



# NORTHERN NEW ENGLAND NEWS

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

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Issue 12

## JANUARY RSC MEETING

The next RSC meeting will be held on January 14, 2006 at 12:00 Noon at Wells Urgent Care,

114 Sanford Road, Wells, ME – Rt. 109. Our entrance is the Community Room door to right of the main entrance. We have the hall from 10AM until 4:30 PM. 10:00 AM setup and any subcommittee meetings.

The RSC will begin at 12:00 noon.

Directions: From 95 North or South, Take exit 19; at the end of the ramp take a left onto Rt 109. (Head towards Wells-Ogunquit, not Sanford) go for 1.2 miles and the Wells Urgent Care will be on the right.

Click here for the RSC Flyer

[http://www.gsana.org/download/RSCFlyer\\_Jan142006.pdf](http://www.gsana.org/download/RSCFlyer_Jan142006.pdf)

- We need participation from each ASC! Help give us direction!
- Open positions are: Chair, Secretary, Treasurer, Newsletter
- Hear the report from MRLE Committee
- Schedule dates for CAR Workshops (hopefully)
- Newsletter looking for articles from you!

## GSANA ESTABLISHES FORUM BULLETIN BOARD

The GSA Area is unveiling a new web forum bulletin board. It's online, but just in its infancy stages. The GSANA PI Committee needs to recruit some trusted servants to become forum moderators. Please check the GSA website for more information at:

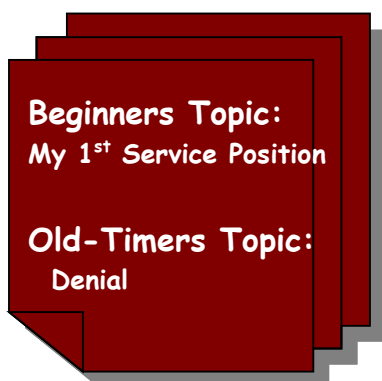
<http://www.gsana.org>

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## **SUGGESTED FUTURE TOPICS**



### **February Issue**

#### **Deadline January 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 FIRST NA MEETING**

My first meeting was in a blur of confusion. There was no more ego left in me. A week in jail being terrified what the trial in 5 months would hold for me was enough to knock the wind right out of me. My family was mortified in a whole new way by my disease as I was the first to be arrested. Maybe it was the threat of a long prison stay or losing my family including my child, but I now believe whatever it was that got me to go to that first meeting so open-minded had to be my Higher Power.

It was in the basement of the local Catholic hospital where there was a detox/rehab program. I was quite sure everyone who went to those meetings was a religious fanatic, but I was humble enough to go anyways. I had long ago lost my God.

It was a smoke-filled large conference room with about 100 people in it sitting in rows with a small table up front. I was unapproachable so no one hugged me but I saw others hugging. There was coffee and cookies and ashtrays. I immediately recognized two people as ones I had used with. I knew one of them had gone to rehab because he tried to kill himself. The other was a total surprise. Shortly after that first meeting I asked him to be my sponsor.

I didn't hear anything at my first meeting because turning off my head was impossible. I got up to get a white key tag in a flurry of applause with about 20 other people. I later learned that 3 local rehabs brought their clients there, too. I had to hide in the ladies' room during break because I was having a panic attack. I was so afraid of what would become of me without the drugs, but I also knew there was no going back to them. Lost between two worlds is how I felt that night.

When it was over I ran out of the meeting without talking to anyone, but I knew where the meeting was the next night and every other night of the week. I came home and confided in my partner that I'd be going to meetings from then on. I had no idea what I was going to learn but it had to be something that worked if so many addicts kept going there and stayed clean.

And sure enough, I have and it has. I got better and started to hear how it worked and suggests of what to do to stay clean and be happy. I had so much gratitude for that meeting it became my home group, too. The specifics of my first meeting aren't very clear in my mind but those feelings will always stay with me. I'm so grateful that meeting was there with so many addicts for me and so many others.

*Member of the Northern New England Region*



## **THE GSANA WEBSITE 10 YEAR ANNIVERSARY**

Hello Family, The inspiration for this letter comes from many sources, one of which is our RD, who said “so your commitment to NA back then inspired/forced me to get a computer and learn how to use one. How could the PI Committee back the motion for a GSA website if no one on the committee even had a computer?!!”. The other inspirational source, besides God, is that I have been meaning to write some input to the wonderful NNE Regional Newsletter for some time, and what time is better than now for the Granite State Area’s website 10 year anniversary!

I have had the privilege of being clean and involved with service work within the GSA, specifically serving the GSANA Public Information Committee, since 1995. It was the loving and caring hug of addicts whom I met at my first ASC meeting that realized, at the time, we were on the edge of a wonderfully new medium called the Internet. To not tap it with our NA message would have been irresponsible, especially when the skill to get it online was available.

The GSANA PI Committee was one of a few service bodies who communicated information about the web to the WSC PI Committee and other interested members on other regions and areas, and through our collective effort, the WSC Issued a bulletin in 1996 on NA website technology.

Since December 1995, our website has been available online. It has seen a lot of changes, but most importantly, it has always had the latest meeting lists, news and notices, and events and activities made available to everyone – addict and professional alike. In this past year, we have upgraded to allow for Email Newsletters, and a Clean Time Calendar, a future blog spot, and now we have a new GSANA Group Resource Portal, with all sorts of NA group documentation, such as sample meeting report formats, inventory sheets, and our Phonenumber 12 step volunteer signup sheets.

We also have the email discussion archives from the years 1995/1996 when the GSANA maintained online discussions regarding our Website History and WSC PI Website Discussions. Check it out when you get a chance. As always, we can be found at [www.gsana.org](http://www.gsana.org).

*The joy is in the journey and the travel just keeps getting better!*

In Loving Service, GSANA PI Chair

### ***CLOSED MEETINGS***

**MAINE AREA, Monday, Rumford, Maine,**  
Gateway to the Western Mountains Group.

### ***TIME CHANGE***

**GRANITE STATE, Monday & Friday,**  
**Manchester, NH** The Manchester meetings that meet at 404 Chestnut Street on Monday and Friday have changed the meeting time to 7-8pm.

**GRANITE STATE, Thursday, Nashua, NH,**  
**"Freedom Aint Free"** that meets at the YMCA, 17 Prospect Street has changed it's time. It still starts at 7pm, but it now ends at 8:15pm.





## **LOCATION CHANGE**

**GRANITE STATE, Thursday, Manchester, NH, "Straight Ahead"** that formerly met at 404 Chestnut street has changed its location to 49 Manchester Street at the Southern New Hampshire Services building in the Robinson House, 1st floor, Community Room. Meeting time has also changed to 7:30pm - 9:00pm.

## **WSC NEWS**

- The Conference Agenda Report has been released and has been shipped to all Conference Participants and Regional Service Committees. It is also available for sale through the WSO for \$5.00 each including shipping at: NA World Services, PO Box 9999, Van Nuys, CA 91409

It is also available for viewing or free download at:

<http://www.na.org/WSC2006/car-toc.htm>

- NAWS News released this week as well. This can be viewed or downloaded at:  
<http://www.na.org/reports/nawsnews/nawsmain.htm>
- **Iran Service Office - NAWS** opened its fourth office in Iran in June 2005. There are more than 30,000 NA members in this country. The other branch offices are in Canada and Belgium
- The Conference Approval Track will be released on January 23, 2006 and for the first time will be available online. The CAT contains service materials, budget information and project plans.

## **World Convention Dates**

- WCNA 32 – 2007 in San Antonio, Texas
- WCNA 33 – 2009 in Barcelona, Spain
- WCNA 34 – 2011 in San Diego, CA

## **Important dates on the Basic Text update project:**

- 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:**

- 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

A revised NAWS Bulletin #32 has just been released called USA banking, EIN and tax liability information. It has mailed out with the NAWS News or can be found here:

<http://www.na.org/bulletins/bulletins-main.htm>

Check it out!





## **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

Topic for the Saturday Sharing Sessions is the Conference Agenda Report with NAWS participation

### 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

Click here for NNER Flyer:

[http://www.gsana.org/download/NEZF0606Flyer\\_web.pdf](http://www.gsana.org/download/NEZF0606Flyer_web.pdf)

January 19, 20, 21 2007

Potentially in the Northern New Jersey Region

## **MULTI-AREA, MULTI-REGION H&I / PI LEARNING DAY**

The GSA H&I Committee is in the process of coordinating an H&I/PI Learning Day. The NEMA Area, the Maine Area, the Central Mass Area, South Shore Area, Cape Cod & the Islands, as well as trusted servants from Vermont, Western Mass, and possibly the New York Area have been contacted, and most, if not all, have expressed interest in attending and participating in this Learning Day.

The date and location are yet to be finalized, but it *may* be in February, March or April. More will be revealed! Please check the GSANA website for more information.

If you would like to subscribe to the NNE News, it's FREE! Send your request to: [nnenewsletter@yahoo.com](mailto:nnenewsletter@yahoo.com)

## **RSC NEWS**

- MRLE is here! December 2, 3, 4. Recovery meeting Friday night, Conference Agenda Workshop all day Saturday with a recovery meeting Saturday night and clean-time countdown Saturday night, recovery meeting Sunday morning. At the CAR Workshop on Saturday there will be one World Board member and one WSO staff member facilitating the workshop as well as Regional Delegates from many of the regions in the Northeast. All we need now is the local fellowship to attend. Come up for the day if you can!!! We have ordered a bunch of Conference Agenda Reports and will have a small amount for sale at the event.
- No quorum at November RSC, there were nominations for Chairperson and RD-A but could not have an election
- We had a Review and Input Session for the Public Relations Handbook and our feedback has been submitted.
- When planning your Area or even group CAR workshops this winter, be sure to invite members from the Region to attend, and if at all possible we will be there.

### ***THE PAYBACK IS...***

As recovering addicts, we learn to live life on its own terms. The recovery and freedom we enjoy are the results of what's been freely given. We accept the responsibility of sharing this as part of the life we have chosen and ingratitude for the gifts we have been given.

We carry the message of our recovery to the addict who still suffers and offer hope for a better way of life. We practice the basic spiritual principles we have learned in all areas of our life to deal with our fellow human beings positively.



## **NEW MEETINGS**

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

**GRANITE STATE**, Thursday, Berlin NH, 7:00-8:30pm, Format Varies. Location is at the Tri County Cap, 361 School Street.

**GRANITE STATE**, Friday, Littleton NH, "*Littleton Just for Today Group*". It meets starting October 7th at the First Congregational Church, 189 Main Street, Littleton, from 7:00 – 8:30pm. It is Handicapped Accessible and JFT format.

**GRANITE STATE**, Saturday, Plaistow, NH, "*Recovery Road Group*" has re-joined the GSANA. It is a JFT Topic/Discussion meeting on Saturdays 6:30 - 8:00 p.m. at the First Baptist Church on Main Street. It is an open meeting.

**GRANITE STATE**, Saturday, Derry, NH, "*On Center*" meets 11:00am-12:30pm at the Friendship Center, 45 East Broadway in Derry. Speaker/Discussion format.

## **UNITY**

1) *The state of being one.* 2) *Accord (agreement) as to feelings, aims, etc.* There's a lot of talk around the Fellowship today about a thing called Unity. It seems to me that most of it is just that... talk... lip service. Let's look at this closely. Are we in accord? Do we agree with each other?

What is the simplest, most basic factor in Unity? Well, obviously, we can't know whether or not we are in accord unless we know what we feel, what our aims are. Therefore, very simply, for there to be Unity, there must be communication. The exchange of thoughts and messages within N.A. makes Unity possible. To me, the spiritual principle of Unity is being as one. We are as one in purpose. Our groups carry the lifesaving message of recovery from

addiction to the addict who still suffers. We need not agree as to methods, but we can learn from each other. How much we are as one, how much we agree with aims and feelings depend on how well we communicate. I don't know the best way to live. Much of what I know about life and recovery I learned from meetings. You shared how you did it and I learned how I could do it. We communicated. The meeting is the best vehicle for personal communication. Between meetings I learned how to use the phone. It worked. We communicated. We learned and grew. The same thing happened to our group. We floundered in isolation, then we began meeting together with other groups in an ASC. We communicated, learned and grew. Groups may stay in regular communication through ASCs and participating in each other's meeting. Areas find this regular participation and communication more difficult. RSCs help. Sharing ASC minutes help. Somehow the feelings and aims seem to get lost in the policies and the procedures. Regions find communication and participation even more difficult; we meet once a year. Our Unity is compromised by our lack of communication. What is the answer? How can we inform each other of our aims and our feelings? What can we do as a Fellowship to become as one?

Many Areas and Regions have made a step towards Unity. They have begun to communicate among themselves and with mothers. They have started newsletters, which express their feelings and their aims. They are not only talking about Unity, they are doing something to make that Unity possible. N.A. Unity is a dream today. We can make it a reality. We can build the communications network that will allow N.A. Groups and Members to know what's going on around the Fellowship. We can do this now if we're willing. I don't think that ignorance is bliss. It seems to me that we've kept each other in the dark long enough. Let's build the communication system that can give us some real Unity.

*Printed with Permission from the NA Way*



# Fun Page

## The Third Step Puzzle

N	M	Y	L	T	O	E	W	M	T	A	K	U	I	D	O	W
I	F	E	E	C	O	V	E	R	Y	R	E	M	E	I	Y	W
A	N	L	I	V	E	M	.	G	D	M	I	L	L	S	H	O


Unscramble the tiles to reveal a message.

### Something Different

Try to fill in the missing numbers.

				<b>31</b>
5	5			<b>21</b>
0				<b>19</b>
	8			<b>12</b>
		2	6	<b>15</b>
<b>13</b>	<b>15</b>	<b>16</b>	<b>23</b>	<b>14</b>

integers between 0 and 9.

The numbers in each row add up to totals to the right.

The numbers in each column add up to the totals along the bottom.

The diagonal lines also add up the totals to the right.

14	23	16	15	13
15	6	2	0	7
12	2	1	8	1
19	8	9	2	0
21	7	4	5	5
<b>31</b>				

*the solution*



## Northern New England Region of NA—December

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
			1	2	3 <b>Maine ASC</b> 12 noon, Church of the Holy Spirit, 1047 Congress St., Portland, ME	4 <b>Granite State ASC</b> 1:45pm, Manchester VA Medical Center 718 Smyth Road Manchester, NH <b>Seacoast ASC</b> 12 noon - 4pm, Wentworth-Douglas Hospital, Salmon Falls Room, 789 Central Ave., Dover, NH
<b>Multi-Regional Learning Event IX</b> 2 <sup>nd</sup> - 4 <sup>th</sup> at Notre Dame Spiritual Center in Alfred, ME. No Children permitted (except for nursing infants). No animals permitted (except seeing-eye dogs).						
5	6	7	8	9	10	11
12	13	14	15 <b>"Learning to Live" Group's 12 Year Anniversary</b> 6pm (Potluck, Meeting), Chichester Historical Society Building, 2nd Floor, 53 Main Street, Chichester, NH.	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31 <b>New Year's Eve Dance</b> 12pm – 1am, Manchester Lions Club, Readfield Rd, Manchester, ME. Meetings, Games, Potluck Dinner, & Dance. <b>New Year's Celebration</b> 5pm - 12:45am, Bethany Chapel, 54 Newbury Rd, Manchester, NH. Potluck, Cleantime Countdown, Meeting, Dance.	

## Northern New England Region of NA—January 2006

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28 <b>Maine ASC</b> 12 noon, place TBA <a href="http://www.namaine.org">www.namaine.org</a>	29
30	31					

**To submit an event for the Calendar, email the information along with the name of your Area to [nnnewsletter@yahoo.com](mailto:nnnewsletter@yahoo.com)**