

Northern New England News



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RSC News

The next RSC is scheduled for September 8, 2007 in the Granite State Area at VA Hospital on Smyth Road in Manchester, New Hampshire. Sub-committees will meet at 10 AM and the RSC begins at 12 Noon.

Directions: Take 95 South to 101 West to Manchester, bear right onto 93 North, stay in right lane, take the first exit (#8 Wellington Road/Bridge Street), bear right at the end of the ramp, at the 2nd light bear right onto Mammoth Road, Route 28A, go 9/10 mile, then turn left on to Smyth Lane. At the end cross over into the hospital parking lot and park on your right. Enter the building through the ER/Admitting entrance, (under the awning on the left end of the building) Follow the hall to the right to the main lobby and turn left to the elevators, meeting room is on the 6th floor, Room 650, left of the elevators.

- Dates of next RSC meetings: November 10th 2007, January 12, 2008 and March 8, 2008 all in the Maine Area.
- Open positions are: Chairperson, Vice Chair, Secretary & Newsletter.
- The MRLE Committee will meet on August 26, in an undisclosed location in Portland, ME. Ask your RCM for more info. The MRLE Flyers have been released and distributed.

- The NA History Funshop is coming soon! August 11 in Dover at the Wentworth-Douglass Hospital. Look for some videos to be screened, a history Power Point Presentation, NA memorabilia display, local NA history stories and much more

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

Experience, Strength and Hope

Why Are We Here?

Soon the World Convention of Narcotics Anonymous will be take place in San Antonio, Texas, with some reports stating there could be as many as 25-30,000 addicts who gather there in one place. What a distance we have traveled as a fellowship since the early days of these conventions when not much more than a few hundred people showed up and participated. How easy it is to think that somehow these numbers legitimize, affirm our existence and that from here on, we're on easy street. The numbers alone do not solidify anything other than to express that enough people (members) know about us and care enough about NA to attend this convention. If recovery were a one-time event, every addict ever in existence would be clean and recovered. Recovery is a continuum over time and there remain millions of addicts who have yet to hear the NA message of recovery. "Freedom from active addiction is possible."

Many people about the San Antonio area will undoubtedly come to hear about NA within the next few months, and yet our fellowship through the WSC is focused on a worldwide mission. And yes, many people will come to this particular convention, become charged up, return to their respective homes, tell everyone they come in contact with how great it all was, and suggest to others they ought to make the next one. The message apparently got through to these folks, but what about the others?

The real work of NA, "to carry the message to the addict who still suffers," is still being done where those practicing addicts seeking recovery are found: in the back alleys of the barrios, in the dark closets of suburbia, and within the denial of seemingly the most enlightened celebrities, all over the face of the earth. One-time events don't keep up the pace here, that happens at NA meetings around the world and at local service gatherings WHILE the World Convention is ongoing, wherever two

or more addicts are gathered to seek recovery. The people who stay home to carry on will continue to lift the heavy loads long after this one-time event has passed. God's Blessings to everyone who does the challenging work of NA.

And God Bless to those who attend these conventions. We need them to tell us how great it all was, but we should not be deluded by the idea that somehow this is where our Traditions lead us. Our Third Tradition states, "The only requirement for membership is a desire to stop using." It stops there and does not continue on to say, "AND \$500 to go to a convention." "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities." Anonymity across NA comes into spiritual balance and communion within each of us in recovery.

Addict, Northern New Mexico

Recovery Begins after the First Step

"Before we got clean, most of our actions were guided by impulse. Today, we are not locked into this type of thinking." Basic Text p. 87

Since I have started trying to live by God's will one day at a time (rather than mine) I don't do more; I try to be a bit better each day, and I try harder to live by the spiritual principals of our program. The more I carry out His will for me, the more I understand that all my actions have consequences and that I have listen to my heart and my spirit to gain a clear sense of how the decisions I make each day impact my life, my relationships and my recovery.

Today, I know that I am not helpless. My Higher Power gently guides me when it is time to make choices. Together we decide which path I need to walk in order to achieve a more meaningful life. I believe even the smallest decisions matter. By paying attention to everyday decisions and nurturing a more conscious contact with my Higher Power; I build a strong foundation that supports me when

life on life's terms shows up on my doorstep and I have to make decisions as I move through the storm to the peace and serenity that waits on the other side.

Thanks to the NA 12 steps program I no longer sabotage myself from getting what I want, whether it's tangible—good relationships, happiness with my family—or the intangible benefits of grace, contentment, serenity and peace. Recovery is about feeling again—coming alive, not staying numb. It's about deciding to rediscover spiritual principals that I've walked away from in the past, like service, caring about other people—and myself. Recovery is about making the right decisions that reconcile the joy and the sadness, the failures and successes in my life, and being willing to live comfortably with what I don't understand. It's about being willing to let go of guilt, to live with pain and achieving a new level of freedom from active addiction.

When I introduced myself as an addict at my first NA meeting I felt the truth of being powerless for the first time. I didn't recognize what the feeling was, but I knew that I was powerless and my life was indeed unmanageable. It had taken years of abuse and degradation in active addiction, but I had to finally admit that I was whipped, beaten; the drugs had won! I was completely powerless over them. But once I verbalized that admission, surrendered to it and internalized it, it opened me up to seeking help beyond my familiar resources of self-will, ego, self-rationalization and all those other tools that had failed me so many times.

Getting to the truth was painful but once I accepted the undeniable truth about my powerlessness and unmanageability that it is what it is, I was able to establish a firm foundation for my recovery that has kept me moving forward one day at a time. Accepting the fact that my disease is cunning, baffling and powerful reminds me daily not to attempt to out-think or out-smart it. Accepting that I am powerless over my disease and that my life is unmanageable, helped me get out of the problem and into the solution.

Step one became reality for me when I admitted that I had assumed the role of God in my life for 12 years, and in that role, I was completely inadequate and my life was totally unmanageable. Admitting that to me was a turning point. It was that verbal admission of my personal defeat, recognizing the fact that reality and healing lay in a place other than one of my will, my way or my own making that led to my surrender.

Step One was admitting that I was powerless out loud, to myself, rather than having someone else say it to me, rather than life telling me over and over again, I verbally admitted and confessed my powerlessness. I admitted that requiring life bow down to my willfulness, insistence and my ego was the source of my problems. I admitted I could no longer blame someone else or for that matter anything else and I realized that I was my own problem. Perhaps more importantly, I admitted that I was not the solution. My ego was my problem.

My ego, willfulness, and pride problems were mine to solve. These problems would not be fixed by focusing on another person, or what they did or did not do. My problems would not go away by themselves or if I eliminated some other person from my life as my escape goat. My problems were not someone else's responsibility. My problems were the result of my mismanaging my life. Step one was the beginning of the cure for all the powerlessness and unmanageability I experienced during active addiction. For me, Step One was giving up the power and control I believed I possessed; giving up the notion that my life was the result of some fatalistic plan; admitting out loud the mess I had made of my life; and giving



up the ego trip of self-sufficiency and self-will. For me, Step One is the on-going, daily admission and acceptance that I am not the one who controls my life. Step one (for me) is the end of despair and the beginning of hope. Step one means just for today we don't have use again no matter what happens. If you're in fear, you're not in faith. Love and hugs.

Addict, Katmandu Area, Nepal

Meeting Updates

NEW MEETINGS:

Norway, Maine—Sunday, *Clean & Crazy*, 6:30 – 7:30 PM at Unitarian Universalist Church, 479 Maine St. O D H

Nashua, NH—Tuesday, *Man Up Group*, 7:30 - 8:45 PM, Nashua YMCA, 17 Prospect St

Berlin, NH—Sunday, *Candlelight Reaching Out Group*, 6:30 – 7:30 PM, Tri-County Cap, 361 School Street.

CLOSED MEETINGS:

Rockland, Maine—Monday, Kindred Women's
Waterville, Maine—Wednesday, Generic
Nashua, NH—Thursday, Freedom Ain't Free
Berwick, Maine—Friday, 12 Step Candle Group

✉ *Carry The Message!*

“We can only keep what we have by giving it away.” This is *your* space to share your experience, strength and hope. We have an open topic forum and a forum emphasizing service work. Poetry, Art, and articles regarding NA History (personal or archival snippets) are welcome. There are many ways to share experience, strength and hope.

Send contributions to nnewsletter@yahoo.com. Please limit your sharing to half a page, single-spaced. Thanks in advance for your participation.

→October Issue Deadline: Sept. 15th←

T.I.M.E. – Things I Must Earn

How often have you attended meetings and observed the inner happiness of some members? They weren't using, had self-respect, and they seemed to enjoy a freedom that we desperately wanted. In early recovery, many of us still felt fearful, helpless and hopeless. We felt vulnerable and exposed, because we didn't have our drug-of-choice to help us fill the spiritual void we still felt inside. What did these people hold inside that we couldn't find?

We didn't use, just like them, went to meetings, just like them, we listened, just like them, and we did what they told us to do; we kept coming back. So what was wrong with us? The short answer: nothing. We were doing what we're supposed to do.

Our fellow members did not receive their gifts of recovery overnight. Our Basic Text reminds us, “We didn't become addicted in one day, so remember – easy does it.” (p.18). We can't expect instant miracles in all areas of our lives just because we put down that fix, pill or drink. However, we are experiencing the one promise our program has to offer, “Narcotics Anonymous offers only one promise and that is freedom from active addiction...” (p.102). If you think about your own personal past, that alone is a miracle. And just because we don't have the inner peace that we observe in others, it may be that we just haven't looked deep enough.

For example, do the never-ending thoughts of using still take up every moment of your day, and invade your dreams every night? Are you regaining your health? Can you actually hold down food when you eat? Can you actually stand to look yourself in the mirror today? Paying a few bills? Do you want a better life for yourself? Are some (or all) of these things a change from your active addiction? Well, those fellow members you see who are happy, joyous and free felt the same.

One thing they discovered in their process was: T.I.M.E. – Things I Must Earn. Over time, the changes they needed to make involved letting go of their old, negative thought patterns which seemed to “protect” them in their once fear-driven lives. When they quit recycling those old concepts, they were open to working the Steps, revealing their true nature to their sponsors, and developing a loving relationship with the God of their understanding. They acquired the willingness to, and then made those changes, little by little. They earned their serenity over time, not overnight.

Now, today, I can get out of my own way and start helping myself. I can find the happiness, self-respect and freedom that I see in others by being open to the changes I need to make. I can listen to my sponsor and fellow members on a deeper level about the changes they made, and I can pray to my Higher Power for the willingness to follow their suggestions.

- Am I willing to allow myself T.I.M.E.?

*Grateful recovering addict,
Central Pennsylvania*

Granite State Area

Hello from the Granite State Area: Well, we just had our annual camp-out and all went well (we have not received reports yet, but haven't heard any horrible rumors).

In June we nominated the current Treasure for another year, and the current Chair for another year. In July, we filled the RCM position. We still are in need of another RCM, an Activities Chairperson, an Area Vice-Chairperson, an Outreach Chairperson, a Literature Chairperson and a Board of Directors voting member.

PI and H&I have been extremely active carrying the message to addicts and to the public. We have several "open" commitments on the H&I list. It was discussed at our area and at the H&I subcommittee meetings whether to start to turn down requests for commitments at this time, but it was decided that H&I would just

add to the "open" list, as addicts may choose to fill certain commitments over others depending on time or location.

The Convention Committee had a very successful fundraiser on July 4th in Tyngsboro, MA and is planning for their next fundraiser, Thanks for Being There which will be held in Nashua, NH in November--Flyers will be out soon! Looking forward to hosting the Regional Meeting at the Manchester, NH VA Hospital on September 8th.

ILS, Area Chairperson

Maine Area

The Maine Area has 12 Voting GSRs each month. Our meetings are the last Saturday of every month at People Plus in Brunswick (corner of Noble St. and Maine St.) November is the only exception; we will be meeting December 1. ASC Nominations are due in September, please help ASC carry the message to people who need to hear it in Maine and our Northern New England Region.

ILS, Area Chairperson

NA World Services News

- Basic Text Project – The approval draft will be released on September 1, 2007 and will also be an addendum to the Conference Agenda Report that will be released November 23, 2007. About 90 percent of the input came from inside the US and about 10 percent came from a dozen other countries: Brazil, Canada, Gibraltar, Greece, Ireland, Kuwait, New Zealand, Norway, Russia, Turkey, Uganda, United Kingdom



- Youth IP's Update- The WB has been reviewing the input from the IP's. There is

some concern from the Fellowship that the pamphlet directed at parents falls outside of the focus of NA. We will be looking for the Approval Drafts to come out with the CAR.

- Service Materials – At the WSC this past year we approved a motion to “allow the World Board to develop and approve service-related information pamphlets and tools for distribution to the fellowship.” The first of these should be coming out soon. They are: Atmosphere of Recovery: Violent & Disruptive Behavior, An Introduction to Narcotics Anonymous Meetings, Group Trusted Servants: Roles and Responsibilities, Group Business Meetings. The WB is currently working on the following service pamphlets and they may be released in the fall: Atmosphere of Recovery: Medication and the NA Group; Leadership, The Benefits of Service, and What Is NAWS.
- Contributions – NAWS is funded 89% by literature sales and 11% percent through Fellowship contributions. The WB asks: How is this self-supporting?
- World Pool Information Form – The new 2 page WPIF is now available. If you have completed a WPIF in the last three years, then you do not need to redo it. This is the form used to select people to participate in NAWS Workgroups and other projects and is also used for potential candidates for the World Board, WSC Co-facilitator, or Human Resource Panel. There is also an online form as well!
- WSC Seating – The WB intends to recommend that the conference suspend the existing policy outlined in A Guide to Local Services, and consider a moratorium on the seating of regions that result from regional splits until 2012.

World Service Calendar & Deadlines:

- August 29–September 2, 2007 WCNA-32, San Antonio, Texas
- August 29, 2007 Regional motion deadline in CAR-ready form

- August 31, 2007 Deadline to submit WPIFs and to update (three years or older) to be considered 2008 HRP nomination
- September 1, 2007 Approval form of Sixth Edition Basic Text released
- October 31, 2007 Deadline for region, WB, and zone candidate submissions
- November 9–10, 2007 Literature & Convention Workshop—Woodland Hills, CA
- April 24–May 4, 2008-World Service Conference

North East Zonal Forum

The NEZF just met this past weekend in Rochester, NY in the Northern New York Region and here are a couple of highlights:

- A proposal was passed to create a NEZF Website.
- Presentations were made on the subject of Liability Insurance for NA at the Regional level. The presenters were the chair of the ENY Region and an independent insurance broker. Very informative and interesting.
- Elections were held and we have re-elected the Chair and Vice Chair. The Secretary has one year left to her term.
- A proposal was submitted for the NEZF to host a Zone Wide Workshop in the summer of 2009, potentially in the ENY Region. This proposal will go back to the regions for a vote.

Upcoming NEZF Meetings

[January 25,26,27 2008 Western NY Region](#)

Garden Palace Hotel, 6615 Transit Road in Williamsville, New York, near Buffalo. Rooms are \$89 plus tax for a total of \$101.24. There is also an option for dinner included with the room for an additional cost.

[June 20,21,22 2008 ABCD Region](#)

(Most likely) Comfort Inn, Albany, NY
January 23, 24, 25 2009 (Most likely)
Connecticut Region

Fun Page

Words may be found vertically, horizontally, diagonally and backwards.



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 MESSAGE
 PRAYER
 PROGRAM

RECOVERY
 SERENITY
 SERVICE
 SHARE
 SOLUTION
 SPONSEE
 SPONSOR
 STRENGTH
 SURRENDER
 WISDOM



Northern New England Region of NA—August 2007

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
		1	2	3	4	5
6	7	8	9	10	11 Seacoast Area NA History Funshop Manchester NH 10 AM – 4 PM	12 Seacoast ASC 1:00 PM Wentworth-Douglas Hospital, Community Conference Room, 789 Central Ave., Dover, NH. Granite State ASC 9am, Manchester VA Medical Center, 718 Smyth Road Manchester, NH.
13	14	15	16	17	18	19
20	21	22	23	24	25 Maine ASC noon 10:30am Literature purchases. The People Place, 6 Noble St. Brunswick, ME.	26
27	28	29	30	31		

Northern New England Region of NA—September 2007

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
					1	2
3	4	5	6	7	8 Northern New England Regional Service Meeting (see front page)	9 Seacoast ASC 1:00 PM Wentworth-Douglas Hospital, Community Conference Room, 789 Central Ave., Dover, NH. Granite State ASC 9:00 AM Manchester VA Medica Center, 718 Smyth Rd. Manchester, NH.
10	11	12	13	14, 15, 16 Maine Area "The Miracle" Alfred Maine Notre Dame Spiritual Center, 147 Shaker Hill Road		
17	18	19	20	21	22	23
24 Maine Area, Saco Steps to Freedom Monthly Beach Mtg. at 6:00 PM & Fellowship 7-9 PM off Rt. 9 South of OOB	25	26	27	28	29 Maine ASC noon 10:30am Literature purchases. The People Place, 6 Noble St. Brunswick, ME.	30