



NORTHERN NEW ENGLAND NEWS

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

Granite State Area of NA
PO Box 5171
Manchester, NH 03108
603-645-4777
<http://www.gsana.org>

Seacoast Area of NA
PO Box 512
Greenland, NH 03840
603-645-4777

Southern Maine Area of NA
PO Box 53009
Portland, ME 04101
1-800-974-0062
www.namaine.org

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nnenewsletter@yahoo.com

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November RSC Meeting

The next RSC meeting will be held on November 13 at the Southern Maine Medical Center, One Medical Center Drive, Biddeford, ME, Rt. 111, Cafeteria Classroom 3. Go through the main entrance, take the elevator to the 2nd Floor, follow the signs to Cafeteria Classroom 3, it is across from the cafeteria

Take Exit 32 - Biddeford (formerly Exit 4) off the Maine Turnpike, I-95. At first light, turn left onto Alfred Street, Route 111. Follow 1/4 mile to SMMC on your right.

We have the hall from 10:00 AM until 5:00 PM November 13th. Set-up and any sub-committees start at 10:00 AM. The RSC will begin at 12:00 noon.

This is an exciting time to be at the RSC!

Please come and support our regional services!

- The RSC meeting is open to everyone!
- Find out details of a Regional Workshop! Yeah!!!
- MRLE IX Initial Planning (We Hope!)
- Newsletter news
- Open Positions include Vice Chair, Secretary, Treasurer, MRLE Chair

Hope to see you there!!

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

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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.

That night I went to a meeting. The topic for discussion was the second step. It was suggested by someone who had no idea that I planned to take my third step after the meeting. It was beautiful and I shared my feelings with people I didn't even know. It was no coincidence.

I feel it was my god's will for me to share my first and second steps with other people



before taking my third step. After the meeting I took my third step with a very good friend, the first person that I had learned to trust. It was a stormy night and there was a lot of thunder and lightening in the sky, but the rain held off until I had kneeled in the park at a beautiful big rock with a friend that I love very much and prayed. We prayed together and I got a warm comforting feeling, the same feeling that I used to get as a child when my mother held me and rocked me and told me that it would be O.K. That moment I knew that I was in my god's hands and that everything was O.K. this time. I was so happy walking in the rain not caring what I looked like anymore because nothing could top how I felt. It was like being a little girl again, a happy little girl walking in the rain with my god, and my friend, feeling this very special bond that would always be. That bond is there every day.

I live my first three steps every day. I have to because I need that daily renewal and I want it today. The first thing I do when I wake up in the morning is work my first three steps with my god. It's a beautiful way to start my new clean day, which is my greatest gift.

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Making Up

There is a time that comes to all who enter recovery when we make a conscious decision to turn our will and our lives over to the care of GOD. In other words we do something we were unaccustomed to doing on a regular basis, consciously trust in something greater than ourselves. We then leave the results of our life up to that power into which we have placed our trust. In the past my normal reaction to this would have been, you know, "I've got a problem with trust."

The first time I was ever on the rock, working off a top rope, when the time came for me to lean back and walk back down the face of the cliff up which I had just scrambled, these were my exact words. Yet when I let go and let GOD, set aside the person on belay at the bottom that

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(Making Up, Continued from page 2)

had my life in their hands, the feeling that followed walking safely down to the ground, perpendicular to the vertical cliff face, was exhilarating. Over the course of the next several years of my rock climbing period, that initial feeling never left me and with good reason. In the rock climbing community stories abound of mistakes that people made, sometimes ending in tragedy. Occasionally we learned of someone who had lost their life as a result of a hurried and irreversible decision.

So it is when it comes to making amends. We are first asked to make a list of all persons we had harmed and become willing to make amends to them all. Then we are asked to make direct amends to such people wherever possible, except when to do so would injure them or others. The first question that comes to my mind is how do I know I've harmed anyone? While we may not have harmed someone in a physical, mental, or spiritual manner, but if we, through some course of our own action, thought or deed harmed ourselves in the process, then we harmed someone. If harm is believed to have happened, the person(s) goes down on the list.

I'd like to stop for a moment and ask why this is important and what happens when we go through with this process? The steps are very clear because they tell us what happens when we finish each step completely, through to the end of all twelve steps. What happens to us is of a profound nature, we have a spiritual awakening. When we first get right with others (forgive others and ask for them to forgive us), then ask GOD of his will for us and for the power to carry it out, we have a spiritual awakening. The quality of our lives and our relationships increases immeasurably. How is it I can say this? Because the steps tell me this, and this is what has happened in my own life.

Unbeknownst to me a guardian angel follows me around. Every once in awhile it is revealed to me and reassures me everything is alright, I'm right where I'm supposed to be. How do I know this? Let me tell you what happened in

my life. Some years ago now, someone who I loved very much died, my mother. Immediately after she died, I was able to speak with the person who had sat and talked with my mother all during the process of her dying. During that time, my mother shared with this person how proud she was of me turning my life around and getting into recovery. I had never met this person before in my life until that very day, and my mother certainly did not know her either until she entered the hospital to die. But this lady shared with me those words of my mother, words that still resonate with me to this day, words I would only throw away should I choose anything other than recovery. How is it I chose to stay that day and hear those words spoken by this person after everyone else had left? I do know God loves me and through this person, my mother was able to confirm what she thought of me, what she could never do while she was alive.

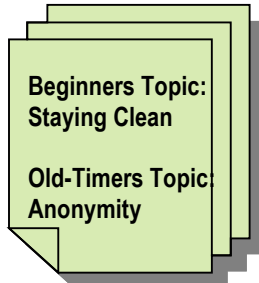
Where then is that moral dividing line and how is it decided when someone needs to have amends made to them? An excellent question and one that certainly should not be addressed until such time that the preceding seven steps have become a part of one's life in such a way that to directly make any amend would not injure them or someone else. The steps are for healing. We wish to heal the wounds that we have inflicted and have been inflicted upon us. It is important that we act slowly and not make hasty or irreversible decisions. By the time we get fully engaged with these eighth and ninth steps, we will want to be fully engaged with others, engaged to go forward to a fuller life and deeper relationship with GOD.

Member Southern Maine Area



Have you contacted
your sponsor today?

Suggested Future Topics



December Issue (deadline November 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.”

NNERSC NEWS

- September donation to NAWS from NNERSC is \$2226.89
- NNERSC total donation to NAWS in the last fiscal year was \$2687.03
- There will be a Regional Workshop in the Southern Maine Area tentatively held in December. Early discussions are leaning toward Traditions being the primary focus for part of the day.

- On the lookout for the following: **Vice Chair, Secretary, Treasurer, MRLE Chair**
- Dates of the next RSC meetings: November 13, 2004 SMA, January 8, 2005 SMA, March 12, 2005 SMA

Meeting Changes

GRANITE STATE AREA, Meeting Moved

The Tuesday Manchester Room Full of Miracles group has moved from the Grace Church on Lowell St. to Tirrel House, 15 Brook St, Manchester...same place as Saturday night mtg.

World Service News

(Here is some info from www.na.org. If you have not checked these out yet, please do)

Discussion Bulletin Boards

[Enter Fellowship Issue Discussion Topics Bulletin Board](#)

Discussion boards are for NA Members only.

Please stick to the topic—if you want to start a new thread under the topics, simply click on “New Topic” after entering either main discussion topic you would like to participate in.

Background Info & Resources:

- [2004 - 2006 Our Public Image Session Profile](#)
- [2004 - 2006 Infrastructure Session Profile](#)
- [What is the purpose of Fellowship Discussions?](#)
- [What are Ground Rules?](#)
- [What are Brainstorming Guidelines?](#)

[Enter WSC Participant Discussion Bulletin Board](#)

- [Info about the WSC Participant Discussion Board](#)

Important date coming up:

World Board Meeting - November 4-6, 2004

With no advertising, and in a little over 100 days the WSO have (*from NAWS NEWS*):

- Received over 500 orders, totaling about \$200,000 in online literature sales.
- Received online orders from Australia, Canada, Japan, Mexico, Norway, Peru, Portugal, United Kingdom and Uruguay.
- Shipped five online orders from the Canadian Distribution Center and four from the European Branch.
- Twenty-eight groups that usually mail, fax or phone in their orders are now placing them through the website.
- Over 600 new customers who have never ordered (or done so only infrequently) directly from us before, 20 of these new customers have already placed second and third online orders.
- Non-members using the site, we have online orders from treatment facilities, health centers, correctional facilities, libraries and hospitals

12 More Must Found in the Basic Text

1. We MUST separate what was done to us from what we did to others." pg. 37
2. "As with each step we MUST, be thorough." pg. 38
3. "We MUST remember the pain that they have known." pg. 40
4. "It is said that for meditation to be of value, the results MUST show in our daily lives." pg. 46
5. "We MUST give freely and gratefully that which has been freely and gratefully given to us." pg. 47
6. "Our disease involved much more than just using drugs, so our recovery MUST involve much more than simple abstinence." pg. 53
7. "We MUST give up this old concept and face the fact that reality and life go on, whether we choose to accept them or not." pg. 53
8. "When we are prepared, we MUST try out our newly found way of life.
9. "We learn the program won't work when we try to adapt it to our life. We MUST learn to adapt our life to the program." pg. 55
10. "Unity is a MUST in Narcotics Anonymous." pg. 60
11. "We MUST live and work together as a group to ensure that in a storm our ship does not sink and our members do not perish." pg. 60
12. "We MUST be constantly on guard that our decisions are truly an expression of God's will." pg. 61

North East Zonal Forum

News *(from September 11 RSC Minutes)*

Motions were passed at the last NNERSC meeting to allow the RD to make following proposals at the next NEZF:

"To allow the RD to make the following proposal at the NEZF:

Proposal: That the vote required to adopt a proposal at the NEZF be raised from 50% to 75%"

Intent: To move closer to having a consensus on the adoption of zonal proposals.

Passed 3 out of 3 possible votes

"To allow the RD to following proposal at the NEZF:

Proposal: That the NEZF change it's meetings from January and July to March and October"

Intent: To meet during seasons when the weather is friendlier to traveling.

Passed 3 out 3 possible votes

"To allow the RD to make the following proposal at the NEZF:

Proposal: That in the spring of a year that the WSC meets, the NEZF should decide to:

1. meet in January, or
2. meet at the WSC, or
3. meet in March, or
4. not meet at all”

Intent: To allow the members of the NEZF to decide the best time to meet before a WSC

Passed 3 out 3 possible votes

NA Fun Page

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

PATIENCE
 PERSEVERANCE
 POWERLESSNESS
 PRAYER
 PRIORITIES
 PROGRAM
 PROGRESS

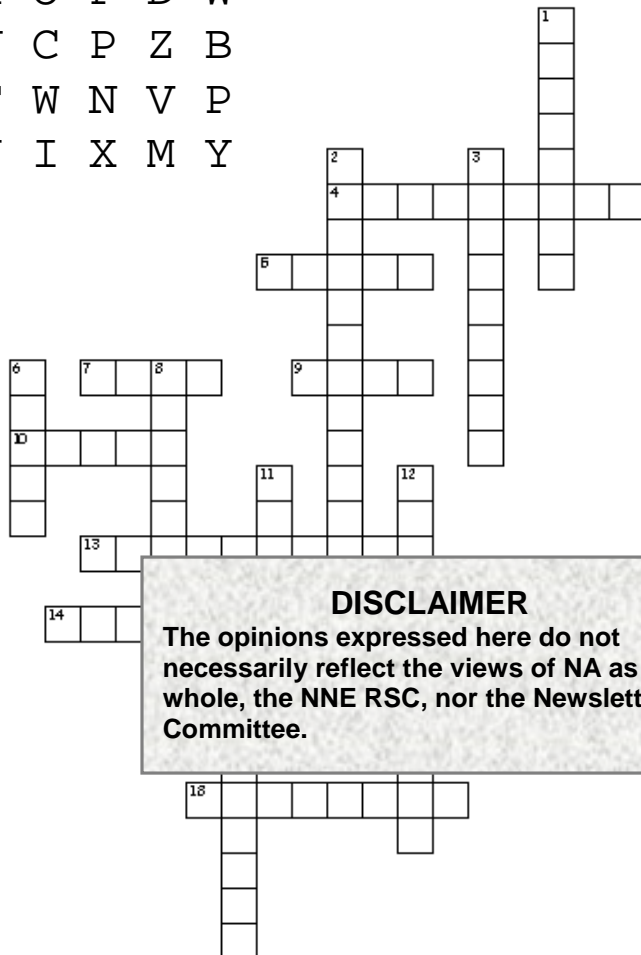
Feelings

Across

4. Alienation, exclude
5. Harmony, quiet, serenity
7. Belief, desire, expectation
9. Adoration, devotion
10. Shame
13. Secluded
14. Loss
15. Belief, certainty, confidence, conviction
17. Endurance, open-minded, patience
18. Modest

Down

1. Peace, repose
2. Let-down



DISCLAIMER
 The opinions expressed here do not necessarily reflect the views of NA as a whole, the NNE RSC, nor the Newsletter Committee.

3. Delight, exultation, gladness
6. Upset, mad
8. Constancy, endurance, perseverance
11. Agony, distress
12. Annoyance, bitterness, grudge
16. Strength

October 2004

Northern New England Region of NA – Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Granite State Area "Climb for Recovery" 10 AM Meet at the base of Mt. Monadnock Rain Date: October 9 th
Meetings that have Closed—Granite State Area Hot Topics (Friday-Laconia) 8:00 pm American Legion One Promise (Thurs & Sat -North Conway)						
Granite State ASC to be 3 Held at VA Hospital Manchester, NH 1:45 PM Seacoast ASC Wentworth Douglas Hosp. Dover, NH 12 Noon	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30 Southern Maine ASC Church of the Holy Spirit Portland, ME 12 Noon Granite State Area "Hollywood Themed Dance" 4:00 PM Films made by You; 5:30 PM-Dinner; 6:45 PM Speaker Meeting; Dance at 8 PM at the Grace Episcopal Church in Manchester, NH

November 2004

Northern New England Region of NA – Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
Granite State ASC 7 VA Hospital Manchester, NH 1:45 PM Seacoast ASC Wentworth Douglas Hosp. Dover, NH 12:00 Noon	8	9	10	11	12	NNE RSC 13 Southern Maine Medical Center, One Medical Center Drive, Biddeford, ME 10 AM Sub-Committees 12 Noon RSC Mtg.
14	15	16	17	18	19	20
21	22	23	24	25	26	Southern Maine ASC 27 10:30 Sub Comm. 12 Noon ASC Portland, ME
28	29	30				