

# Northern New England News



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[nnenewsletter@yahoo.com](mailto:nnenewsletter@yahoo.com)

Issue 34

## NNERSC Update

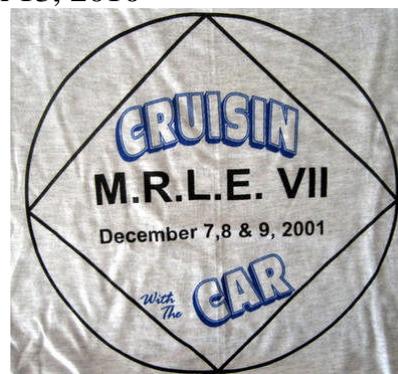
We met in Portland, ME for the September Regional meeting. We did not have a voting quorum due to illness and work schedule conflicts. Let's hope for a better turnout in November! We could use a Vice Chair and a Treasurer.

Multi Regional Learning Event XI planning is in full swing, with the expectation that a couple of people from NA World Services will attend and facilitate the Conference Agenda Report Workshop on Saturday. We are expecting the CAR to be released just days before the MRLE happens.

The next RSC meeting is November 14, 2009 in Dover, NH at the Wentworth-Douglass Hospital, in the Community Conference Room. MRLE Planning and Newsletter at 11am, RSC @ noon. MRLE will also be meeting at this same location on October 24<sup>th</sup> at noon.

The (MRLE) Multi Regional Learning Event will be held December 4,5,6 2009 in Alfred, Maine

Dates of next few RSC meetings are: November 14, 2009 (Seacoast Area), January 9, 2010 (GSA) and March 13, 2010



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

## North East Zonal Forum

*The Northeast Zonal Forum meets twice a year, once in the winter and once in the summer. It is composed of fourteen regions in the northeast United States. Its main focus is on discussion, both of topics important to our member regions, and of issues facing NA worldwide.*

### Next NEZFs:

**GNY** January 22, 23, 24, 2010  
Rooms - 119.00 per/night.  
La Guardia Marriott.  
Topic for January is the CAT/CAR

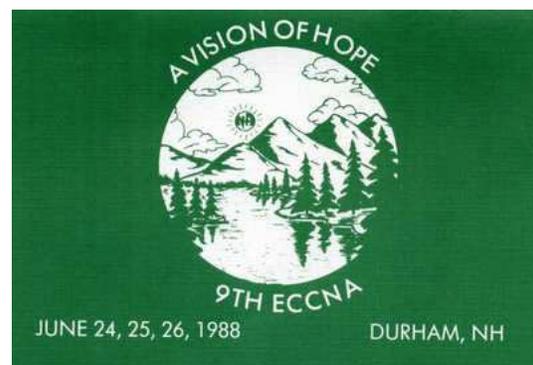
**Mid Atlantic** June 25-27, 2010  
Rooms – 95.00 per/night.  
State College, PA  
Topic will be chosen at January's meeting.

The NEZF website will have more info. [www.nezf.org](http://www.nezf.org)

### First Sponsor

When I first came into recovery and finally, sort of, understood what sponsorship was about I was scared stiff to have to tell someone I didn't really know some of the things I had recently done in active addiction. So, I chose a sponsor who had a couple of years clean but who knew me as a passing using acquaintance. He knew who I hung around with and some of the behavior they had gotten in trouble over. I felt a lot safer choosing someone like that, who was already familiar with my antics, then taking the risk of being judged by a stranger. Little did I know at the time

about recovering addicts and how sponsorship worked. He introduced me to everyone he knew at meetings so I could get phone numbers and start calling other N.A. members, too. We started working on my steps together regularly. I learned to trust others in N.A. He lived a little ways away from me, but I managed to get to his house for service subcommittee meetings and sponsorship family recovery meetings, too. We worked on N.A. literature projects together. I got involved with H&I. I joined the East Coast Convention Committee because of his encouragement. I felt like my recovery was getting a firm foundation from his experience, strength and hope. We had gotten to know each other's families in the almost two years we were together, too. I was actually allowing another recovering addict into my life and feeling the love from it. Although, our relationship did not start out with the most spiritual intentions I could not have asked for a better first sponsorship experience. Wherever you are, man, know that I love you and pray for you, because you taught me prayer and N.A. works.  
*Member GSA*



## Unity Day in Stratham

I recently attended the NNERSC World Unity Day in Stratham New Hampshire. It was a great day with lots of food, fun and fellowship. Roughly 65 NA members attended and 10 kids. People came from all three areas in our region plus a couple of carloads from the Boston Northwest Area. A highlight for me was when we opened and closed the meeting with the Serenity Prayer at the same time as other addicts from all over the world at the same time. I had chills running up and down my spine and more than once there were tears in my eyes.

There were over 100 telephone connections to the speaker meeting in Barcelona, with at least seven from institutions. The hookups came from India, South Africa, Greece, Nepal, Argentina, Bolivia, and many other places including the US and Canada. There were five speakers in all, who came from Hawaii, Calcutta India, North Carolina, South Africa, Puerto Rico, and Iran. It was real good to see a lot of friends, and meet a bunch of new ones. Hope we can do this again for the next World Convention!

*Member Northern New England Region.*



## Sponsorship in Action

Sponsorship is a commitment I make to myself with someone else; I let them get to know me, often while I am getting to know myself. She is the one person I make sure I tell everything to, as it becomes clear to me. Most of that happens as a result of step work for me, this relationship has to be maintained; unfortunately I cannot do that alone. Therefore I have had to make some changes along the way. I learned the hard way, through a long and painful relapse that I must stay connected and focused on my personal program.

This is not to place judgment, but more to always remember it is my responsibility to have and keep my sponsorship relationship solid. It helps in my relationships with the women I sponsor as well. They cannot develop a relationship with me that will allow them to share everything about themselves without my active continued participation.

I am getting ready to share my sixth step with my new sponsor, the woman I called as soon as it became clear I was having problems with the sponsor I had. Not to immediately replace her, but to help guide me through the process. I know I cannot be left to my own devices for any length of time. I have learned that helping people and getting help with difficult situations is what works. But the bottom line is I need to learn how to make choices (with the help of the god of my understanding), learn from and live

with the outcome if I want any shot at becoming the woman I was intended to be.

With Love,  
GSA member



**WCNA - 17**  
**New Orleans, LA.**  
**Sept. 3 - 6 87'**

### **The Heartbeat of NA**

Our literature references time and again the need for a sponsor. Our IP, Sponsorship, tells us a sponsor is someone who is “Willing to develop a special, supportive, one on one relationship with us.” A sponsor is a recovering addict, not a professional, whose main purpose is to guide us through the 12 steps.

As you probably know, a sponsor, for a sponsee, is not a banker, social worker, driver or a marriage counselor. Nowhere in our literature does it tell us that a sponsor can or should teach us to how to be a better man or a better

woman. In reading the literature we learn that we are completely free to choose our own sponsor, in fact Sponsorship tells us that “...gender need not be a deciding factor.” in the choice of a Sponsor. Our literature does make very specific reference to the need for us not to become distracted by sexual attraction, which can take us away from our primary purpose.

In the Seacoast Area of NA, where this addict resides, there are very few women in the fellowship, with substantial clean time that have worked the steps, and thusly, very limited choices for female sponsors. This writer is male by gender, and has several female sponsees. I am telling you, the reader this, quite aware of the controversies surrounding this issue. I am also giving you the specific references in our literature to support this article, lest you question my integrity. Some has been revealed to me that the purpose is to guide these wonderful spirits to where they will in turn, sponsor women in this area and beyond.

This addict has been fortunate enough to have a sponsor that has shown me that the solution to what we suffer from is spiritual in nature. He has always brought me, without question, to the literature and to the application of spiritual principles. In order for us to keep what we have, we have to give it away, and I do exactly the same with my sponsees. We're a family.

I have learned as a sponsor that it is not my job to make decisions for my

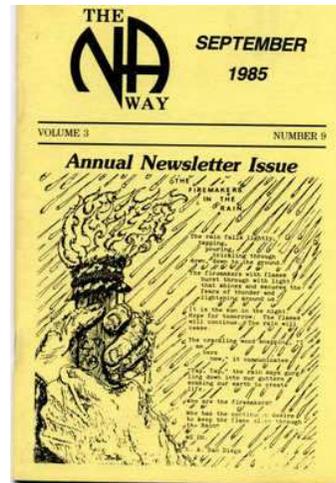
sponsees. They have developed enough trust to share with me their struggles, and that does help me more specifically help them work their own program. I have learned to NEVER tell them what to do. As I was taught, this is a program of suggestions (Seriously, we are people that just don't like to be told what to do!) and that is all I offer, when asked. I share, like all of us do, my own experience.

If you are new to the Fellowship of NA, first let us congratulate you on reading this newsletter. Good that you have chosen to learn about yourself, your disease and your recovery. Bravo!

Secondly, get a sponsor! How we do that is really simple. Ask someone to sponsor you. What many of us do is ask a new prospective sponsee to get the IP (informational pamphlet) Sponsorship, and be able to tell us what a sponsor is, and what a Sponsor is not. Don't be surprised if a prospective sponsor asks you to write a little bit or call every day. Each of us sponsors a bit differently. You may not know it, but it's an honor to sponsor someone. It's an honor to even be asked. Don't be sheepish! Ask for help! That is what we do here; we help each other recover from a progressive, incurable and fatal disease. If someone declines, don't take it personally! Sometimes people have their plate full and want to be able to dedicate time to their sponsees, or they know that they are not in a place to help you. **KEEP ASKING!**

We would love you to write to us about your own experiences as we all

learn from each other in recovery. In this newsletter, you will find the email address to offer your submissions. We read every single one. We'd like yours. Truly how dare I not be Grateful!  
Your Brother in Recovery,  
*Member Seacoast Area*



## [NA World Services News](#)

### **Membership Survey**

The 2009 Membership Survey is now posted on [na.org](http://na.org). You can complete this survey

online, at WCNA 33, or by downloading a copy and mailing or faxing in the results. We will keep this survey online until 31 December 2009, and we encourage you to spread the word! The website address is

<http://questionnaire.disc.na.org>

Please forward this link to your friends!

### Workshops

A worldwide workshop is scheduled for Boston, Massachusetts, 20–22 November 2009. Plans

for workshops in Japan and the Middle East are under way. Please visit <http://www.na.org/?ID=nawseventsevent-reg> for more information.

### Deadlines

#### 31 October 2009

Deadline for region, zone, and World Board candidate submissions to the HRP with the new submission form

#### 25 November 2009

English Conference Agenda Report available

#### 25 December 2009

Translated Conference Agenda Report available

#### 25 January 2010

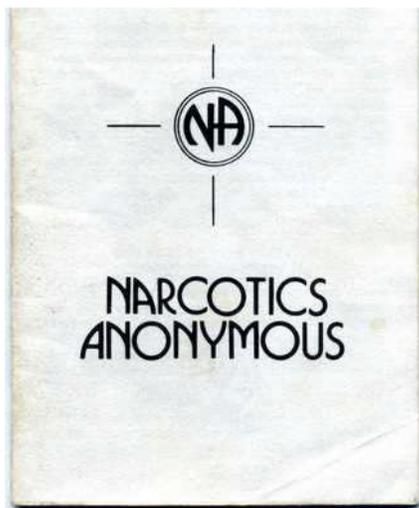
Conference Approval Track material available

#### 1 March 2010

Regional report deadline

#### 25 April–1 May 2010

World Service Conference 2010



## Area Updates

### Granite State Area

Our newly elected Trusted Servants are working well and getting used to the new responsibilities. Our subcommittees are all meeting and functioning and of course could use an extra hand.

*Activities* is busy planning the Costume Dance and the New Years Events

The *BOD* renewed the insurance policies for the Area

*Campout* Committee is already formed and meeting this week to begin planning the GSA's

20<sup>th</sup> Fellowship in the Field

*H&I* is beginning a new commitment at Federal Halfway House in Manchester

*Literature* will have a dedicated table at the November "Thanks" Event to introduce people to the Living Clean online forum at [www.na.org](http://www.na.org)

*PI* just did a public event in Manchester where they were able to hand out meeting lists and answer questions about NA to the people who stopped by.

### Maine Area

*Phoneline* recently had a workshop in Waterville and is looking for requests for orientation locations for the future

*H&I* is looking for more people to be involved in Jail commitments or may need to cut back its presentations to once a month.

*Activities* event in South Thomaston was fun! There was plenty of good food and good people. Planning now for the Oct 31 Dance in Westbrook.

*Miracle* 26 we had a great turnout with

lots of meetings and fellowship.  
**Seacoast Area**

We have recently dissolved our H&I and PI Committees and created a brand new Public Relations Committee. PR will combine the efforts of both of the former committees with the goal of better serving the Seacoast Area. We recently had elections and filled many positions. The Secretary position is still open.

The Seacoast Area activity Committee will be meeting at 5:00 on October 11th, at Wentworth Douglas Hospital, In Dover, NH, in the Community Conference room to begin planning for its annual Thanksgiving Narathon, and also for its annual Holiday Narathon (Dec. 24th and 25th).



**Northern New England  
 Regional Service Committee Meeting  
 November 14, 2009  
 In The Seacoast Area**

**Wentworth-Douglass Hospital**  
 Community Conference Room  
 Park in parking garage  
 789 Central Avenue (Rt. 108), Dover, NH

We have the hall from 10 AM until 4PM.  
 10:00 AM setup and MRLE and Newsletter subcommittee meetings  
 The RSC will begin at 12:00 noon.

**Directions:**  
 From Major: Take I-95 south to I-95 south to Route 16 to Portsmouth traffic Circle to Spaulding turnpike to Dover to Exit 9. Take a right at the ramp. At the Weeks Crossing ("L" Light) take a right onto Central Ave. Go thru 3 sets of lights. (Past Hennessey's) Start looking for Wentworth Douglas Hospital on the Left.

**From Manchester:**  
 Take I-93 South to Route 101 East to Exit 7 Portsmouth / Seacoast. Take I-95 exit. Take the route 16 the Spaulding Turnpike / White Mountains continue on Spaulding Turnpike towards Dover. Take exit 9 go to the right of ramp to the Weeks Crossing at the lights (Weeks Crossing) take a right onto Central Ave. Go thru 3 sets of lights after Hennessey's start looking for Wentworth Douglas Hospital on your left.

**Contact:**

GSA 24 Hour Helpline  
 1-888-N-E-Help-1  
 1-888-624-3578



The Just for Today NA Group of Alfred, Maine  
 invites you to attend

**Brothers in Spirit**

11th Annual NA Men's Retreat

March 26-28, 2010  
 Notre Dame Spiritual Center, Alfred, ME

Packages include:  
 2 nights lodging at the Spiritual Center (Dormitory)  
 Meals from Friday Supper through Sunday Lunch  
 Lots of Fellowship, Fun and Friends!  
 \$148.00 Registration for returning brothers  
 \$100.00 for first time attendees  
 \$35.00 deposit holds your place  
 Limited VAC. (Three day length) funding available - Contact Chair after March 1, 2010

**Directions to the Notre Dame Spiritual Center -**  
 1) From the North or South - Interstate 95, I-95 turn right to Exit 32 at Biddeford/Alfred.  
 2) After the off-ramp, turn right onto Route 111, towards Biddeford/Alfred. 10 miles to the village of Alfred.  
 3) Turn right onto Route 202A, drive through town. About 1.8 miles on right will be sign for Spiritual Center, across from a gravel pond.

Questions? Please contact Chair [info@notredame.org](mailto:info@notredame.org) For Special Requirements contact Registration Chair # [info@notredame.org](mailto:info@notredame.org)

Name: _____	Packages \$148.00 _____
Address: _____	Packages \$100.00 _____
Phone: _____	Times are Rough Estimate _____
E-mail: _____	Table: _____
Class Time (optional): _____	Send Checks or Money Orders to: _____
Suggested Meeting Topics: _____	Brothers in Spirit _____
1. _____	62 Grant St. _____
2. _____	Rockland, ME 04841 _____
3. _____	
Chair? _____	

For More Flyers: [www.notredame.org](http://www.notredame.org)

**NA Worldwide Workshop  
 Boston, MA**

**Workshop Focus**  
 • Interactive sessions—Everyone gets the chance to participate  
 • Hear some new perspectives  
 • Discuss local & global recovery and service issues  
 • Find out what's happening in NA around the world  
 • Training and "How to" sessions  
 • Historical & fellowship displays  
 • Recovery meeting  
 • And more!



All NA members are encouraged to attend!

**20-22 November 2009**  
 Friday evening to Sunday afternoon

**Workshop Location**  
**Marriott Boston Peabody**  
 84 Centerwood Drive  
 Peabody, MA 01960  
 Rooms \$109 (plus tax) per night  
 (Reserve before 3 PM on for group rates)  
 Hotel reservations: 800-991-7249

**It's Free!** **It's Online!**

**PLEASE REGISTER**  
 Please help us prepare for the Boston World-wide Workshop by pre-registering. Go to [www.na.org](http://www.na.org) and register online, or mail or fax in your registration using the form on the back of this flyer. THANK YOU!

For more information call 818-773-9999 ext 116 or email [na@na.org](mailto:na@na.org)

The GSACC Fundraising & Entertainment subcommittee presents...

**Thanks for Being Here VII**



Come join us on Saturday, November 21st for an evening of food, fun, and fellowship. This event is a fundraiser to help generate funds for GSACNA VI, being held July 30, 31, & August 1, 2010. We'll be having a feast of turkey with all the trimmings. We'll supply the turkey, you bring the trimmings (sides and dessert). Please register with the site of the contacts below so we know what everyone is bringing. Later on we'll be having a gratitude meeting, and a dance, which will help us burn off some of those calories from eating too much.

Date: Saturday, November 21, 2009  
 Time: 4:30 pm - midnight  
 Place: Unitarian Universalist Church  
 in Nashua, New Hampshire  
 Cost: Dinner and Dance:  
 • \$15 for adults  
 • \$10 for teens (13 to 17)  
 • Kids 12 & under FREE  
 • Dance only—\$5.00

To purchase tickets, or obtain further information, please contact a convention committee member.  
 Donation of NA Auction Items from the Fellowship would be greatly appreciated.  
 Web site - <http://www.gsanna.org>  
 GSA 24 Hour Helpline  
 1-888-NA-Help-1 / 1-888-624-3578

**Schedule:**  
 2:00 PM-4:00 pm Public Information—Learning Day  
 4:30 pm-5:00 pm Arrive with trimming  
 5:00 pm-7:00 pm Turkey feast (trimmings supplied by attendees)  
 6:00 pm-7:15 pm Auction  
 7:30 pm-9:00 pm Gratitude meeting  
 9 pm-midnight Dance—DJ and/or Karaoke



**Directions**

Route 3 (Exeter Turnpike) to Exit 7 East (NH Route 101A, Amherst Street). Follow Amherst Street for 1.2 miles, leaving in the center lane when passing the monument and traffic lights. Continue straight across the intersection to Lowell Street. Lowell Street is a one-way street only three blocks long, with the church on the left at the intersection of Lowell and Canal streets.

**MRLE XI**  
 December 4,5,6 2009

ALFRED, MAINE  
 NOTRE DAME SPIRITUAL CENTER  
 SHAKER HILL ROAD

Full Package - 2 Nights, 5 Meals: \$130.00  
 Partial Package - 1 Night, 3 Meals: \$75.00  
 Individual Meals Available:  
 \$13.00 each Breakfast, Lunch or Dinner (on week Friday)

Mail to:  
 MRLE XI  
 59 Hartley Street  
 Portland, ME 04103

This facility does not allow children or pets except for resting infants and seeing eye dogs

Contact: (MRLE Chair)  
 (MRLE Secretary)  
 E-Mail: [na@na.org](mailto:na@na.org), [na@na.org](mailto:na@na.org)  
 Granite State Area 24 Hour Helpline  
 1-888-NA-Help-1  
 1-888-624-3578



# Packages: Full \_\_\_\_\_ Partial \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Vegetarian? \_\_\_\_\_

Additional Needs: \_\_\_\_\_

### Word Search - Sponsorship Fun

e i l s f r e c o v e r y p  
 s c e a e s t i o c u i e s  
 t t p p u p a d n e i r f e  
 i s e v i t c e p s r e p c  
 c n t p r d i r e c t i o n  
 e o l u s r n r u e c y r a  
 j i s g e e u c i c e h r d  
 o t i p e f m h l p i t t i  
 u s x e m a m o r s s a f u  
 r e l a t i o n s h i p l g  
 n g e v i t c e j b o m f e  
 e g e r a h s s e e r e e r  
 y u r n h g s t x i i c r e  
 h s u p p o r t r x c p e d

**Communicate**  
**experience**  
**honest**  
**recovery**  
**steps**

**crucial**  
**faith**  
**journey**  
**relationship**  
**suggestions**

**direction**  
**friend**  
**objective**  
**share**  
**trust**

**empathy**  
**guidance**  
**perspective**  
**spiritual**

## Northern New England Region of NA—October 2009

Mon	Tues	Wed	Thurs	Fri.	Sat.	Sun.
			1	2	3	4
5	6	7	8	9	10	11 <b>Seacoast ASC</b> 6pm, Wentworth-Douglass Hospital, Community Conference Room, 789 Central Ave., Dover, NH. <b>Granite State ASC</b> 9am, Manchester VA Medical Center, 718 Smyth Road, Manchester, NH
12	13	14	15	16	17	18
19	20	21	22	23		25
26	27	28	29	30	31 <b>Maine Area</b> Clean & Serene Ball 8pm-midnight American Legion Hall 17 Dunn St Westbrook. ME <b>Granite State Area</b> Costume Dance, w/H&I Session 3pm-midnight UU Church 669 Union St, Manchester, NH <b>Maine ASC</b> noon, 10:30am Subcommittees & Literature purchases. Mid-Coast Hospital, 123 Medical Center Drive, Brunswick, ME	

## Northern New England Region of NA—November 2009

Mon	Tue	W	Thurs.	Fri.	Sat.	Sun.
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 <b>NNERSC</b> <b>Dover, NH</b> Wentworth-Douglass Hospital 789 Central Ave. Community Conference Rm Subcommittees 11am RSC begins at noon	15 <b>Seacoast ASC</b> 6pm, Wentworth-Douglass Hospital, Community Conference Room, 789 Central Ave., Dover, NH. <b>Granite State ASC</b> 9am, Manchester VA Medical Center, 718 Smyth Road, Manchester, NH
16	17	18	19	20 <b>NAWS</b> WWW Peabody MA	21 <b>Granite State Area</b> Thanks For Being There Event UU Church, Nashua 4:30 – midnight PI Session same location 2-4pm <b>NAWS</b> World Wide Workshop Peabody MA Marriott. 8A Centennial Dr.	22 <b>NAWS</b> World Wide Workshop Peabody Marriott. 8A Centennial Dr. Peabody, MA
23	24	25	26 <b>Seacoast</b> Turkey Day Narathon Wentworth- Douglass Hospital Auditoriums 1&2 3-11pm	27	28	29