

SANITY



NEWSLETTER



July 2017

Volume 1

Issue 4

“We try new things, and some of them suit us better than others. As we experience living clean with its ups and downs, miracles and struggles, dead ends and open doors, we see the world more clearly and better understand our place in it.

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 12) “Our Twelfth Step says, in part, that “having had a spiritual awakening,” we individually “tried to carry this message to addicts.” Our collective service efforts arise from that same spiritual foundation. Having experienced the results of this program in our own lives, we join together to carry the recovery message farther than we could individually. NA service is not about forcing our will or our ideas on others; rather, it is about humbly serving them, without expectation of reward. “

New Book Available
GUIDING PRINCIPLES
The Spirit of Our Traditions

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.

For our readers & our columnist:

WE WOULD LIKE GROUPS TO LET US KNOW HOW THEIR CHANGES HELP PRESERVE THEIR ATMOSPHERE FOR RECOVERY (whether their policy or just the format

Send those comments to the above contact attention:

Newsletter-format

GETTING OUR HOUSE IN ORDER:

Basic text Chapter 9 page 97

Just for Today—Living the Program

Honesty, open-mindedness, and willingness work hand in hand. The lack of one of these principles in our personal program can lead to relapse, and will certainly make recovery difficult and painful when it could be simple...If it were not for this program, most of us would be dead or institutionalized... **We emphasize setting our house in order**, because it brings us relief. We trust in our Higher Power for the strength to meet our needs

Where are all the meeting

Before 9am and/or after

I remember how everyone use to talk about attending the late night meeting within the gazebo near the Belmar beach area. Rumors expressed that it was one of the most popular meetings. Due to the conflict with the community towards our conduct... that location was lost. So, I looked into how many meetings start after 9pm. There are approx. 12 meeting throughout state.

What happened to the need for late meetings. This, I thought after recently attending an 11:00 PM Saturday Keansburg Meeting on 247 Carr Avenue at St. Marks Episcopal Church. There was approx. 50 members in attendance on July 18, 2017.

Abstinence usually creates a void for which meetings are a healthy substitute. Weekends and late night were also triggers. If our newer member are most important, what happen to our ability to fulfill that niche.

Or is it our stigma which prevents us for acquiring places during this timeframe. Although our conduct can still be a cause for alarm.

Thanks Kleansburg for being a beacon of hope and having the courage for creative freedom needed for both the NA community and the group

3rd Sat in Sept

Cumberland/Salem hosting region

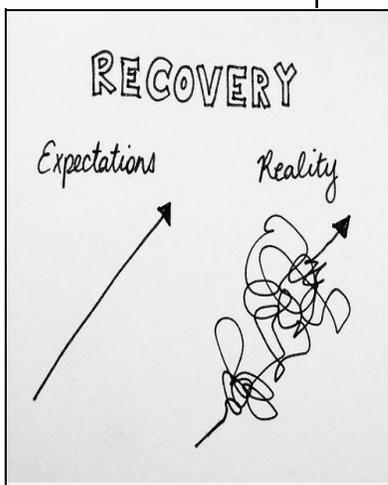
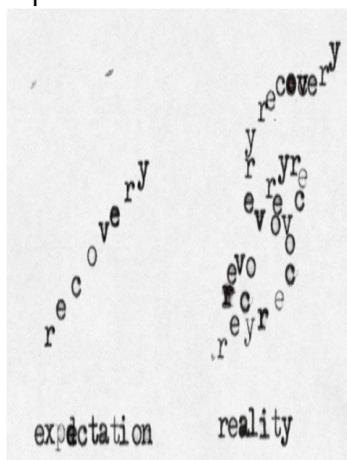
POSITION & CLEAN TIME & TERM

NJRSC Chair
3 years 1 years

NJRSC Chair
3 years 1 years

Bot Chair
5 year 1 years

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



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

LONG SPOON ALLEGORY

An illustrator shows the viewer the difference between addiction and recovery. Both images show a group of people gathered around a round table with a pot of nourishing food in the center each person holding long spoons sufficient to reach the pot and fill their spoons.



Addiction is this image with the people sweating and struggling to try to feed themselves with the spoon whose handle's length is too long to allow them to hold it and get the food into their mouths...

Recovery, the image shows the person, looks exactly like the first room except the people are having a great time enjoying the food and interacting over a meal...the difference is that in recovery the people have learned to feed each other.

Allegory : a representation of an abstract or spiritual meaning through concrete or material forms; figurative treatment of one subject under the guise of another

REMINDS ME OF: 1st Tradition

“By working the Third Step, we are allowing someone or something to care for us, not control us or conduct our lives for us. This step does not suggest that we become mindless robots with no ability to live our own lives, nor does it allow those of us who find such irresponsibility attractive to indulge such an urge. Instead, we are making a simple decision to change direction, to stop rebelling at the natural and logical flow of events in our lives, to stop wearing ourselves out trying to make everything happen as if we were in charge of the world.”

SWG —step 3



“This program can do for us what we could not do for ourselves.”

Basic text pg.62

“Groups work together in a spirit of cooperation to ensure the survival” **It Works: How and Why pg. 92**

In a few words... How can you identify?

Do you have a service related experience?

August 4, 5, 6, 2017

NJRCNA XXXII, PO Box 134, Fords, NJ

The Westin Princeton at Forrestal Village

201 Village Boulevard, Princeton NJ

More details@ NJRCNA.COM

Together We Grow Up 8/26/2017

Fundraiser Speaker Jam

Christ Episcopal Church, 415 Washington Street, Toms River, NJ

12/29/2017 - 12/31/2017

BASCNA - 24

Hanover Marriott, 1401 NJ- Rt. 10 East Whippany, NJ

bascna.nynl@outlook.com

11/3/2017 - 11/5/2017

NENJAC - XXI, P.O. BOX 409, ROSELLE, NJ
RENAISSANCE WOODBRIDGE HOTEL

515 US HIGHWAY 1 SOUTH, ISELIN, NJ
Chair: Robert C. (732) 533-3031

OUT OF STATE

River of Hope Unity Retreat 11/15/2017 - 9/17/2017

Lions Camp Merrick, 3650 Rick Hamilton Place, Nanjemoy
202.763.6641

LAACNA XXXVI - 9/22/2017- 9/24/2017

One Promise, Many Miracles - Convention

: Best Western Lehigh Valley Hotel & Conference Center, 300 Gateway Dr, Bethlehem, PA 18017, USA

Spiritual Awareness 13 9/16/2017

Free Methodist Church, 60 Washington Street, Hornell 877.266.3660 x815

<http://flana.net/september/>

Between the Covers Group 9/24/2017

Chili Cook-Off 10 P&F Pond, 651 Silver Lane, East Hartford, 860.333.7407

Together We Grow Up 10/14/2017

Fundraiser Speaker Jam

Dole Center, 250 S. 6th Ave., Mt. Vernon, NY

30 August to 2 September, 2018

WCNA 37

Orange County Convention Center, Orlando, Florida

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