

SANITY



NEWSLETTER



Volume 1

Issue 3

MAY 2017

“Not every act of growth is motivated by pain; it may just be time to cycle through the steps again, thus beginning the next stage of our never-ending journey of recovery.”

New Book Available
GUIDING PRINCIPLES
The Spirit of Our Traditions

GETTING OUR HOUSE IN ORDER:

Useful things you may find that are healthy additions placed on some formats:

- Phone calls and text messages also distract others. We ask members to turn off or silence their cell phones and other electronic devices during meetings.
- Groups often mark or sign attendance sheets or court cards as a courtesy to people who request it, but some groups and members choose not to do so. If needed, it is best to ask how the group handles this before the meeting begins.

This newsletter is the product of the New Jersey Regional Service Conference. We would appreciate any support from those that have some artistic quality that can be printed to help further carry our message.

We have a section called “Professor” Anonymity. For anyone with questions or would love to provide an experience. We understand that no one becomes addicted overnight. So there may still be questions that some may have on this life long journey in which recovery happens..... Just For Today.

(CONCEPT 11) “APPLIES DIRECTLY TO THE MANAGEMENT OF FUNDS, IT ALSO HAS IMPLICATIONS FOR THE MANAGEMENT OF ALL OUR SERVICE RESOURCES. MOST PROJECTS DEPEND AS MUCH ON IDEAS, INFORMATION, CONSCIENCE, AND MEMBERS’ TIME AND WILLINGNESS AS THEY DO ON MONEY.... IN RESPONSIBLY PLANNING AND PRIORITIZING OUR SERVICE EFFORTS, WE MUST CONSIDER THE TOTAL RESOURCE PICTURE, NOT JUST OUR FINANCES. “

So, please send us any concerns, comment, questions to “Professor” Anonymity” or “Newsletter” at P.O. Box 4641, Toms River, NJ 08754 ,(609) 241-5877 or hot.talent@hotmail.com.

WE WOULD LIKE GROUPS TO LET US KNOW HOW THEIR FEW CHANGES HELP PRESERVE THEIR ATMOSPHERE FOR RECOVERY

Send those comments to the above contact attention: Newsletter-format

For our readers and our columnist: we are having a poll. Those who answer questions correctly at bottom right can be selected to be placed in a drawing to win two free NJ regional convention tickets. Send answers to above contact attention: POLL



3rd Sat in July
Capital Area hosting region
POSITION & CLEAN TIME REQ TERM
NJRSC Treasurer
5 years 1 years
Vice Chair
2 year 1 years

And any other positions not filed and/or vacated in May 2017

Growth is painful. Change is painful. But nothing is as painful as staying stuck somewhere you don't belong.

FROM IP # 29 INTRO TO NA

Enter drawing to Win two tickets to NJ Regional convention by sending reply to following questions:

1. What is our most effective means we have of carrying the message?
2. What is our most powerful thing we have?
3. What is “NA”

SUVERY/POLL Questions

We welcome all addicts to submit original articles about anything NA or recovery related (steps, traditions, sponsorship, experiences, etc.). We will accept writings, drawings, poems or any other media. Please keep all

submissions “family friendly”, anonymous and within the guidelines of our traditions. Please send your entry to: Sanity Newsletter, P.O. Box 4641 Toms River, NJ 08754 or “hot.talent@hotmail.com” 08754

"Professor" Anonymity

Dear Prof. Anonymity,

Recently I asked my counselor if she could sponsor me in NA but she said "NO" She said it would be crossing a boundary and it would not be very therapeutic for me but I'm still upset. I know she's in recovery because I've seen her at meetings but when I say "hi" to her she acts like she doesn't know me. Please help me to understand this, why is she acting this way?

Signed, Upset

Dear Upset

The first thing to understand is that the field of drug and alcohol counseling has some of the strictest confidentiality laws known. They are forbidden to divulge any information about their clients without explicit permission from them and only under the most dire circumstances such as homicidal or suicidal threats and child or elderly abuse. This is probably why she seems so distant at meeting. Even though you can let people know that she's your counselor; she can neither confirm nor deny in any way, shape, or form that you are one of her clients. The law is commonly referred to as C.F.R. 42 Part 2. She should have told you about it during your intake but you can look it up on line.

Some are occasionally been approached by clients at meetings and it has to be handled with a certain amount of finesse. Hopefully the subject has been elaborated beforehand, that if they see their counselor(s) at a meeting, that counselor may not be the first one to greet client because they don't want to jeopardize their confidentiality which should be understood and appreciated. They are free to greet counselor(s) as long as they

"The beauty of the Second Step is revealed when we begin to think about what our Higher Power can be. We are encouraged to choose a Power that is loving, caring, and-most importantly - able to restore us to sanity. The Second Step does not say, "We came to believe in a Power greater than ourselves." It says, "We came to believe that a Power greater than ourselves could restore us to sanity." The emphasis is on what this Power can do for us. The group itself certainly qualifies"

SWG —step 2

don't blurt out, "hey, this is my counselor!" It would be best to treat

counselor like any other member of the group so that the relationship is not compromised in any way.

The other part of the question is more of an ethical situation than a legal one. Counselors are warned not to engage in dual roles with clients as it causes confusion and weakens the efficacy of the clients/counselors relationship. Counseling is clinical work and is usually paid by fee for service, whereas sponsorship is meant to be 12 Step work based on a spiritual relationship between two addicts. Twelve Step work should never be paid for but mixing the two has often proven to be disastrous especially if the counselor is counseling clients in a group setting. If word gets out that a counselor is sponsoring one client, why aren't they sponsoring all their clients? Jealousies arise, feelings get hurt and the therapeutic value of the counseling session goes down the drain.

There is a therapeutic alliance that is built between a client and counselor which is necessary for any progress to be made but it also sets the stage for feelings of appreciation and sometimes admiration which, although nice, can be dangerous. Both sides

of the relationship have to be mindful of this because a phenomenon known as transferences and counter transference can occur. When this happens usually one member of the relationship starts to have very strong feelings for the other or perhaps. There are actual guidelines laid out by the American Counseling Association that mandates that a client and their counselor should wait a minimum of two years after treatment has completed before they can even consider having a romantic or intimate relationship. The hope is that things will have cooled down by then, but you never know! Sometimes counselors will offer someone that may be a good match as a sponsor. Bottom line is, a counselor can be friendly with a client, but they may wait two year after counseling sessions are done (which don't forget) can neither confirm nor deny before becoming anything more then just friendly hot.talent@hotmail.com

June 3rd 2017

Speaker Jam Saturday (12 pm to 7pm)

Co-event OF **BCANA & SJANA**

Sacred Heart Church Gymnasium

103 fourth street Riverton \$ 5 DONATION

June 3rd 2017 Men, Women, Real Issues

Speaker Jam Saturday (12 pm to 8 pm)

Christ Episcopal Church, 415 Washington Street, Toms River

6/17/2017

FLYER on state webpage

Old Timers Speaker Jam & Dance

3PM-Midnight (H.C.C.C.N.A.)

125 Broadway (4th St.) Bayonne, NJ

\$7 in Advance \$10 at the door

June 25, 2017

Annual Unity Day Picnic & Softball

Noon til 6pm Thundergust Picnic Area

Parvin State Park, Centerton NJ.

August 4, 5, 6, 2017

NJRCNA XXXII, PO Box 134, Fords, NJ 08863

The Westin Princeton at Forrestal Village

201 Village Boulevard, Princeton NJ

More details@ NJRCNA.COM

OUT OF STATE

June 10, 2017 @ 12:00 PM - 4:00 PM

GNYSR H&I Learning Day

GNYSR 154 Christopher Street, NY, NY 10014 Suite 1A (Downstairs)

June 16-18, 2017

GPCNA XXIX

"Freedom With No Limits"

Crowne Plaze Hotel

2349 West Marlton Pike

Cherry Hill, NJ 08002

<http://naworks.org/events/convention-2/>

30 August to 2 September, 2018

WCNA 37

Orange County Convention Center, Orlando, Florida

Labor Day Weekend,

STAY UPDATED

<http://www.na.org/?ID=wcna-index>