



SANITY

These Rooms

Into these rooms we come,
all walks, all classes and nationalities.
To talk about what we had done,
trying to use all rationalities.

Once inside these rooms, a feeling of
warmth & love
everyone accepts you & welcomes you.
You almost feel free as a dove,
as if, you, they already knew.
Keep coming back, is what they say,
listen good & hard to learn.
Even if it is just for today.

Soon self respect you will earn.
Someone is sharing
& a light goes off in your head,
this person telling my life story.
My higher power,
on this path, I, He will lead,
in all his might & glory.

I thank every day for these rooms,
where I can share my sayings.
I have come out of the gloom,
and now my dues I am paying.

Work your steps & traditions,
keep coming back to meetings.
With drug abuse you cannot have any
more relations,
these rooms are where you are met
with heartfelt greetings.

Standing at the Crossroads

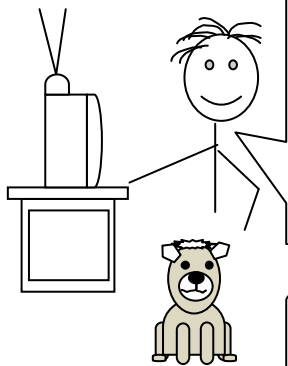
As time ticks by, ever so slowly,
I'm deep in thought.
Trying to make some sense
of what my life has brought.
I'm at the Crossroads,
where my decision must be right.
Standing here all alone,
in the middle of the night.
I look to my left,
I look to my right.
But there is nothing,
nor no one in sight.
Now, where do I go?
Wish I had some help,
so deep in thought am I,
I fear I am losing myself.
Lost in worrying of the unknowing,
& experiencing these feelings,
once again pushing myself aside.
This whole thing has left me reeling,
in knowing there's nowhere to hide.
I need to see the beauty,
I need to hearth the quiet.
I feel my time is growing thin,
as peaceful thought are
no longer within.
I'm at the Crossroads,
standing alone,
in the middle of the night
and there is no one is sight.

Dedicated to the sick
and still using addict.

Bonnie B-L
August 2009

NA Service

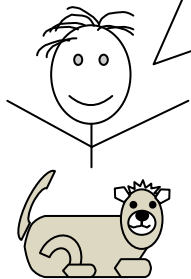
The Adventures of Nicky Newcomer



Every time I come home from a convention I am inspired to do more service work. I love going to conventions. There's so much fellowshiping and love at conventions. I always feel renewed and energized. However, it is really nice to come home again.



The speakers were so great. That guy from California blew me away with his story of success. Wow! The Saturday main speaker was so funny. I love humor in recovery.



I always feel that I should do more, but I don't know if I can fit in any more service commitments. I'm part of H & I and I am on the Helpline. I'm involved with my homegroup too. I think I give back what was so greatly given to me. Oh, that reminds me, I have a speaking commitment tonight on Step Ten.



Nicky, you could join the History and Archives committee. They need people to do interviews and help find more people with 25 years or more cleantime. See the website for their next meeting. www.nanj.org

Jersey Unity Upcoming Conventions

Suburban Essex Area's

Second Convention
June 14, 15, 16, 2013

Hanover Marriott, Whippany.

WORLD CONVENTION

WCNA 35 in Philadelphia

29 August 2013 – 1 September 2013

[HTTP://WWW.NA.ORG/?ID=WCNA-INDEX](http://www.na.org/?ID=WCNA-INDEX)

Send input to: sanity@nanj.org

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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