

Northern New England News

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October 2010

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Issue 40

NNERSC Update

The Northern New England RSC was held on September 11, 2010 in Brunswick, ME at the Mid Coast Hospital. We elected a Vice Chairperson today and welcomed a new Seacoast RCM. That leaves open Secretary and Treasurer.

Much of the day was spent discussing the new Service System Proposals and the Baltimore Workshop in October. At the November RSC there will be a one hour session devoted to discussing and gathering input on the Service System proposals with the info brought back from the Baltimore Workshop

The next RSC meeting is November 13, 2010 in Dover, NH at the Wentworth-Douglass Hospital. Setup and subcommittees at 11am, with the RSC beginning promptly at noon.

Next RSC meetings are: January 8, 2011 (GSA) and March 12, 2011 (Maine) and May 8, 2011 (Seacoast),



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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.

A Service System Poem



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:

New Jersey Region

January 29-31 2011

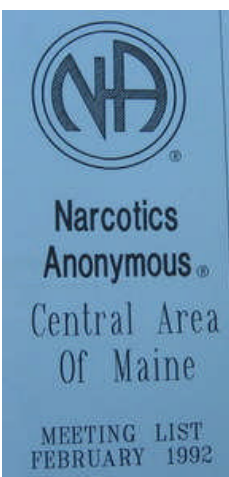
Saturday Discussion Topic:

Service System

Location not available by publishing date

New England Region

June 2011 with Zone Wide Workshop



According to the NEZF rotation schedule the Northern New England Region will be hosting the NEZF in January 2012. We plan to change the date to December 2, 3, 4, 2011 to coincide with our hosting of MRLE XII. This will be a great opportunity for us.

This is not set in stone at this time, but it is our regions intent to do so and the delegates have said that the NEZF is agreeable to this.

A Service System what does it all mean
Will it be helpful can it help me stay clean
Will it provide more service or just some more talk
Will it just be more words or will it walk the walk

I know that we've needed something new
I know that the message will still ring true
That the addict as you know they must come first
To lose sight of this would sure be the worst

I trust that the power we have put in charge
I trust that the problem is never too large
I trust that the people who we have in place
Will help us to find our time and our space

All of these models and more options too
Whatever will we & our fellowship do
Can making more levels really show
A system where we all can grow

I know we will need an open mind
I'm sure we will if we're to find
The hope and faith and common ground
That waits for those who haven't found

This way of peace this way of life
To travel through without the strife
I will take part not sit idly by
And then in turn question why

Why didn't we act while there was time

Complacency surely would then be our crime

Please take a stand raise up your voice
And then in the end we all will rejoice

Our Fellowship's here, and it's here to stay

Our Trusted Servants will show us the way

With our Higher Power and let's all be fair

It will also need a whole lot of prayer

Pain is inevitable, misery is optional

Yils Member Ontario Region



PRAYER & MEDITATION

In our literature there is a reference to sometimes turning around and finding that we have been **doing** better than we have been **feeling**. Prayer and meditation are two of the tools that help keep me grounded and connected to who I really am. Who I really am is the person that my higher power wants me to be: an imperfect but happy human being who lives from a place of love and compassion. The disease wants me to be a human- doing who lives from a

place of fear that I'm never going to do, have or be Enough.

After many years clean I still struggle with making time for prayer and meditation on a regular basis. Prayer and meditation each have given me rewards more than ten-fold of the effort I put into them. So of course the disease tells me that "I don't have time" or "I'm OK today". There is no day that I am OK if I don't take time for prayer and meditation. My ego may tell me that there is, but my experience shows evidence to the contrary.

God always loves me and is always available to me. If I feel angry, resentful or like I want to act out in some form of self-sabotage, it is a day that have not taken the time for prayer and meditation. In step three it says we may become angry with God for allowing us to take our will back. That's pretty funny when I think about it. It's like getting mad at the boss because I didn't go to work. It is not God's responsibility to check in. God is there, waiting patiently for this bratty little addict to show up. When I do pray and ask for God's guidance, acceptance and love come a lot more easily. When I don't pray, fear prevails.

It took me many years to be able to sit quietly in meditation. I practice this today, but I was also lead to other forms of meditation that work for me. I attend a yoga class which is difficult and rigorous enough to force my mind to just shut up. I pick berries for a couple of hours. I paint pictures. If I am into something that I can lose my mind and

get back to my senses, I can achieve a state of meditation. When I am alone and also relaxed, content and focused on something outside myself, either in creation or appreciation of beauty, I hear God's voice. That experience is unsurpassable.

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.



NA World Services News



Click [here](#) to receive information about the 34th World Convention of NA, 1-4 September 2011 in San Diego, California. Pre-registration begins December 2010. You will receive updates as they are available.

NAWS is planning a series of United States workshops pertaining to the Service System Project. There will be 5 workshops in the US between mid-August and mid-November at places with concentrated fellowship density. The workshops will focus exclusively on the service system proposals and will run from Friday evening through Sunday around 1:00 pm. There will be a recovery meeting on Saturday night. The workshop closest to us is: October 29-31: Baltimore, Maryland (Holiday Inn Baltimore Harbor) \$99 Room rate—Rooms must be reserved by 7 October

The deadline for input on the first phase of the service system proposals is December 31, 2010. Please look here for

much more info. Very important link.
<http://www.na.org/?ID=servsys>

The electronic version of the Reaching Out Magazine for incarcerated members is here http://www.na.org/?ID=reaching_out-index

To fill out the online anonymous 2010 Literature Survey (to help prioritize future projects) look here: <http://questionnaire.disc.na.org/index.php?sid=99433>

The latest Living Clean Project news is here:
http://www.na.org/?ID=Living_Clean_Project

Given that the deadline is at the end of this calendar year it is probably a good idea to conduct review workshops as early as possible. For many of us the time frame between mid-November and the end of the year is quite busy. In order to meet the scheduled release date of the approval form (April 2011) we found it necessary to schedule this review during the last three months of the year. So the mantra is “sooner is better” – both for conducting workshops and sending your comments to NAWS.

**The deadline for input on Chapter 6,
Chapter 7 and the Preface
is 31 December 2010.**



Area Updates

Granite State Area

Activities

Currently in need of an Activities Chair. The committee is now dormant.

BOD

All future meetings will be held on the Wednesday before the ASC meeting at the Bedford Presbyterian Church, 4 Church Road Bedford NH at 6pm. The next meeting of the Board of the Directors will be held in October.

Campout

Our kick off meeting is coming up Oct 2nd and we will be electing trusted servants and we will also be setting the meeting schedule for the upcoming 2011 event. I have a flyer for the kick off meeting attached that I would like included in the minutes and put up on the website.

Convention

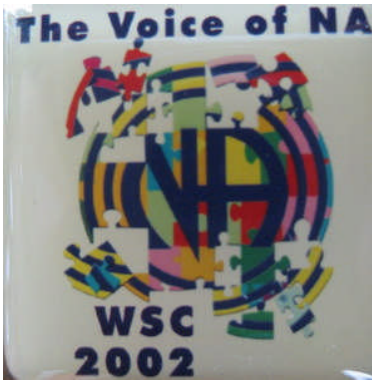
Written final convention report submitted. 390 people in attendance at convention. \$1,794.20 donation made to area. Chair position is open. Next meeting Oct 3 @ noon.

H&I

We have 13 H&I Commitments and 10 of these are in need of support from interested NA members. Please come and carry the message to addicts that can't get out to a meeting.

PI

We are in a transitional phase right now. We have been without a Chairperson for a little while and while the core maintenance has been happening; phone



line, website and meeting list; there is a lot more that could be accomplished. Currently we have available: PI Chair,

Phone line chair, secretary, phone line message updater, vice chair, phone line volunteers and email responder. We will be meeting on October 3, 2010 to further assess our situation and plan and set direction for the upcoming year.

Maine Area

A motion was passed (after being resubmitted) that would add to the guidelines language that requirements for all ASC Trusted Servants be that clean time includes no use of DRT.

There are rumors of three new meetings that need to be confirmed: Lewiston, Mexico and South Paris.

H&I

We have started a new commitment at the ARC (Addiction Resource Center) in Brunswick. We are relying on the local groups around Brunswick and Bath to support this meeting and to supply the speakers.

There will be an orientation on October 17 for the Cumberland County Jail from 6-9pm.

Phone line

Phoneline Guidelines are out for review, to be voted on at the October 30th ASC.

Website

Just doing the usual maintenance work of updating the online meeting information, event information, and responding to emails sent to the web servant.

Activities

Halloween event October 30th in Westbrook, should be bigger than last year but there is a 125 person limit. The No More Nightmares on Elm Street annual Thanksgiving event will be held in South Portland beginning at 4 pm.

Public Relations

There is no real PR Committee in place at this time. The position is open.

Outreach

Outreach is ordering extra literature so they will have enough for the upcoming months.

Miracle

There were approximately 10 TAR (Times Are Rough) indigent packages that were used this year. The Committee is discussing the possibility of eliminating the Friday night dinner to lower costs. Unfortunately, about a dozen t-shirts were stolen from the committee.

Unity Fest

The subcommittee is dropping the Friday night meal to lower costs. Price is \$140.00 for the weekend, \$120.00 for first timers. October 26 is our first planning meeting and then again at the October ASC.

Seacoast Area

There is a new meeting starting in Alton NH. We have 19 groups and at a recent ASC we had 16 GSRS, that is 84% attendance!

A motion passed at the ASC to be brought to the RSC will state that Regional Trusted Servants may not also hold a Regional voting position. The listed intent is: To avoid a conflict of interest and to maintain ethical continuity and integrity within the voting process.

Coming Soon...

Click on the fliers below to view or download full size (fliers removed from web server after event is over)



Narcotics Anonymous,
Northern New England
Regional Service Committee Meeting
November 13, 2010
In The Seacoast Area

Wentworth-Douglass Hospital


Community Conference Room
Just inside Main Entrance, on the right
Park in parking garage
789 Central Avenue (Rt. 108), Dover, NH

We have the hall from 11 AM until 4PM.
11:00 AM setup and any subcommittee meetings
Including Newsletter and MRLE
The RSC will begin at 12:00 noon.

There will be a one hour session on the Service System proposals to gather input from NA members. Everyone Welcome!



OCTOBER 23RD 2010
NARCOTICS ANONYMOUS
12 NOON-11PM
FALL INTO FREEDOM
SPEAKER SLAM/MUSIC JAM
NOON-1PM MEET & GREET
1PM- 4PM- FOUR NA SPEAKERS



These five workshops will cover basically the same information. Workshops will begin Friday at 6 pm and end around 1 pm on Sunday.

Areas and regions are encouraged to try to fund as many CURRENT AND PAST TRUSTED SERVANTS as possible.

These

NA WORLD SERVICES SERVICE SYSTEM WORKSHOPS

This project grew from the need to find solutions to our age-old service problems (apathy, communication breakdown, difficulty delivering basic services, etc.) so that we can do a better job of carrying the NA message.

- ❖ How can we improve our current service system to better serve our groups, and carry the message to the addict who still suffers?
- ❖ We've been developing possible alternatives to our current structure, and we need your ideas and input.

This is a project for ALL NA members!
Please participate by joining us at one of these workshops.

WORKSHOP DATES & LOCATIONS

<p>15-17 October Hilton Oakland Airport OAKLAND, CA 800.963.7000 Reserve rooms by 23 Sep \$82/night</p>	<p>29-31 October Holiday Inn Baltimore Inner Harbor BALTIMORE, MD 888.862.2249 Reserve rooms by 7 Oct \$98/night</p>
<p>24-26 September Hilton Grapevine Exec Conference Center GRAPEVINE (DFW), TX 800.963.7000 Reserve rooms by 2 Sep \$98/night</p>	<p>27-19 September Doubletree Downtown DETROIT, MI 800.222.7468 Reserve rooms by 27 Aug \$76/night</p>
<p>29-31 October Sheraton Orlando Downtown ORLANDO, FL 800.325.3335 Reserve rooms by 7 Oct \$92/night</p>	



Clean & Sober
Halloween Ball
Saturday - October 30th
8 til Midnight



THANKSGIVING DAY POT LUCK DINNER
 THURSDAY NOVEMBER 25TH 2010
 4:00 TO 6:00 PM
 MEETING TO FOLLOW
 ELM STREET CHURCH
 ELM STREET SOUTH PORTLAND



Prayer/Meditation Wordsearch

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

- | | | |
|-----------|------------|---------------|
| accept | goodness | program |
| belief | improve | regular |
| carry | knowledge | sought |
| Conscious | listen | spiritual |
| contact | meditation | understanding |
| develop | power | will |

Northern New England Region of NA—October 2010

M	T	W	T	Fri.	Sat.	Sun.
				1	2	3
4	5	6	7	8	9	10 Seacoast ASC 6pm, Wentworth-Douglass Hospital, Community Conference Room, 789 Central Ave., Dover, NH. Granite State ASC 9am, Manchester VA Hosp. 718 Smyth Rd Manchester, NH
11	12	13	14	15	16	17
18	19	20	21	22	23 Fall Into Freedom – Speaker Slam, Music Jam, Weirs Beach Methodist Church, Laconia, noon-11pm	24
25	26	27	28	29	30 Maine ASC noon, 10:30am Subcommittees & Literature purchases. Mid-Coast Hospital, 123 Medical Center Drive, Brunswick, ME Halloween Ball , American Legion Hall, Westbrook, ME 8pm - midnight	31

Northern New England Region of NA—November 2010

Mon	Tue	Wed.	Thurs.	Fri.	Sat.	Sun.
1	2	3	4	5	6	7
8	9	10	11	12	13 NNERSC subcommittees 11am RSC at noon, Dover, NH Wentworth-Douglass Hospital, 789 Central Ave.	14 Seacoast ASC 6pm, Wentworth-Douglass Hospital, Community Conference Room, 789 Central Ave., Dover, NH. Granite State ASC 9am, Manchester VA Hosp 718 Smyth Road, Manchester, NH
15	16	17	18	19	20	21
22	23	24	25 Thanksgiving Day Potluck Dinner, Elm Street Church, South Portland 4- 6pm	26	27	28
29	30					