



NORTHERN NEW ENGLAND NEWS

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Issue 11

NOVEMBER RSC MEETING

The next RSC meeting will be held on November 12, 2005 at 12:00 Noon at the Southern Maine Medical Center, One Medical Center Drive, Biddeford, Maine, Rt. 111, Classroom 1. Go through the main entrance, take the elevator to the 2nd Floor, follow the signs to Classroom 1, it is across from the cafeteria. We have the hall from 10AM until 5PM. Set-up and any subcommittee meetings begin at 10:00 AM.

Directions—From 95 North or South—Get off at Exit 32, take a left onto Rt 111 and a couple of buildings up the Southern Maine Medical Center is on the right. Download flyer for November RSC here:

<http://www.gsana.org/download/RSC1105Flyer.doc>

- Group and ASC members encouraged to attend. Be a part of!
- Help shape our direction, give feedback
- How can the ASCs and RSC support each other?
- MRLE Planning update (*see Page 5 for more details, More NNERSC News*)
- Northern New England News wants local history stories to publish. How did your group start? Dissolved ASC? Remember 4 Seasons, Central Northern Maine, International Area #1, or the NA Fellowship Co-op? Tell us about it. NNERSC history, we want to know!
- Public Relations Handbook local review update (*see Page 5 for more details*)
- Basic Text Stories due December to NAWs

- ASCs planning a workshop? Invite us to participate!
- Preparing for the next Conference Agenda Report with workshops, ASC visits, group conscience (what is this and why should I care?)
- Currently, the open positions at the RSC are: Secretary, Chairperson, Treasurer, Newsletter, RD-A.
- Upcoming RSC Dates: January 14, 2006—Maine, March 11, 2006—Maine, May 13, 2006—Seacoast

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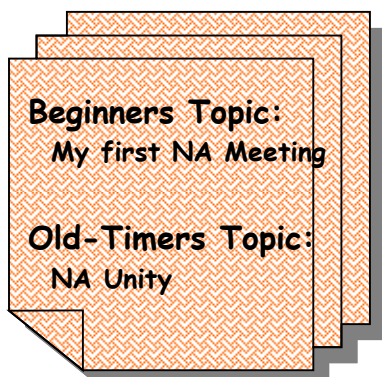
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FOOD FOR THOUGHT

- ♥ NA has introduced me to me.
- ♥ Learn how to be good to yourself at no one else's expense.
- ♥ Looking at others' defects is but another means of escaping my own.
- ♥ A day clean is a day won!
- ♥ Thinking about doing something doesn't make it happen... doing it does!

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SUGGESTED FUTURE TOPICS



December Issue

Deadline November 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."

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nnewsletter@yahoo.com

SHARING WITH EMPATHY

A Newcomer asked me what empathy was and I attempted to explain...I was talking to a suffering addict today in a detox unit. For a few moments while sharing intensely, answering questions about surrender and coming to believe, I lost my ego, just briefly. Before I knew it, two hours had passed and we were both still talking enthusiastically. This new person asked me what empathy was, and I attempted to explain it using a quote from "We Do Recover" in the white booklet. "Empathy is a wordless language of recognition, belief, and faith", I told him. I knew from our earlier conversation that Faith and God turned him off or at least made him uncomfortable. I wanted to be careful to explain simply and truthfully what I believe, hoping that he would understand.

Empathy, to me, is being able to feel someone else's pain or joy. It begins with recognition or identity. Identity is knowing the sincerity and truth of another person's words or actions because we've "been there". Identity is what you and I share that allows us to talk so freely, even though we barely know each other's names. We recognize and identify with each other at a deep level of pain, self-loathing and self-disgust. We've both experienced the horror of addiction, the terror of finding out that we've failed to stay clean once again even though we knew we could do it this time. We knew we had to keep off dope, yet after a short time, we'd find some reason to take the first one (ignoring or denying what we knew about the results). We share that terror, the kind of terror that non-addicted people do not understand.

For us, empathy starts here with recognition of each other as kindred spirits. Okay, so take recognition and identity one step further and it becomes belief. We lack belief when we isolate ourselves, listen to ourselves and get caught in our own traps. We begin to believe "once an addict, always an addict". There's no hope, I'll always be either strung out or coming down or getting ready for the next run. All of our efforts all of our solutions fail. Then we meet a clean addict. Identity tells me he's just like me, thinks like I do, had

experiences like mine..., and he's clean, he says he's been clean for some time. He says he has a plan for staying clean and growing up. I know he's telling the truth about addiction because it's my life story he's telling. I begin to think, maybe, that some of the things he says about this "recovery" might just work, maybe. Belief sparks that jump from identity to accepting some unknown possibility. This spark of belief is something that happens to me, I didn't do it, it just happens or occurs to me. Faith is acting on my belief. I exercise faith when I try to follow some of the directions from this other human being who I have identified with and who has sparked some belief that I didn't have before sharing together.

Empathy sometimes feels like magic. It allows me to share those parts of my story that the person I'm sharing with can most relate to. Empathy is directly related to my spiritual growth and conscious contact with my God. It allows me a space of selflessness from which to share recovery.

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NEW MEETINGS

MAINE AREA—Wednesday, Van Buren, Maine, *Vision of Hope*, 7:30-8:30 PM, Open Discussion, Community Center, Champlain Street.

GRANITE STATE—Tuesday, NASHUA, New Hampshire, 8:00—9:30 PM, "Stick to the Basics", Church of the Good Shepherd 214 Main Street. Format is Open, candlelight, Basic text, speaker, discussion.

TIME CHANGE

MAINE AREA—Tuesday, Farmington, Maine. The Main Street Dragon Slayers is now meeting at 6:30 PM. (former time was 6:15 PM)

MAINE AREA—Saturday, Norway, Maine. Clean & Crazy is now meeting at 7 PM to 8:30 PM. (former time was 9:30-11:00 PM)

CLOSED MEETINGS

MAINE AREA—Tuesday, Gardiner, Maine, *True Colors* now closed.

LOCATION CHANGE

GRANITE STATE, Wednesday, Bennington, New Hampshire, *Closer than you think* Group of NA meeting location has changed from the First Presbyterian Church in Antrim to the Congregational Church of Bennington which is located at the intersection of routes 31 and 47. It is in downtown Bennington NH.

MAINE AREA—Thursday, Portland, Maine. The No Name group is now meeting at the Sacred Heart Church on the corner of Sherman and Mellen.

ONLINE MEETINGS

I am thankful for online meetings. Living in a somewhat remote area can be challenging at times. I find these meetings to be helpful in my recovery. I believe whole heartedly in face to face (f2f) meetings, they are most important, however if you want to enhance your recovery check out the sites listed below. You can also go the www.na.org and click on 'NA Meeting Search' then under 'Country', select 'Web' and that will bring up online meetings.

Here are a few online meetings, some are live chats in which you type your share, some provide history of NA, and others provide speaker tapes you can listen to.

1. <http://listen.to/recovery>
2. <http://www.carrythemessage.com/static/wedorecoverondemand.htm>
3. <http://www.naspeakers.com/>
4. www.earthgroupna.org
5. <http://www.na-history.org/>
6. <http://www.nabcg.org/>

A NEW START

Can you tell me what it is that's happened
I've lost ten years on a nod
And now I find myself grasping
For the love and strength of my God.

Sometimes it makes me wonder
If it's really been worth all the pain
But you tell me that I must suffer
To make any kind of gain.

I'm starting to feel better now
The future seems a little bright
And you know that long dark tunnel
Well, I can finally see some light.

To not 'get high' forever
Well, it seemed there was no way
But I understand much better now
I just don't get high for today.

Twenty-four hours seems so short a time
Full of love Fellowship and hope
Especially compared to those yesterdays
When my thoughts were filled only with dope.

I always thought that a program like this
Could not be good for someone, not me
But I'm not so very different now
That's something I'm starting to see.

All my days are not good ones
And I'm still biting my nails
But it's nothing like the fears of yesterday
of police and county jails.

I've seen the program work for others
And even some people I know
And this has really made me hopeful
To share the peace and happiness they show.

I know my work is not over
I've only just now made a start
But I'm beginning to feel good about me
Where it counts down deep in my heart.

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COMPASSION

I have not always been a compassionate person in my recovery. Actually, I didn't learn about it and apply it until I had a major crisis in my own life. What I now know is that compassion means to suffer with...to really allow myself to feel another's pain. When I look up compassion in the dictionary I find words like: empathy, concern, kindness, consideration, care, and understanding. I don't know about you, but I did not come to this fellowship with any of the above.

Through the NA Program I have come to understand others, to be more considerate and to care without enabling. The Steps help me with my 'stuff' and in the process I learn to help you with 'your stuff', it's a 2-way street, it really is!

While there are times in my recovery when I do need to be confronted and called on my sh_t, there are also many times when I just need a hug, a shoulder to cry or someone to relate too. It has taken me many years to learn the difference I am speaking of here. My prayer is that I am considerate of others whether I am taking their inventory or offering them some concern and understanding. It is wisdom that will teach me the difference if I continue to work the program of Narcotics Anonymous.

Member, Maine Area



WSC NEWS

Important dates on the Basic Text update project:

- December 2005 – Deadline to send in your experience
- September 2006 to March 2007 – Review and input period (the period when the revised text is mailed to out to those who sign up to receive it, and members give their input on the draft)
- September 2007 – Approval draft is published (this is the draft that will be voted on at the World Service Conference)
- April 24 to May 4 2008 – World Service Conference

Some other upcoming dates:

- October 20-22, 2005 World Board Meeting
- November 23, 2005 Conference Agenda Report available
- January 19-21, 2006 World Board meeting
- January 23, 2006 Conference Approval Track material available
- February 15, 2006 Regional Report deadline
- March 9-11, 2006 World Board meeting
- April 23-29, 2006 World Service Conference

Public Relations Handbook Chapters 5-9

- Chapter Five – Media
- Chapter Six – Criminal Justice
- Chapter Seven – Treatment
- Chapter Eight – Healthcare
- Chapter Nine – Phonelines

Input is due by Thursday, 1 December 2005. NAWS would like to hear what you think as soon as possible. Input is due by Thursday, 1 December 2005. NAWS would like to hear what you think as soon as possible.

Please send your input to: World Board – PRHB
NA World Services, PO Box 9999, Van Nuys,
CA 91409

NORTH EAST ZONAL FORUM

New Jersey Region, January 27-29, 2006

Sheraton Newark Airport Hotel

128 Frontage Road, Newark, New Jersey 07114

\$85/night plus 13% tax

Northern New England Region

June 23, 24, 25, 2006, Ramada Inn at Amoskeag

Falls, 21 Front Street, Manchester, NH

\$89/night plus 8% Room Tax

January 19, 20, 21 2007

Potentially in the Northern New Jersey Region

MORE NNERSC NEWS

Review and Input session for the Public Relations Handbook on October 8, 2005 at Southern Maine Medical Center right after the MRLE Subcommittee meeting. Download the flyer at:

http://www.gsana.org/download/NNERSC%20PRHB%20Review_1005.doc

Next MRLE Subcommittee Meetings are:

October 8 in Biddeford, ME from 10:00-11:30 am, see flyer for PR handbook meeting & October 30 in Loudon, NH from 12:00 to when done. Download flyer at:

<http://www.gsana.org/download/MRLE1005Meetings.doc>

MRLE IX in Alfred, Maine December 2,3,4.

We are receiving registrations from some Regional delegates and are looking for more registrations from people within our own region.

In Open Forum we continued to talk about the possibility about changing our RSC rotation schedule to either meeting 2 times per year in each area or meeting in a location centrally located in the region. In the past it has been thought that Saco was the center point. If we would to try like the idea of not rotating for a while, then a new center point would need to be agreed upon.

Also in Open Forum we discussed how we really would like to have a Regional website, but with so many open positions, it cannot be the top priority. Many thanks to the GSA for allowing us to use links to their pages.

Northern New England Region of NA—October

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
					1	2 Granite State ASC 1:45pm, Manchester VA Medical Center 718 Smyth Road Manchester, NH Seacoast ASC 12 noon - 4pm, Wentworth-Douglas Hospital, Salmon Falls Room, 789 Central Ave., Dover, NH
3	4	5	6	7	8 NNE Region Public Relations Handbook Review, Section 2 11:45-4PM, Southern Maine Medical Center, One Medical Center Drive, Rt. 111, Biddeford, ME, Classroom 1. MRLE Meeting 10-11:30AM, same location.	9
10	11	12	13	14	15 H&I State Orientation Dinner and Dance 3pm – 5pm Orientation 5pm - ? Spaghetti dinner& dance!	16
17	18	19	20	21	22	23
24	25	26	27	28	29 Maine ASC 12 noon, Vineyard Church, # 9 Foss road, Lewiston ME. “Elections Month”.	30
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Northern New England Region of NA—November

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
	1	2	3	4	5	6 Granite State ASC 1:45pm, Manchester VA Medical Center 718 Smyth Road Manchester, NH Seacoast ASC 12 noon - 4pm Wentworth-Douglas Hospital, Salmon Falls Room, 789 Central Ave., Dover, NH
7	8	9	10	11	12 NNE Regional Meeting 12 noon, Southern Maine Medical Center, One Medical Center Drive, Rt. 111, Biddeford, ME, Classroom 1.	13
14	15	16	17	18	19	20
21 "We Need Help" Group - 18 Year Anniversary 7:30PM Church of Christ, Main Street, Brookline, NH	22	23	24	25	26	27
28	29	30	Dec. 1	Dec. 2	Dec. 3, Maine ASC 12 noon Portland, Church of Holy Spirit	Dec. 4

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