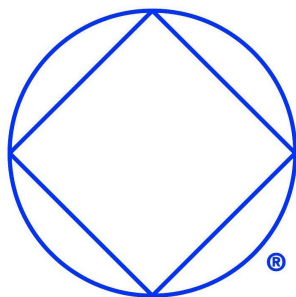


Northern New England News



Granite State Area of NA
PO Box 5171
Manchester, NH 03108
1-888-624-3578
<http://www.gsana.org>

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

Maine Area of NA
PO Box 5309
Portland, ME 04101
1-800-974-0062
<http://www.namaine.org>

Seacoast Area of NA
PO Box 512
Greenland, NH 03840
1-888-624-3578
<http://www.gsana.org>

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nnenewsletter@yahoo.com

Issue 29

NNERSC News

Next RSC meeting is November 8, 2008 at the Mercy Hospital, 144 State Street, Portland, ME in the Administrative Conference Room (ACR), Level B-1

Dates of next few RSC meetings are: January 10, 2009 (Maine Area) March 14, 2009 (Maine Area), and May 9, 2009 (Seacoast Area)

We recently elected a Chairperson, Secretary, Regional Delegate and Regional Delegate Alternate and re-elected our Newsletter Chair. Still open are 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. Voting will take at the November RSC

Our next open forum topic we will be discussing the possibility of changing the RSC meeting rotation schedule to having a meeting in each Area twice per year, replacing our current schedule of it being in the Maine Area 4 times a year and once each in the Granite State and Seacoast Areas

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

Service & Sharing

As a trusted servant I have served the fellowship of narcotics anonymous in one service position or another for almost 26 years. I learned service the old fashion way, when you take a commitment you see it through to the end of that commitment.

I have assisted new areas to start in three states, and one region to begin its growth. I was an original member of a men's group who saw as their major service goal the need to provide a place for families to celebrate the family's freedom from active addiction. I take hope from the fact that two of the three areas, the region, and the men's group outing are still going today. This proves to me that my faith in my HP is guiding me in the right direction.

I went to the last World Service Conference (WSC) as the Northern New

England Region's (NNER) RD-A (regional delegate-alternate), and I left there convinced that I would return in two years as the RD(regional delegate). When I got home I started to think about what it meant to attend the WSC and my place in that structure. I talked to my sponsor a lot about commitment to service. One thing we have talked about a lot is letting someone else have the chance to learn what I already had experienced. I do that by getting out of the way. I made the decision not to take on the commitment to be the RD.

A new delegate goes to their first service meeting (be it area, region, or world) with a sense of wonder and maybe more than a little awe at what is happening around them. As it states in our traditions "it is usually not until we become involved in service do we begin to understand the traditions". This is a learning part of their journey in recovery. I had been to the WSC 4 times, twice as an RD-A and twice as an RD. I had already learned what I needed to learn from that part of the experience.

I needed to move on to become part of the process. In days gone by a past RD would have joined a world service committee such as H&I or PI and learned more about the work of world services through that involvement. That option is no longer available. I did volunteer to part of the World Pool and have already been interviewed. I hope to be able to serve on a work group soon.

The door to service is open for anyone to learn more about themselves and *practice the principles of recovery in all their affairs*. All you need to do is attend a regional meeting. Ask questions and join in the decision making process. Learn about the Concepts and USE them in your life. DO NOT be put off by "old timers" who you think know more about it and can make "better" decisions; they will probably be the first to tell you that they are also learning. What worked years ago may not work today, speak up and get involved. It is your recovery that will benefit from it.

ILS Jamie E

North East Zonal Forum

Next NEZF meetings

- ✓ **January 23-25, 2009** hosted by Connecticut Region
Courtyard by Marriott Cromwell
4 Sebeth 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.

- ✓ **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

NA World Services News

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

The 6th Edition is available now. It cost \$11.00 and is slightly larger to distinguish it from previous editions. Here is the June 2008 Product Catalog http://www.na.org/pdf/catalogs/Prod_Cat_2008.pdf

For information on the NA discussion boards **Fellowship Issue Discussions** - This is the area designed for the discussion of the three topics for the 2008 - 2010 Conference Cycle: Building Communication, Our Freedom, Our Responsibility, and Leadership <http://naws.org/FS-disc/index.php>

Click here to go to the Area and Regional Service discussion board: <http://disc.na.org/servdisc/>

Click here for the WSC Participants discussion forum <http://www.naws.org/wsc-forum/>

Here is the Issue Discussion Topic Page, where the background information, Session Profiles, etc. There are great resources here for conducting workshops on the topics, etc. <http://www.na.org/IDT/IDT.htm>

Here is the link for NA Literature that is online from NAWS, including the Basic Text, It Works: How & Why, Group Readings, Booklets, IP's etc. <http://www.na.org/ips/eng/index.htm>

Here is the PDF file for Translation Basics: NAWS Information for local translation committees http://www.na.org/pdf/TBasics_complete_2008.pdf

The files in this section are from a special CD NAWS created for the fiftieth anniversary of Narcotics Anonymous <http://www.na.org/na-50/index.htm>

Here is the flyer for the World Wide Workshop next February in Oakland, CA http://www.na.org/pdf/www/Oakland_www_flyer.pdf

→December Issue Deadline: November 15th←

Please send your contributions along with your release form to the nnewsletter@yahoo.com, or to NNERSC, P.O. Box 1274, Saco, ME 04072. Please try to limit your sharing to half a page, single-spaced. Thanks in advance for your participation.

A poem for all those who need it, and more importantly those who think they don't

A poem to remember is not hard to write
If the subject's recovery and it's quite late at
night
My partner is sleeping and she so needs her
rest
And when this poem is done I'll have give it my
best

They say that service is well worth the task
Unless ego and grandeur are where you will
bask
Who makes the coffee and who goes to Spain
Does it really matter if one won't remain

Remain in good contact with support from the
gang
Those from the home group where it is fun to
hang
They know how to party no drink till you drop
Or waiting all night just hoping to cop

No they will throw dances, conventions and
more
Just go ask around they sure know the score
They have picnics and unity days to mention a
few
If you don't believe me just wait I'm not through

They help everybody no matter the race
Creed or religion it's that kind of place

Anonymity is said to echo from the rooms
Spiritual principles follow from Step Work that
looms

A sponsor to guide, a power to seek
Soon someone will be asked if they'd like to
speak
Not me, not in public, first I balk then I glee
Cause experience strength and hope are
setting me free

I'll end this here poem with the love it deserves
And I'll try to avoid those 'cliche'ing curves
One promise is freedom and a message of
hope
That just for today we'll live life without dope

Thanx 4 my clean time Rob L RD From Ontario

Anonymity

I am so annoyed right now. I woke early with pain
in my ovary and couldn't fall back asleep. My mind
was racing and I
decided to head to Starbuck's to do some writing.
When I left I locked the door...!! Karen's car was
blocking mine in.

So...I came to a McDonalds which doesn't have
wireless internet and got a cup of coffee. I'm now
listening to a "gang" bunch
disrespecting women, children, and all races. It is
sickening that this is in our society. rage, get a
program.

Well, unfortunately the only way to do that in an
anonymous program is to lead by example and hope
that someone asks us how

we did it. When I first got clean I was so happy I
disclosed friends I had seen in the rooms. I knew it
was anonymous but I didn't
really understand how crucial that was to a lot of
people. I quickly learned. I broke the anonymity of
a dear friend that presented
me with my first 24 hour medallion. It was to
someone that cared and that was truly happy he was
doing well as he had a problem
with addiction. Anonymity today is quite valuable.
Because, the only person that needs to know where
I am is me.

Today with 90 days clean I am sitting at
McDonald's wishing I wasn't in pain and in my
own space. I do not feel safe as they are
discussing awful things. If they found this I'd be
dead. Should I get up and call the police? Get
myself jacked on my way home?
!!!! Well, hopefully if you're reading this my higher
power is indeed good to me. I take credit for some
of it. I am a
pretty smart addict. Anonymous
Courtesy of The Beacon

ONLINE MEETING LINKS

http://www.gsana.org/download/GSANA_Meeting_List.pdf

<http://namaine.org/docs/mtglist.pdf>

Confusion? Or do I need the Basics once more? Is there Hope?

Feel alone? Hurting? Feeling lost? Lost
someone close in my life? Life-on-life's terms
just sucks right now? Welcome to the world of
recovery! WOW! And suddenly I realized or
remembered that my next fix, pill or drink no
longer works in living life-on-life's terms.

So now I have to deal with life in all of it's
misery, pain, and confusion??? Bleep This! Or
I've been in recovery for awhile, and have no
idea just how I got back to feeling like I'm in the
same living hell I knew too well from my past,
but now I'm just living with the same pain
without the burden of active addiction on my
back!

Maybe I need to learn (or re-learn) that if I can
go ONE DAY without said fix, pill or drink,
maybe there IS hope? Can I see that the day I
had, not waking up sick, and not HAVING to
HAVE my drug-of-choice in me, waking up
somewhat healthy, is FAR better than the hell
I've once lived, and is a FAR better option than
life-as-I-know-life in active addiction?

And what about those curveballs life throws,
even if I've been living in my recovery for a

long while? Are those curveballs EVER going to cease? Can I stop the struggle and confusion of having to deal with life-on-life's terms? Absolutely! So now what?

Maybe I'm just starting out, or starting all over in this process. Or maybe I've been living recovery for a while. Once again the answer is as simple as I can learn in a meeting: the Fellowship of Recovery. If I'm starting out in recovery, and don't know my ass from a hole in the ground, there are legions among me who have been there, done far worse, and lived to tell their stories. Even I've been around for a while, and THOUGHT I knew recovery; there's always someone who knows more than I do.

And then there's one more point I need to make: God as I understand Him working in my life, alone or through others! It's not the problem I need to focus on; it's the solution I need to learn to live in! It's not what I WANT to see happening in my life, but my openness to FEEL the hope that there is a solution! It's not what I FEEL going on inside me sometimes, but it's my willingness to have the faith that the same God of my understanding will not only help me get away from my active addiction is also the same God I need to trust in helping me deal with the pains of living through life-on-life's terms.

Confusion, pain and sadness are all part of my life at times. However, if I don't pick up and live active addiction again, I know from past experience, and the experience of thousands of others among me that my life will improve. And it's not always going to be pain! So long as I learn to live the life that my personal God has in store for me, opposed to living my own will, I can live a life of happiness!

- Am I willing to live with some confusion in my life, and learn or return to the Basics of my program of recovery to find hope and serenity in my life?

Joe A. – grateful recovering addict in central Pennsylvania

In this next section one of the committee members interviews an old-timer and/or a newcomer. If you know someone you would like the committee to consider for an interview, please contact us.

Interviews by Jude H.

I spent most of the past two months out of Washington.

One was a trip to a Montana reservation for ceremonies. As it is all over the world addition is a large problem on the reservation, however there is strong recovery there also. I was able to talk to two recovering addicts while there. Elias T.

Elias' father was an elder who was one of my teachers and preformed many healing sweat lodges for me and others. Elias' is 22 years old, very close to my heart, and has been struggling with addition. It was good to see him at the Dance.

Where are you from?

North Battleford, Saskatchewan, Canada.

What is your clean date?

7-13-04

How long have you been trying to get clean?

Long time. This time I had my last drink May 5th, but I

smoked some pot the Tuesday before getting here.

Why did you pick up?

Peer pressure, my conscience, I have feelings that are hard

for me to deal with. Feelings about my family.

Having to

live up to an image.

What is driving you to stay clean?

My family, it would be hard for them if something happened

to me. My father, when he was alive he would try to talk to me but it would go in one ear and out the other. I'm

trying to pay attention now. Also my culture [Cree]. I almost

lost my culture and I don't want that to happen. I notice

when I go to ceremonies and I'm not clean the elders

know. It makes me feel not clean in more ways than one.

What is the hardest time you have had in recovery?
Relapsing, going on a real bad drug run 5 days straight.

What has been the greatest time, most touching or greatest spiritual awakening you have had?

The day we are all at the sweat lodge before. I felt like I was being cleansed.

Yeah that was very powerful. What are you going to do to stay clean.

I made a commitment to go to more Sundances, and to

hang out more with my family especially my Mom. And

keep going to meetings, I especially want to find more

NA meetings. We don't have that many but I am going

to find them.

Since you are into computers you can go on-line to find them.

Yeah I am also going to look for this newsletter.

What would you like to say to fellow newcomers, especially

those who are young?

You have a better life with out that stuff. You will live

longer and better, you'll see things more clearly. It will

get easier saying no to your peers with time.

What would you like to say to the old-timer?

Keep up what you're doing.

What would you like to say to the addict still in active

addiction?

There are people who love the addict and it would be a

great loss if you were to die. If I can do it anybody can.

Thank you Elias, keep coming back and see you next

year.

Courtesy of Seattle NA Newsletter

Adventures of Addict Girl



Courtesy of the Beacon

ANNIVERSARIES

We would like to start a new part of the newsletter.

Which is to announce upcoming Addict and Group anniversaries. The format will be:

First Name, Last Initial, or Group Name, Area, & Amount of clean time. Other info if you choose, also.

If you know someone or group that is celebrating let us know. We would like us all to be part of the celebration and also to let the newcomers know that we do stay clean in Narcotics Anonymous

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

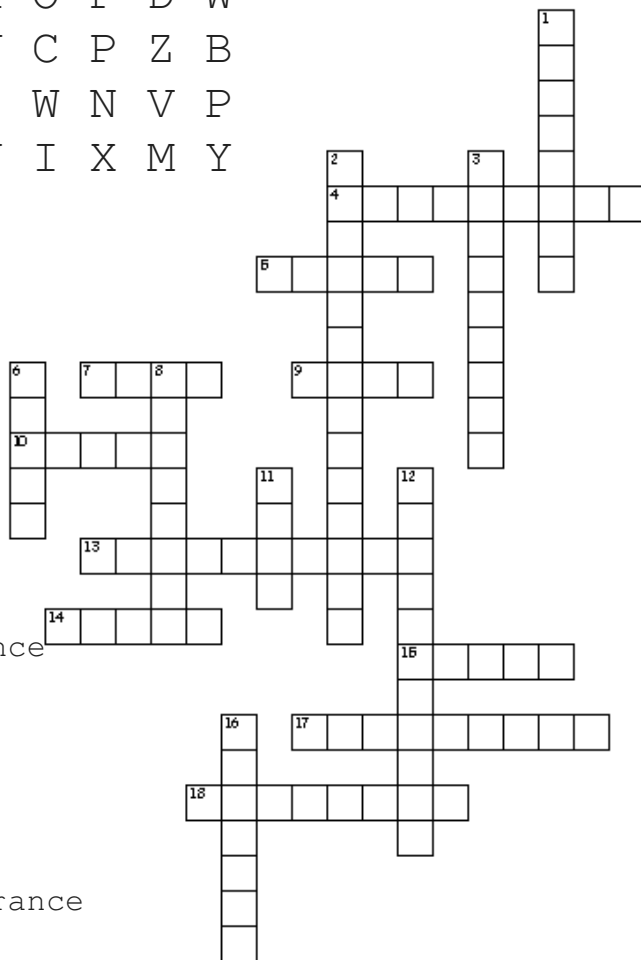
Feelings

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



Northern New England Region of NA—October 2008

Thurs.	Fri.	Sat.	Sun.
9	10	11	<p>12 Seacoast ASC noon - 4pm, Wentworth-Douglas Hospital, Salmon Falls Room, 789 Central Ave., Dover, NH.</p> <p>Granite State ASC 9am, Manchester VA Medical Center, 718 Smyth Road Manchester, NH.</p>
16	17	<p>18 Meeting in the Middle: Portland ME http://namaine.org/docs/meeting_in_the_middle.pdf</p>	19
23	24	<p>25 Maine ASC noon, 10:30am Sub committees & Literature purchases. 85 Union St., the McLellan Building in Brunswick ,ME</p>	26

Northern New England Region of NA—November 2008

Fri.	Sat.	Sun.
74	<p>8 NNERSC http://namaine.org/docs/1108NNERSCflyerweb.pdf</p>	9
14	15	<p>16 Seacoast ASC 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.</p>
28	<p>29 Maine ASC noon, 10:30am Sub committees & Literature purchases. 85 Union St., the McLellan Building in Brunswick ME</p>	