



NORTHERN NEW ENGLAND NEWS

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Issue 10

September RSC Meeting

The next RSC meeting will be held on **September 10, 2005 at 12:00 Noon**. The location will be announced soon. Please go to www.gsana.org for further info.

Set-up and any subcommittee meetings at 10:00 AM.

- Open Positions: Chairperson, Secretary, Treasurer, RD-A, Newsletter
- Updated MRLE Guidelines to be in July RSC Minutes, (hopefully) to be voted on in September
- August 13 Regional Workshop on the 4th Step to be held in Stratham, NH at the Community Church
- RSC decided to experiment with using an online email list to help with communication. For now list will be restricted to RSC participants. Will decide later if we will continue to use the list restricted, open it up, or delete the list completely
- Discussed the possibility of restructuring the RSC location schedule from meeting 4 times in the Maine Area, once in Granite State and once in Seacoast per year to meeting twice in each Area per year. RCMs and ASR are asked to get feedback from the ASCs and maybe we can come up with a proposal at the next RSC. It was also suggested to meet in Biddeford for 6 consecutive meetings

- Motion 1 from May was postponed until September: "To change NNERSC guidelines article viii Sub-committee chairpersons: bullet 1 from 'have a minimum of two (2) years continuous abstinence to - 'have a minimum of three (3) years continual abstinence'"
- Next RSC to be in the Granite State Area. Location to be determined very soon.
- Upcoming RSC Dates: September 10, November 12 and January 7

"Denial is not limited to those with short terms of abstinence."

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It's a Miracle

One would think that any time people like us got together; the results would be mass chaos. Groups of self-centered, self-willed, isolated individuals just can't meet together peacefully and safely; but we do. The reason we can is our Twelve Traditions!

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Suggested Future Topics



October Issue

Deadline September 15th

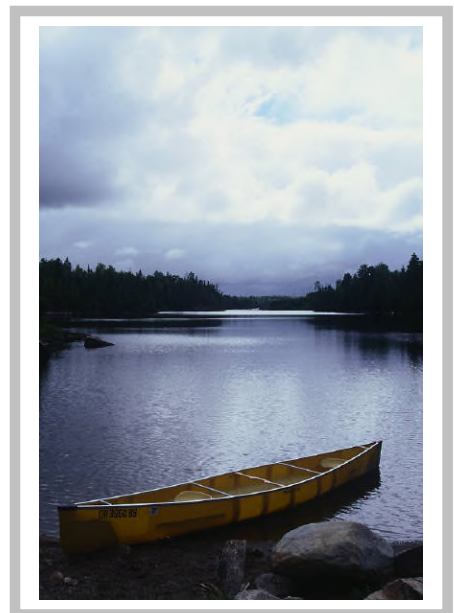
What you read listed above are the topics to be used for future "meeting in print" newsletter issues. As always, if you have felt a need to write upon an entirely different topic, go for it, as long as it is related to recovery from the disease of addiction. These are intended to stimulate your writing 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."

Changes

The past two months have been the most unusual and demanding period of my recovery. I've experienced joy that has far exceeded my limited imagination, sorrows that have shaken the very roots of my soul and a vast range of emotions in between. The bottom line is that through it all, I stayed clean and made recovery

my priority on a daily basis. This has kept me living my life by the steps, going to meetings regularly and using my sponsor. Thus, with all the changes and demands that have surrounded my life in these past two months, I've continued to grow in recovery and increase my need for the love and strength I receive from the Fellowship of NA. As I approach another NA birthday, I'm beginning to feel a continual need to surrender my will to the will of my loving and caring God, as never before. I've worked through all Twelve Steps, to the best of my ability, in order, several times, with the guidance of a sponsor. Now I am beginning to see the will of my God becoming an integral part of my daily life. It feels good.

Two months ago, it seemed my whole life fell apart within a ten-day span. I watched a promising and fantasy filled long-distance romance bite the dust. I'd been feeding my disease with those fantasies for several months. It wasn't real and it didn't last. Then, one of my closest friends in the Fellowship died unexpectedly. This really shook me. I went to the funeral and felt my will emotionally paralyzed and unwilling to meet my daily responsibilities. I didn't go to work for several days—without calling in or anything. By Friday, I no longer had a job; I was fired. What scared me the most at this point was that I didn't even care. With all my "knowledge" and experience, I just couldn't seem to come up with the right combination of thoughts or spiritual principles to motivate me to be responsible for myself. I lapsed into despair and self-pity. I turned to the only thing I knew could save my spirit—NA Service. I just poured myself into it, totally and unconditionally as if my life



depended on it (and it did). I was already serving on several committees, but I needed something more direct and immediate. I got involved at the Group level again. My home group needed a Steward (someone to make the coffee, put out the literature, clean the ashtrays and greet members), so I gladly took the job. Another group needed a secretary and no one else wanted the job, so I accepted that also. Almost immediately, I felt rejuvenated. My God placed many newcomers in my path, and it seemed that I was constantly sharing with them, and working with those I sponsor. My despair and self-pity were removed and replaced by hope and gratitude. I became keenly aware of the importance of a day clean. Soon, I was having spiritual experiences over the smallest things and I began to see the miracles all around me. The details of my day-to-day life began to get better, slowly, as I began finding the strength to do the things I didn't feel like doing... but knew I had to. The results have been very positive and fruitful.

Today, I'm working again. I was led to a job in a counseling center, dealing with addicts still in the grip of the disease. Their denial reminds me of me, and what awaits me if I pick up that "first one". I plant seeds and slip in a few blows for NA recovery there daily. I pray that some of the seeds take root and grow.

I have a beautiful relationship with a person who had been reaching out to me the whole time my head was caught in that fantasy romance. It took the ending and surrendering of that fantasy trip to see the beauty and reality of this new relationship. Most importantly, I understand the need to serve selflessly this Fellowship that has saved my life, on a daily basis. My gratitude speaks.

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Letting Go of Limitations

Early on in recovery I heard someone share "argue for your limitations and they are yours forever". I would just sit and ponder on that for the longest time. After a few years it finally sunk in. I am the one who limits

myself...it's not my family, my NA friends, my lover, nor my employer, but ME! I must put forth every effort in my recovery to work the steps, pick up a newcomer, go to meetings, call my sponsor, and read our literature. If I do these things, I am no longer limited, I am free to grow and change. In NA, anything is possible!

Member, Maine Area

New Meetings

MAINE AREA—Saturday, NORWAY, Clean & Crazy, 9:30-11:00 PM, Candle Light Mtg., Open Discussion, Unitarian Universalist Church, 479 Main 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.

Closed Meetings

MAINE AREA—Tuesday, Dover-Foxcroft, Maine, "Deep in the Woods of Maine" Closed.

North East Zonal Forum

The North East Zonal Forum met July 22, 23, 24 in the New England Region. Some of the highlights are:

SATURDAY

- All 13 regions were present on Saturday for the Sharing Sessions, 11 on Sunday for the Business Session
- Many in attendance from the host region
- All regions had the opportunity to share their current concerns
- Had a Brainstorming Session and came up with the topic of Leadership Development. Everyone was allowed to share on this topic, not just delegates

(Northeast Zonal Forum Continued)

- Had an open forum session after that
- Barbeque put on by members of the Greater New York Region
- Recovery meeting at night with two speakers from the host region

SUNDAY

- Formed an ad-hoc to research the feasibility of having a zone wide workshop.
- A region brought forth a proposal to remove the secretary for not putting out the minutes in a timely fashion. Proposal tabled till next meeting
- World Board members will be invited to the next NEZF in January to discuss the Conference Agenda Report
- Elected a new Chairperson and Vice chair
- Discussed a way to communicate with each other in between meetings. Expect a proposal in January for either a NEZF website or email list

Next NEZF Meetings

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

WSC News

On www.na.org we now have all IP's, booklets and group readings on the website <http://www.na.org/ips/eng/index.htm>

A Guide To Local Services was just added as well

http://www.na.org/pdf/GLS_2005.pdf

Some upcoming dates:

- September 1-4 WCNA in Hawaii
- September 4 World Unity Day Sunday 2-4 PM Eastern Time
- October 20-22 World Board Meeting
- November 23 Conference Agenda Report available

Since January 2005 World Services has participated in the:

- Asian Pacific Forum
- Florida Symposium
- Middle East Workshop – Bahrain
- Burbank, CA and Nashville, TN worldwide workshops
- India Translations workshop
- Southeast Zonal Forum
- California Inland convention workshops
- Latin American Zonal Forum

Coming 1 September 2005, the board will be releasing the next five chapters of the Public Relations Handbook for review and input. These chapters are aimed at specific service areas and include: Media, Criminal Justice, Treatment, Healthcare and Phonelines. There will be a 90 day review and input period attached to these five chapters. Please mark your calendars and inform your committees and trusted servants. We desire and encourage all of our members to participate in this process.

If you would like to subscribe to the NNE News, it's FREE!
Send your request to:
nnewsletter@yahoo.com

Northern New England Region

Fun Page

Recovery and Relapse

LEPRESA

14			10		26

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Unscramble each of the clue words.
Copy the letters in the numbered cells to other cells with the same number.

"A sponsor is not one who tells you what path to take, but who will take your hand and walk with you."
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Northern New England Region of NA—August

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1	2	3	4	5	6	7 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
8	9	10	11	12	13 4th Step Workshop 9am-6pm, Stratham Community Church, 6 Emery Lane, Stratham, NH Men's Gathering 9:30am – 8pm, Unitarian Universalist Church, Canal Street, Nashua, NH	14
15	16	17	18	19	20 Resentment Bonfire & Cookout 2pm – overnight (bring tent & food) Bonfire @ 7pm, meeting afterwards. St. Gregory's Campground 24 N Raymond Rd Gray, ME	21
22	23	24	25	26	27 Maine ASC 12 noon, Acadia Hospital, 268 Stillwater Avenue, Bangor, ME	28
29	30	31				

Northern New England Region of NA—September

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
			1	2	3	4 Seacoast ASC , 12 noon - 4pm Wentworth-Douglas Hospital, Salmon Falls Room, 789 Central Ave., Dover, NH Granite State ASC 1:45pm, Manchester VA Medical Center 718 Smyth Road, Manchester, NH
5	6	7	8	9	10 NNE Regional Meeting 12 Noon	11
12	13	14	15	16	17	18 Miracle 22 16-18 at Notre Dame Spiritual Center in Alfred, ME. No Children permitted (except for nursing infants).
19	20	21	22	23	24 Maine ASC 12 noon, Church of the Holy Spirit, 1047 Congress St., Portland, ME	25
26	27	28	29	30		

To submit a calendar event email it along with the name of your area to: nnenewsletter@yahoo.com