn more about how a /our board is run please consider joining.

There is no limit to the number of voting member(s) so anyone interested can join if you meet the clean time requirement.

Also the board is looking to elect one of its current or future directors as secretary.

**Campout**

We have finalized the program, the speakers have been selected, the banner is in the works and the food items are being ordered. All that is left is for a couple hundred of you wonderful addicts to show up!!!

Also as part of the festivities we are planning a 'through the years' slide show presentation before the Saturday main meeting. We need your help to look for any old photographs you may have from years past that we will assimilate into a power point type presentation. Please submit these to any committee member

**Convention**

So far we have 55 people registered and 47 room nights booked. We have the comic and DJ chosen which were the last two large tasks we needed to close the loop on. Naranon has approached us about having a workshop and meeting or meetings at the convention. A representative of the Nashua chapter came and spoke about what Naranon is about. The committee definitely wants to support their request; we just need to iron out the details.

**H&I**

We are planning our next learning day which will be taking place in Contoocook during the Memorial Day outing. We are going to start between 1-2pm and go for 2 hours.

**PI**

There is a lot of open positions coming up this summer. It was suggested that GSR's announce this at meetings.

**Maine Area****H&I**

The Two Bridges commitment in Wiscasset, ME regularly sees about 20 addicts attending meetings. The recovery discussions have been positive for the most part, but the mixture of long term state prisoners with jail inmates has been challenging. The state prisoners present some very negative views with regard to life changing goals. We still welcome newcomers previously introduced to NA through the NA meeting at the jail.

**Website**

The updated Maine Area guidelines are now uploaded on the NA Maine website. There is always the usual work of updating the online meeting information, event information, and responding to emails sent to the web servant.

**Activities**

There are a bunch of things being planned for the upcoming months. We are still thinking about bringing events to the Brunswick area,

We are investigating having the Serenity By The Sea fundraiser in Cape Elizabeth in July, more will be revealed shortly. We just had the Spring Fling Dance in Westbrook; it was a lot of fun!

**Public Relations**

There is no real PR Committee in place at this time. No one ran for the position and in the time since the former Chair has been covering the bare minimum, which consists of answering communications and printing the meeting list every three months. The communications come from the website and the phone line and cover a wide range, from things as simple as requests for meeting lists to as complicated as requests from counselors at Methadone clinics who want to use NA materials in their groups. We are now in a transition period in which the PR related communications will be handled by the Vice Chair.

**Phoneline**

A total of 150 calls were received in the past month predominantly from Maine and other New England States. There were also a few calls from as far as California & Georgia.

**Outreach**

We have two major outreach trips planned. We are headed up to Ellsworth, Belfast, and South Thomaston. Another trip on May 20th thru 22rd we will be headed to Fort Kent, Presque Isle, Beals Island, and Bangor. In addition, we hope to continue to support the struggling Saturday night meeting in Augusta at Riverview Psychiatric Hospital, as well as making it to Farmington and East Winthrop.

**Miracle**

Your Miracle Committee volunteers meet at 10:30 AM before Area Service. We recently discussed hosting a pre-Miracle fundraiser to increase funding Times Are Rough packages. Some of today's suggestions included a day at the beach, cookout & softball. Your feedback would be appreciated. We still have open positions that need to be filled. We need a Registration chair, Literature chair, volunteers to coordinate cleanup duties and countdown ceremony. A mass





**NARCOTICS ANONYMOUS MEETINGS**  
WEIRS BEACH UNITED METHODIST CHURCH  
35 TOWER ST - WEIRS BEACH-NH



6:17:18 THURSDAY  
6:28:18 FRIDAY  
6:19:18 SATURDAY

MEETINGS HELD AT  
11AM TO 12:30PM  
&  
6PM TO 7:30PM

RECOGNISE BY LOGO - LIVE TRANSMISSION



GSANA 24 HOUR HELPLINE  
1-888-HELP-U or 1-888-624-3578

**Narcotics Anonymous**

**NNERSC Meeting**

**July 10, 2010**  
In The Granite State Area  
VA Hospital, Smyth Road  
Manchester, NH 11am-4 pm

Directions from Quincy and to Newbury  
-95 South to 142 West to Manchester (this is a 4 way round about drive and end at the Manchester line)  
-From 142 West take the 142 WEST exit - RT 111 to THE SOCKET LANE  
-Take the 142 WEST exit (R Wallington Rd - (Mile 19.1)  
-From 142 WEST at the end of the ramp  
-At the second light turn RIGHT onto Manchester Rd. (RT. 111)  
-Go 3.9 miles, then turn left onto 142 WEST LANE  
-At the end of the ramp onto the hospital parking lot and parking is to your right  
-Enter the building thru the 142 WEST (111) entrance - under the meeting on the left end of the building  
-Follow the hall to the right to the main lobby and turn left to the 4th street meeting room to room 310 - on the north West to the left of the elevator

**Everyone Welcome!**

Contact:  
Mike P (NSC Chair) - Colin L (GSA BCM)  
GSA 24 Hour Helpline: 1-888-NA-Help-U or 1-888-624-3578

MAINE AREA OF NARCOTICS ANONYMOUS PRESENTS

**WE'RE A MIRACLE XXVII**

At the Notre Dame Spiritual Center  
147 Shaker Hill Road  
Alfred Maine  
Sept 17, 18 & 19, 2010

Package includes:  
2 nights lodging at the Spiritual Center dormitory  
Meals from Friday Supper through Sunday Lunch  
Lots of Souvenirs

\$180.00 for full registration  
\$150.00 for Early Registration (Must be held before July 31, 2010)  
\$25.00 deposit holds your space (Must be before Aug 31, 2010)  
Lodging Tax, Travel and Airport, Laundry facilities - dinner Request  
Please No Children and No Pets



Directions to the Notre Dame Spiritual Center:  
1. From the South on South - Interstate 95, 98E complex, to Exit 22 at Industrial Drive.  
2. After the off ramp, turn right onto Route 111, towards Oxford Alfred. 10 miles to the village of Alfred.  
3. Turn right onto Route 202-A, drive through town. About 1.2 miles on right will see sign for Spiritual Center, across from a small pond.  
Questions? Please contact: [miracle27@mainemaa.org](mailto:miracle27@mainemaa.org)

Return with Payment

Name _____	Package @ \$180.00 _____
Address _____	Early Package @ \$150.00 _____
Phone _____	Taxes and Freight Deduction _____
E-mail _____	Total _____
Cash/Travel optional _____	Sent Checks or Money Order to:
Registered Meeting Signet _____	MIRACLE 27 Connection Committee
1. _____	PO Box 2208
2. _____	Portland, ME 04101
Check! _____	

For More Flyers: [www.mainemaa.org](http://www.mainemaa.org)

**Narcotics Anonymous**

**Sponsor-Sponsee Brunch**

**June 19, 2010**  
In The Seacoast Area  
1st Church Congregational, 63 South Main St  
Rochester, NH 9am-noon  
9-10am: Super Excellent Brunch  
10am-noon: 4 NA Speakers on Sponsorship

Directions:  
From West: Route 101 to Exit 7 - (Route 127 East) at traffic lights go half a mile around and church will be on the left.  
From South: Take Route 95 North, take exit 4 and merge on route 10 north towards White Mt. Take exit 13, at end of off ramp bear left to route 125, turn right on 125 to St. Mary's, turn left and church is on the left.  
From Portland: Route 99 south to exit 13, turn right at end of off ramp onto Rt 125 W and continue onto Rt. 125, take Exit 125 taking ramp to north. Exit ramp continues on Rt. 127 turn left on 1st Church. Turn right on St. Mary's, church will be on the left.

Contact: David S or Harry D  
GSA 24 Hour Toll Free Helpline Number:  
888-NA-Help-u or (888) 624-3578

## NA Fun Word Scramble

**Unscramble the words below:**

1. tcpmuoa\_\_\_\_\_
2. nneonivtoc\_\_\_\_\_
3. nedac\_\_\_\_\_
4. dnnrie\_\_\_\_\_
5. tnegmei\_\_\_\_\_
6. nesyvirmaar\_\_\_\_\_
7. nraceiolebt\_\_\_\_\_
8. tskoparonfsrbaes\_\_\_\_\_
9. sjemearkap\_\_\_\_\_
10. aahiieosyrtpd\_\_\_\_\_
11. tetreras\_\_\_\_\_
12. gnoiemptciet\_\_\_\_\_
13. rrtoidap\_\_\_\_\_
14. enaditnmocuwentclo\_\_\_\_\_
15. eubnqta\_\_\_\_\_
16. rlyoihabdsnaeitloce\_\_\_\_\_

## Northern New England Region of NA—June 2010

M	T	W	T	Fri.	Sat.	Sun.
	1	2	3	4	5	6
7	8	9	10	11 <b>Maine</b> Sisters In The Sun Women's Retreat Notre Dame Spiritual Center Alfred, ME	12 <b>Maine</b> Sisters In The Sun Women's Retreat Notre Dame Spiritual Center Alfred, ME	13 <b>Seacoast ASC</b> 6pm, Wentworth-Douglass Hospital, Community Conference Room, 789 Central Ave., Dover, NH. <b>Granite State ASC</b> 9am, Manchester VA Hosp. 718 Smyth Rd Manchester, NH <b>Maine</b> Sisters In The Sun Women's Retreat Notre Dame Spiritual Center Alfred, ME
14	15	16	17 <b>Laconia</b> Bike Week NA Meetings Weirs Beach United ME Church 35 Tower St 10am & 6pm	18 <b>Laconia</b> Bike Week NA Meetings Weirs Beach United ME Church 35 Tower St 10am & 6pm	19 <b>Seacoast</b> Sponsorship Brunch 1 <sup>st</sup> Church Cong. 63 S Main St., Rochester, NH 9am-noon (Fundraiser) <b>Laconia</b> Bike Week NA Meetings Weirs Beach United ME Church 35 Tower St 10am & 6pm	20
21	22	23	24 <b>Granite State</b> Fellowship In The Field Campout, Apple Hill Campground, Bethlehem, NH	25 <b>Granite State</b> Fellowship In The Field Campout, Apple Hill Campground, Bethlehem, NH	26 <b>Maine ASC</b> noon, 10:30am Subcommittees & Literature purchases. Mid-Coast Hospital, 123 Medical Center Drive, Brunswick, ME <b>Granite State</b> Fellowship In The Field Campout, Apple Hill Campground, Bethlehem, NH	27 <b>Granite State</b> Fellowship In The Field Campout, Apple Hill Campground, Bethlehem, NH
28	29	30				

## Northern New England Region of NA—July 2010

Mon	Tue	Wed.	Thur	Fri.	Sat.	Sun.
			1	2	3	4
5	6	7	8	9	10 <b>NNERSC</b> subcommittees 11am RSC at noon, VA Hospital, Smyth Rd. 6 <sup>th</sup> Flr, Manchester, NH <b>ELECTIONS</b>	11 <b>Seacoast ASC</b> 6pm, Wentworth-Douglass Hospital, Community Conference Room, 789 Central Ave., Dover, NH. <b>Granite State ASC</b> 9am, Manchester VA Hosp 718 Smyth Road, Manchester, NH
12	13	14	15	16 <b>Seacoast</b> Freedom Under The Stars Campout Goose Hollow Campground Thornton, NH	17 <b>Seacoast</b> Freedom Under The Stars Campout Goose Hollow Campground Thornton, NH	18 <b>Seacoast</b> Freedom Under The Stars Campout Goose Hollow Campground Thornton, NH
19	20	21	22	23	24	25
26	27	28	29	30 <b>GSA</b> Convention VI Radisson Hotel, Nashua, NH	31 <b>Maine ASC</b> noon, 10:30am Subcommittees & Literature purchases. Mid-Coast Hospital, 123 Medical Center Drive, Brunswick, ME <b>GSA</b> Convention VI Radisson Hotel, Nashua, NH	1 <b>GSA</b> Convention VI Radisson Hotel, Nashua, NH