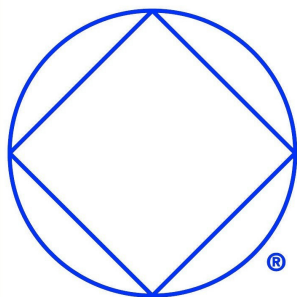


Northern New England News



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December 2008

nnewsletter@yahoo.com

Issue 30

RSC News

The next RSC is scheduled for January 10, 2009 in the Granite State Area. Subcommittees will meet at 10 AM and the RSC begins at 12 Noon. Location to be confirmed soon. Check here for more info: <http://gsana.org/events.html> or <http://namaine.org/serviceSchedule.html>

- ✓ This is the new Regional Service Committee hosting schedule that was agreed to at the November 2008 RSC
 - January—GSA Region pays rent
 - March—Maine Region pays rent
 - May—Seacoast Seacoast pays rent
 - July—GSA GSA pays rent
 - Sept.—Maine Maine pays rent
 - Nov.—Seacoast Region pays
- ✓ Dates of next few RSC meetings are: March 14, 2009 (Maine Area), May 9, 2009 (Seacoast Area) and July 11, 2009 (GSA)
- ✓ RSC opportunities include: Vice Chair, Treasurer, and MRLE Chair. .
- ✓ A motion was submitted to appropriate up to \$30.00 for voluntarily funded trusted servants of the NEZF attend the January meeting in Connecticut.

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

Inside This Issue

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- NA World News ...pg. 3*
- Area News ...pg. 4*
- Regional Fun Page...Pg. 7*
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The Road Less Traveled

*Can anyone remember why
We payed so much to get so high.
Can anyone remember how
We got from there to here somehow.*

*Well I remember I felt so bad
For losing all, what once I had.
My self respect, my love, my friend
Until my life had almost end.*

*When I came in I thought I knew
All that there was bout me and you.
Since then I've learned an open mind
Is what I'll need if I'm to find*

*A loving power who'll guide my way
To share the load of come what may
The choice is mine, I must be still
If I'm to give my life and will.*

*When I pretend to understand
Is when my vice is well at hand.
There comes a time to just let go
Not what I reap but what I sow.*

*The seeds I plant, they must take hold.
These thoughts I've thought must be told.
To warn the others who're on their way
That all that matters is **JUST FOR TODAY***

*So if you think, I know you must
A God above we all can trust.
Then take the time to just reach out
And help all those who are in doubt.*

*Thanx 4 my clean time.
Rob L RD Ontario*



✉ 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:

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

→February Issue Deadline: Jan. 15th←

NA



World Services News

Here are a few things to check out from NA World Services:

- ✓ A link to the 2008 NA World Services Product Catalog:
http://www.na.org/pdf/catalogs/Prod_Cat_2008.pdf
- ✓ A link to the latest NA World Services News magazine (NAWS News)
http://www.na.org/pdf/nawsnews/en/NAWS_News_Sept08.pdf
- ✓ A link to the online version of the 6th Edition Basic Text
http://www.na.org/pdf/litfiles/us_english/Books/BT6E_Webposting.pdf
- ✓ A link to the mini site of the Living Clean Project (proposed book length piece) including the Living Clean Survey. Our input is needed!
<http://www.na.org/conference/LC/index.htm>
- ✓ A link to the latest edition of the NA Way Magazine
http://www.na.org/pdf/naway/en/NAWay_October_2008.pdf

North East Zonal Forum

Next NEZF meetings

- ✓ **January 23-25, 2009** hosted by Connecticut Region
Courtyard by Marriott Cromwell
4 Sebethe Drive
Cromwell, CT 06416
\$99/night

The topic for the January 2009 NEZF will be the Area Planning Tool adapted for the Zonal Forum. We will be using the Zonal Planning

Tool, not just discussing it.

There will also be much discussion about the delayed funding from regions for the upcoming Zonal Forum website.

- ✓ **June 26-28, 2009** hosted by Eastern New York region (with Zone Wide Workshop)
- ✓ **January 29, 30, 31 2010** hosted by Greater New York Region

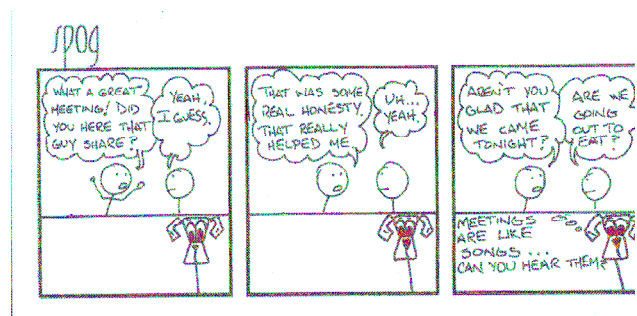
Hi guys,

At WSC 2008 we voted on starting the process of writing a book about life in recovery beyond working the steps.

Recently the work group posted a questionnaire to anyone who wished to fill it out about life in recovery. It is a simple interactive site and has the option of letting you save it and come back to it if you do not want to finish it all at once. It is only about 5 questions long.

If you have not already gotten word of this project, here is the link. I am hopeful that you will post this link along with a little blurb describing what it is about. Everyone can participate.

ILS
Jamie



courtesy of the Beacon

Meeting Times for Maine Area Service Committee of NA

Dec 13, 2008 Jan 31, 2009 Feb 21, 2009
 Mar 28, 2009 Apr 25, 2009 May 30,
 2009
 Jun 20, 2009 Jul 18, 2009 Aug 29, 2009
 Sep 26, 2009 (location to be
 announced)
 Oct 31, 2009 Dec 19, 2009 ***We will begin with
 Sub-committees promptly at 10:30AM.**

Hello Everyone,

There has been another challenge to find a place to hold ASC and keep a similar central location for all GSRs. Midcoast Hospital in Brunswick has given us the use of a decent conference Room and we will begin meeting there on the 13th of December. Please print off the Word attachment which contains directions and times for our meetings.

Please forward to let others know of the schedule changes, and announce at local meetings please.

With Gratitude,
 Brad P

The Cost Of Freedom

If what we really want is freedom from active addiction, it has become apparent that there is price to pay. This is just a short view of

it, but the list is really quite long. I first realized in my efforts to stay clean that I had to do many things, things that other people did not have to do. I had to go to meetings every day, I had to read, write and ask for help. These things just did not happen it took letting go of control, some humility and of course some footwork. Then

came service work, and that took more of the above, and some other things like selflessness, goodwill, and patience. I came to see that all of this valuable time,

which I thought I was using way to much of, was in actuality creating more time to do those things [all be it bit by bit] that I was unable to find the time to do before when I was using. A look back and I can see that in order to get I must give. In order to further my recovery, I must give of myself to my recovery. I then move into that whole I want more than I can handle and being who I am I go a little overboard, and the return on my investment starts to dwindle and I become quickly disillusioned, judgmental and eventually hopeless. So the search for balance begins, looking for the right combination of investment of time and effort, in order to receive the biggest return of freedom. I can say that the search is an ongoing effort because by nature the definition of freedom continues to change. Freedom from active addiction, freedom from negative patterns of thought, freedom from destructive behaviors, and freedom from self imposed prisons of guilt, remorse and self-acceptance.

There is a cost for this freedom and freedom itself is something that is as personal as surrender is. If we want physical, emotional, or spiritual freedom are we truly willing to pay the cost? Take the cost of being honest for example. As we grow up in recovery we find out - again - that honesty takes practice and comes at the cost of acceptance mostly of ourselves but looks like acceptance of others. What if we lose them from our lives, or their good thoughts about us



disappear because of being too honest? What about our good NA reputation when we share honestly about thoughts about how things are being done in and around NA, not to mention how people are doing?

How willing are we to be honest, with ourselves, and with others? This cost can be high for some and not for others, as is with most of our recovery.

How about open mindedness? Are we really willing to pay the price that even though we might have been around awhile, lived thru some things, that we do not know, that somehow we missed it, even though we have been thru hell trying to figure it out? Is the cost to our ego and pride worth it? The chance that we might be wrong –again- is a daunting one that we do not like to think of. When we look deeply at the things we need to do, the cost, then we begin to see why people with a lot of clean time still do those basic things. It is to help develop the willingness to pay the cost of recovery, on a daily basis. To continue to pay into something which has returns that we may or may have never dreamed of, but of which, we have faith is better than we can get on our own.

Each spiritual principle has a cost, some small, some large, but each does. The willingness to pay, to do, is the how we achieve our freedom. Yes all these things come at a cost; whether we chose to pay it is up to each one of us and how much freedom we want becomes something of that is not talked about. It is not talked about in the meetings a lot, if ever. but the question is how much freedom do we really want? If we say that we want freedom we must be clear on what we want freedom from, or freedom for. This is perhaps the greatest thing that any person can choose to contemplate at any point in life. It is because of this that I have come to believe that the fear is not really the cost -- but the actual freedom itself.

TIM B.

Loving Myself Spiritually!!

So to start off I don't want to make out I'm this spiritual guru or holier than thou per say.... But I wanted to write about something that means

a great deal to me and this is part of my path in life. I came into this program with a serious anger issue and resentment ready to fly off the handle.

Willing to do things every thing but say the word god or become more spiritual I was already spiritual!! Yeah!! I was a mess didn't know my head from my ass and wanted everything my way including taking control of what you were doing!

So, anyhow I started to realize a lot of the things I was doing and the ways I was acting wasn't who I really wanted to be anymore. So I had to start doing something different. I finally got back into meditating little by little and getting more comfortable with myself to sit still longer and BREATHE! I emphasize this! Getting to know the true me. And with doing this I pay more attention to self and lessen ulterior motives in my life and build a strong conscious awareness in my soul. Caring for others enables me to love, have true relationships, not heckle others, spiritually grow and become a better human being. It seems a lot in meetings we try not to talk about spirituality people scare easy and no one wants to share there beliefs as if there's is different from yours they may be shunned or thought of as weird! Screw them!!

I'm grateful for spirituality and ill tell you about it; it plays the greatest part in how I stay clean and stay centered. Without spirituality and love I'd be a drowning soul again with nowhere to turn. Now I bring up the topic on spirituality without a sick stomach to the sound of the word and am so happy to be able to live life out of the box and into the solution.

One Love, Tanya H.

Perception Is Reality

I've heard it said that perception is reality, and I believe that to be true and a fact. I'm not going to get in Webster's or Roget's head but I will share my experience. An old adage states that if it walks like a duck and talks like a duck, then it must be a duck. I perceive it to be a duck, my brain registers it as a duck, so it becomes my truth and I share with a friend that I've seen and heard a duck. But is it fact? Not hardly. In all

actuality the creature could have been a teal or a loon, both of which are very “duck like.” If I’m a recovering addict, I better walk and talk like a recovering addict, or it could prove costly. That’s the truth and a fact. I just lost a friend who talked like a recovering addict but who unfortunately couldn’t walk like one and that cost her life. So how are you perceived today? Does it match the way you walk and talk? Truth is, my life depends on me walking and talking and most importantly, living like a recovering addict. And that’s a fact.

Matt B.

Service Work

I have service on the brain. If you happen to be in a meeting with me and it’s a slow night for topics, I’ll bring it up. And bitch or complain about whatever happens to be on my mind at that particular moment. The great thing about that and all meeting topics is that we gain insight and experience from everyone else at the meeting, suggestions. On a recent evening I bitched about the lack of commitment from members in this area and how our service structure is compiled of the same twenty to thirty addict’s year in and year out (even wrote an article about it last month). People shared and admitted their lack of commitment and interest in service. I felt good and proper for bringing up a topic so vital to recovery. Then the insight came. An addict with several hundred years clean mentioned that one of the reasons service is looked upon as a chore as opposed to a benefit of recovery is that we treat it that way. We beg for service commitments. “Oh, you got the willingness, you got the job”. “F” the clean time requirements and all those other great things that have come out of my mouth in an effort to get someone to carry some keys or make coffee. I don’t know how many times I’ve sat in meetings starring down a chair person in an effort to get them to stop someone who’s been sharing for 25 minutes. When said chair person has 27 days clean and really doesn’t know any better. We just needed someone with the willingness to chair the damn meeting. So there it is. This addict with a hundred years clean went on to say that he

could remember back to when he was new and couldn’t wait to get a year clean and become a GSR. How much he wanted to be involved and be a part of, but that he knew he had to get some recovery first, before he could attempt to fulfill a yearlong service commitment. The pink cloud is great. We all love when a newcomer shows that enthusiasm that I so sorely need in my life. Watching someone get 30, 60 and 90 day key tags is an awesome experience for everyone in the room. I swell with pride for NA when I see someone hold that key tag in their hand like they really accomplished something for the first time in a long time. The worlds a beautiful place, clean after years of loneliness, degradation and despair. Hope is a beautiful thing. Then the service junkie pounces. “You need to give some of that back. Give back what was so freely given” and all those other lines we use to get people involved. “Here’s the keys to this church, uh, keep coming back and uh, good luck trying to get rid of those”. Duck, duck, goose... Predecessors, experience, and Traditions, are probably there for a good reason. Perhaps the reason we have clean time requirements is because they are important. Maybe we shouldn’t wave them at the drop of a hat. Service work could be looked at as something I get to do as opposed to something I have to do now, because I’m clean. Most of the time I don’t know my ass from a hole in the ground, at ninety days clean, I would have done anything anyone told me, if I thought I could get away with it or that it might make me feel better. At times today I might still have that attitude but I also have a sponsor, HP and a solid support group I can call upon and that can call me on my shit. Clean time counts, and if you think it doesn’t, wake up some morning without any. If there is no one there with the clean time and the willingness to fill a position then maybe it should remain vacant. We all know that no member is less than or greater than any other member. We all know that we need to do our part. Experience says, the reason we did THIS was because of THAT. Keep it simple, pray, work the steps, go to meetings and be of love and service.

Gene H.

Fun Page

Why Are We Here?

WORD SCRAMBLE

E G C A N H

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S P R E O E S L W

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R E F E

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A S D I E E S

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Y M R E S I

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V E L I S

		█		
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So, why are we here?

█	█	█	█	█	█	█	█
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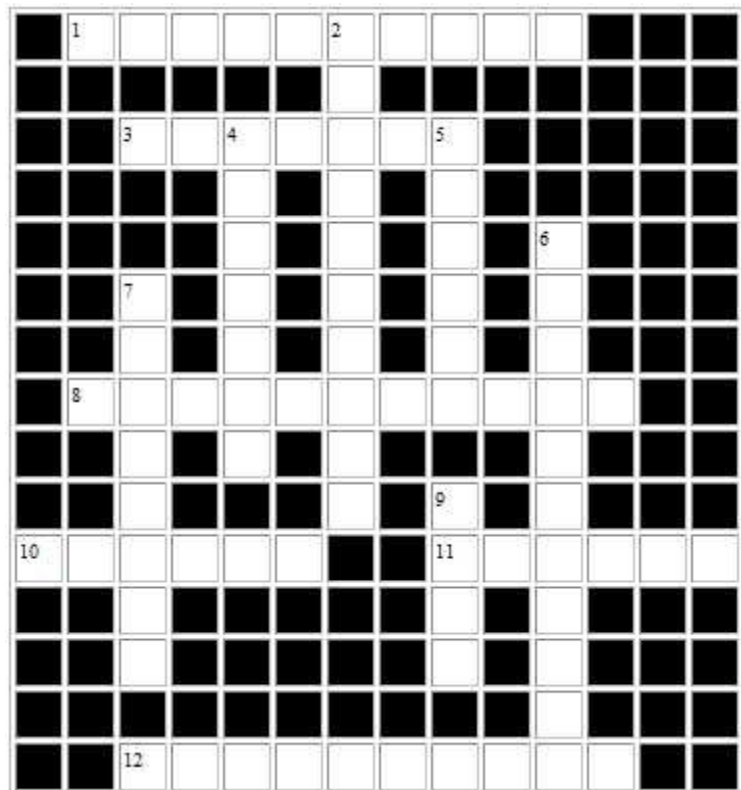
CROSSWORD

Across

- 1. Some sought a cure by ____ change.
- 3. We were ____ and did not know it.
- 8. ____ change was what we really needed.
- 10. Before coming to the Fellowship of N.A., we could not ____ our own lives.
- 11. Regardless of what we tried, we could not ____ from our disease.
- 12. The ultimate weapon for recovery is the ____ addict.

Down

- 2. ____ leads to recovery.
- 4. We find that we suffer from a ____, not a moral dilemma.
- 5. We tried limiting our usage to ____ amounts without success.
- 6. We had had enough of self-____.
- 7. Today, we experience a full range of ____.
- 9. When nothing relieved our paranoia and fear, we hit bottom and became ready to ask for ____.



Northern New England Region of NA—December 2008

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1	2	3	4	5	6	7
8	9	10	11	12 Live Clean or Die Group 24 th Anniversary Nashua, NH 6:30 PM	13 Maine ASC Open at 10:30, ASC starts at 12 noon, Mid Coast Hospital Conference Room Brunswick, ME	14 Granite State ASC 9am, Manchester VA Medical Center 718 Smyth Road Manchester, NH. Seacoast ASC noon - 4pm, Wentworth-Douglas Hospital, Salmon Falls Room, 789 Central Ave., Dover, NH.
15	16	17	18	19	20	21
22	23	24 Seacoast Area Holiday Narathon Potluck 6PM – 1AM, Dover, NH	25 Seacoast Area Holiday Narathon Potluck 3PM – 9 PM Dover, NH	26	27	28
29	30	31 Granite State Area New Year's Eve Event, 6:30 PM Manchester, NH	(December 25 th) Straight Ahead Group Holiday Narathon 12 noon – 7 PM Manchester, NH			

Northern New England Region of NA—January 2009

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
			1	2	3 Maine ASC Open at 10:30, ASC starts at 12 noon, Mid Coast Hospital Conference Room Brunswick, ME	4
5	6	7	8	9	10 NNE Regional Meeting 10:00 AM Sub Committees 12 Noon Meeting Location to be announced in Granite State Area	11 Granite State ASC 9am, Manchester VA Medical Center 718 Smyth Road Manchester, NH. Seacoast ASC noon - 4pm, Wentworth-Douglas Hospital, Salmon Falls Room, 789 Central Ave., Dover, NH.
12	13	14	15	16	17	18
19	20	21	22	23	26	27
28	29	30				

To submit an event for the Calendar, email the information along with the name of your Area to nnenewsletter@yahoo.com