



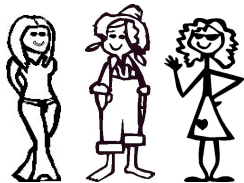
SANITY

Setting an Example

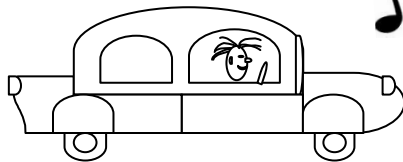
The Adventures of Nicky Newcomer

Tuesday Night Recovery Meeting

Hahahahaha



Ha Ha Ha
Ha Ha Ha
Ha Ha Ha



Ring Ring
Ring Ring

Ring Ring

Ring Ring

Ring Ring

Hello, yes, this is Otto;
I am the responsible person for the
Recovery Now meeting. ... Of course; yes,
I understand. ... I'm so sorry for your
inconvenience. ... Yes, we will take care
of it. ... I know, it is very important.



Spark, we
have a
problem ...
please get the
word out.
Tell Nicky too.



Nicky is on
vacation, I will
get the word
out Otto. This
is serious stuff
...

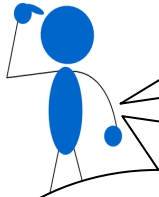
Welcome to the Recovery Now Group of NA. May we please
have a moment of silence followed by the Serenity Prayer for
those who care to join in ...



My name is Otto, I am an addict. I have an announcement to make. The Tuesday Night Recovery group that meets in this building has been asked to leave. There have been problems with them leaving the room a mess, taking chairs from other rooms, and gathering outside after the meeting and talking loudly for a long time. They throw butts on the ground and litter the parking lot. They also drive away with their car radios blasting. The neighbors have been complaining to the facility. We were called by the facility and told that they have removed two groups from the building in the last six months and that we need to remain diligent in abiding by the rules of the facility if we want to remain here.



We have a good meeting ahead of us tonight. Our speaker tonight is Gary. Please welcome Gary.



My name is Gary and I am an addict. Tonight I would like to share my experience, strength and hope on the topic of Commitment. When I came into the program, they told me to follow the eight suggestions on the back of the meeting list:

- Avoid people, places and things that you used with/at
- Come early and stay late
- Don't use and go to meetings
- Get and use a sponsor
- Get a home group
- 90 meetings in 90 days
- Use the telephone
- Keep coming back...it works

Which is all good for getting clean, but, in order to maintain that commitment to stay clean, it takes a little more. Because doing this gets monotonous and boring. Then we lose interest, the recovery becomes stale, and before long, back to using.

It takes a commitment of "ALL EIGHT SUGGESTIONS " to start, then a little work on ourselves and the getting involved in helping others. Once we have a grasp on this program, we are still stuck with our own thinking. Let's face it; isn't that what got us here? Working the steps is an IMPORTANT part of that recovery, but so is helping someone else. We can't keep what we have, UNLESS WE GIVE IT AWAY!!!

At the same token, being involved in service is just as important. Where would this fellowship be if not for someone doing service. Are you doing your part? Time and time again I hear newcomers sharing how bored they are with nothing to do and have open commitments at their home group. Maybe you pull up to the meeting in a new car, and only put a dollar in the basket, (if anything). Ask yourself: "Am I going to let someone else get my recovery?"

Imagine baking a cake and leaving out one or two ingredients. You may still have a cake but it would not be as good, would it?

So, ask yourself, what I am doing for my recovery today. Remember, you can't rely on yesterday's recovery to stay clean today. Am I doing enough?

Yours in recovery, Greg S.

GREATER NEWARK AREA CONVENTION

FEBRUARY 15, 16, 17, 2013
MEADOWLANDS, EAST RUTHERFORD

CAPE ATLANTIC AREA CONVENTION

MARCH 1, 2, 3, 2013
ATLANTIC CITY WEST

NEW JERSEY REGION CONVENTION XXVIII

APRIL 19, 20, 21, 2013
EAST BRUNSWICK HILTON

Send input to: sanity@nanj.org

Sanity is published every two months as a service of the New Jersey Region for its Groups and Members. Input and articles are welcome on all recovery related topics.

Opinions expressed here are those of individual addicts, not NA as a whole.

Issues of SANITY can be downloaded from the NJ Statewide Website at www.nanj.org

MD