



# NORTHERN NEW ENGLAND NEWS

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

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Issue 8

## May RSC Meeting

The next RSC meeting will be held on **May 14, 2005** at the Wentworth-Douglas Hospital in Dover, New Hampshire. We will meet in the Community Conference Room just inside the Maine Entrance, on the right. The Hospital address is 789 Central Ave. (Rt. 108).

- Newsletter Chair resigns —position open to the Fellowship (2 years clean-time requirement)
- Regional Delegate resigns—the RD-A position is now open to the Fellowship (4 year clean time required) The current RD-A is expected to run for the RD position
- Vice Chair elected @ March meeting
- Treasurer elected @ March meeting
- RSC Workshop April 9 in Franklin, NH; topic: Our Public Image
- Multi Regional Learning Event (MRLE) planning going well
- Planning will start for NNE to host NEZF June 23, 24, 25 2006
- Potential for the next Regional Workshop to be in August in Seacoast Area
- Budgets were submitted for the upcoming fiscal year
- For RSC elections nominations are accepted at the **May** and July RSC with elections held in July and the term begins in September

## Unmanageability

Sometimes the only thing that's obvious about our lives is the unmanageability. That's a paraphrased line from step 1 in our Basic Text. How many times have I said that line to sponsees or friends in recovery who find themselves in a jam? Of course, I only know those words because they apply to me so well, too. When I was first introduced to recovery I had just been arrested. I was living with an active addict and my small child. There was no child support and every

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cent, up to that point, went to my addiction. I was on welfare and doing whatever sort of illegal activities I felt I had to so I could make enough money to take care of myself and those around me. What a huge transition recovery held in store for my pathetic life! My introduction to recovery in prison was the seed being planted, but I had no idea how to start. When I went to my first N.A. meeting the word unmanageable was not one I used in my vocabulary, but it instantly struck a chord with me. Normal people do not end up in the unmanageability of jail. I knew even then if I



ever wanted to avoid that again I had to make a commitment not to use, just for today. What a concept! After I got out and was going to meetings almost daily for a few

months but still not staying clean I knew at some point I had to commit to doing it totally the way it was laid out because the unmanageability was only getting worse. When one knows of the miracle of recovery but still insists on continuing to test whether this is the right path or not God somehow has a way of stepping in to speed up the process. My Grandfather (whom I was close to) passed away, my boyfriend left me and I had to finish my jail sentence all within a short time of each other. That was the push I needed. When I got out this time I went after my recovery with a new enthusiasm. I got a sponsor and used her. I got a home group and did service there. I got involved with other aspects of service, mainly

H&I to try to understand the kindness of the people who had carried the message inside that I had heard. All I was was angry and needed to turn that around before the unmanageability of addiction reared its ugly head again. I did those H&I commitments and told those members that the unmanageability they were now experiencing was something I was familiar with but had removed from my life by getting involved with N.A. The serenity set in and the back to back days clean happened with a commitment to work this program so there would be as little unmanageability in my life today as possible. Thank you NA!

*A member from the Northern New England Region*

## ***Suggested Future Topics***



### **June Issue**

#### **Deadline May 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.”

## MY SPIRIT...

### AS I UNDERSTAND HIM

Our Eleventh Step: We sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us, and the power to carry that out.

I sometimes don't feel as close to my God as I should, I believe I'm at fault, not my Higher Power. It happens when I'm not in harmony with my Gods will for me.

Today, I made a decision, a sincere commitment to make direct amends to my grandma. After I made that decision, I felt the strength within me to carry that out.

I feel it is my Gods will for me to stay clean today. By working the Twelve Steps to the best of my ability, and by practicing those principles in all my affairs, I can do that, I believe that is the desire of my God—if it were right, I would still be a suffering addict, making my way to the bitter end in jails, in situations or death.

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### My Third Step: A Spiritual Experience

We made a decision to turn our will and our lives over to the care of God, as we understood Him.

I fought this step long and hard before I surrendered. I have always been ruled by self-will and false pride. I had a Higher Power a GOD and felt good about that, but I couldn't—wouldn't take this step. Turning my life over was not what I was fighting. Turning over my will was. I never really read this step as it is written "Made a decision", I believed it said "you do it". Turn it over. I thought that I must do it perfectly. I started hurting again, really hurting. I prayed and shared, Friends told me that it was time to take a step, but I wouldn't listen, I spent about 2 weeks feeling very confused and living my old ways, During this

time I had chosen to push my God away, something that I do quickly when hiding in my disease. For the first time in several months suicide appealed to me. This time it seemed very real and the thoughts wouldn't go away. Constant thoughts of suicide prevented sleep at night. I stopped praying and stopped sharing. I listened to my diseased mind and believed what it said. I planned my death, something that I hadn't done for a while. I was confused and in pain; I'd lost my willingness. My walls were up again and shut out everyone. I chose not to listen, not even to my god. That was my choice but I wouldn't admit it or accept it then. Finally, I began talking to people and listening a little. One night someone caught me with my guard down—I guess I had a moment of sane thinking; it seemed that maybe they were all right. Maybe I was fighting my third step. I didn't want to believe that could be the problem, it seemed too simple.

The next three days were spent doing the things that I should have been doing all along, praying and sharing and listening. On Saturday night I went to a meeting and the topic for discussion was the first step. I shared my feelings. On Sunday afternoon I decided that it was time, believed that I needed to take my third step with someone else in order for it to be real for me. I wanted to experience that humility that went with letting someone see me on my knees praying. False pride had been getting in the way of my recovery.

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The NNE Newsletter Sub-Committee would like to thank our past Chairperson (who relocated for a new job) for his dedication and support! We'll miss you.

## Format Changes

GRANITE STATE—Thursday, Nashua, NH “Freedom Ain’t Free”. The format is now a varied Literature/Speaker Meeting. There will be a speaker every other week.

## New Meetings

GRANITE STATE—Wednesday, Antrim, NH 7:30–8:30 PM, “Closer Thank You Think” held at the Presbyterian Church, 100 Main Street, Route 202, Antrim Center.

**Saturday, Derry, NH** 11:00 AM–12:30, “On Center” held at the Friendship Center, 45 East Broadway. Speaker/Discussion Format. **This meeting starts on April 9<sup>th</sup>.**

## Meeting Time Changes

MAINE AREA, WEDNESDAY, Bangor, Maine, New Beginning, now meets from 7 to 8:00 PM.

MAINE AREA, FRIDAY, Lewiston, Maine, Changing the Lie, now meets from 7:30 to 9 PM.

## 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>
- For the Human Resource Panel Announcement click on the link to read or download information on how to nominate a candidate to the World Service Conference Co-facilitator, Human Resource Panel member or World Board Member  
<http://www.na.org/HRP/hrp-0205announce.htm>
- For Flyers for the World Wide workshops in Burbank, CA in April and Nashville, TN in May look here:  
<http://www.na.org/nawsevents/event-reg4.htm>

## Closed Meetings

GRANITE STATE, SUNDAY, North Conway, NH at 116 Kearsarge Street.

MAINE AREA, TUESDAY, Augusta, ME, Women’s Step Study Meeting, Maine General Hospital.

## 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

Northern New England Region

- January 2007—Northern New Jersey Region (potentially)
- June 2007—Northern New York Region (potentially)
- January 2008—Western New York (potentially)

### “A MATTER OF CHOICE”

No matter what the circumstances are, or how bad things seem to be, our happiness does not depend on people, places and things. Today we have a choice to act or react. You can be as miserable as you want to be or as happy as you want to be, but it’s your choice. So put a smile on your face, a twinkle in your eye and a song in your heart and keep on pressing on. Happiness is a by-product of the Program worked daily.

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# Sponsorship Word Search

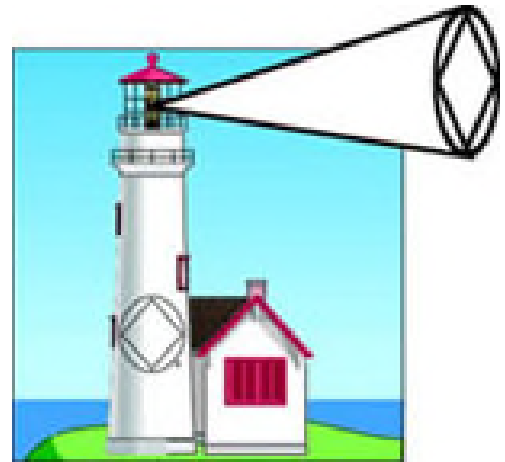
O F E I T T L G F E H W C C S  
 F P L C S R U V L T I P I O T  
 W V E S N I U B C L R S T M R  
 L G V N D E A S L D G T E P E  
 L G N A M L I I T N X E H A N  
 I O N I I I N R I I F P T S G  
 P C V A D G N R E F N S A S T  
 E I V I N A A D Q P M G P I H  
 Q A E E N H E W E O X P M O G  
 K W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

AVAILABLE  
 COMPASSIONATE  
 EMPATHETIC  
 EXAMPLE  
 READING  
 RESPECT  
 SHARING

SPIRITUAL  
 STEPS  
 STRENGTH  
 TRADITIONS  
 TRUSTING  
 WILLINGNESS  
 WRITING

## SPONSORSHIP

“Our Basic Text tells us that ‘the heart of NA beats when two addicts share their recovery,’ and sponsorship is simply one addict helping another. The two-way street of sponsorship is a loving, spiritual, and compassionate relationship that helps both the sponsor and sponsee.”



In the sea of disease...  
 N.A. Lights the way to recovery

*Artist Unknown*

## April 2005

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>April 3<sup>rd</sup></b>  <b>Granite State</b>                      Egg Hunt                      11:00 AM at White's Park                      Concord, New Hampshire</p>					1	2 <b>Maine Area</b> Colonial Bowling Lanes, 399 Main Street Westbrook ME. Everyone invited: kids, partners, families. 2:00 - 4:00pm
<p><b>Granite State ASC 3</b>                      Will be meeting in                      MANCHESTER at the VA                      Hospital, Smyth Rd. 1:45 PM</p> <p><b>Seacoast ASC</b>                      Wentworth Douglas Hosp.                      Dover, NH 12 Noon</p>	4	5	6 <b>Granite State</b> Public Information 6:00 PM at the Bedford Meeting, check website for more information: <a href="http://www.gsana.org">www.gsana.org</a>	7	8 <b>Maine Area</b> Public Information Sub- Committee Mtg—5:00 PM at the 12-Hour Club (being held before the Regular 7:30 PM NA Meeting—120 Lisbon St. in Lewiston, Maine	9 <b>NNE Region &amp; Granite State</b> <b>Area</b> —Regional Workshop “Our Public Image” Unitarian Universalist Church 206 Central St. Franklin, NH 11:00 AM – 4:00 PM
10	11	12	13	14	15 <b>Maine Area</b> The Just For Today Group of Alfred, Maine invites you to attend the 6 <sup>th</sup> Annual Brothers in Spirit at the Notre Dame Spiritual Center, Alfred, Maine---April 15, 16, 17	16
17	18	19	20	21	22	23
24	25	26	27 <b>Granite State</b> Public Information 6:00 PM at the Bedford Meeting, check website for more information: <a href="http://www.gsana.org">www.gsana.org</a>	28	29	30 <b>Maine ASC 12 Noon</b> Bangor, ME @ Arcadia Hosp.  <b>Granite State</b> Candlepin Bowling Party 8:30 PM – 11:30 PM King Lanes, Manchester, NH

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)

May 2005

Northern New England Region of NA - Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Granite State ASC <b>8</b>	9	10	11	12	<b>13</b>	<b>14</b>
Seacoast ASC Wentworth Douglas Hosp. Dover, NH 12 Noon						NNE Region Seacoast Area 10:00 AM Sub-Committees 12 Noon- RSC Wentworth-Douglas Hospital Dover, NH
15	16	17	18	19	20	21
						Maine ASC 12 Noon (sub-committee mtgs. 10 AM) Maine General Hospital Rooms 4, 5, 6—2 <sup>nd</sup> Floor 6 Chestnut St. August, Maine
22	23	24	25	26	27	28
29	30	31	30	31		

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