

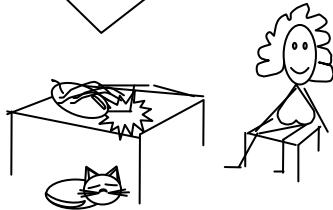


SANITY

Pain

The Adventures of Nicky Newcomer

Cookie, the doctor said my fingers are not broken, but they hurt so much I want to cry.



I understand why you don't want to take the pain meds, but I think you should talk to your sponsor about it. You can't go on suffering so much.

Hi Sparky, I have a problem. My fingers got closed in the car door. No, they are not broken, but they got squashed and they are purple and sore. I don't want to take the script for pain meds I got. I gave them to Cookie to hold.



Yes, I told the doctor that I'm an addict. He gave me a script for a couple days worth of pain pills. I am so afraid that the pain meds will trigger my disease. I don't ever want to go back there again. I'm supposed to celebrate tonight but I don't think I can. I'm in pain and too miserable.



It's good that you are aware of the consequences of abusing pain medication. However, you need to have faith in Step Three and your Higher Power and should quit playing the martyr, Nicky. You are not the first person who closed their hand in the car door. You gave the meds to Cookie to hold, which is a safe thing to do. However, there is no need for you to suffer. You can take them as prescribed for a short period of time. Ask Cookie how many pills the doctor gave you?

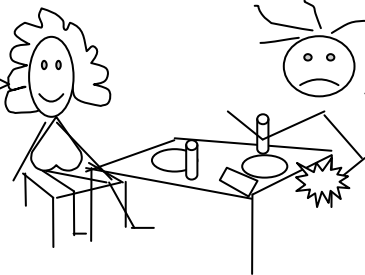


It's just 10 pills with no refills.



Three hours later ...

It's good to see you feeling better. The script says every 4 to 6 hours, so let's see if you can go 6 hours or longer.



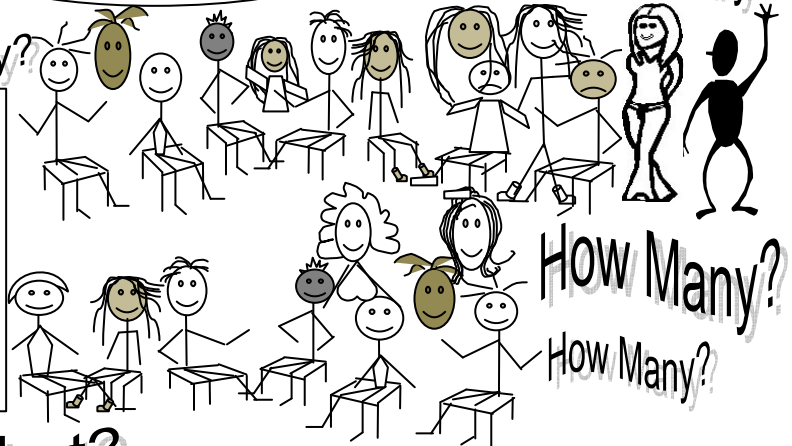
I'm really reluctant about taking the meds, but I understand that sometimes they are necessary if taken as prescribed. I'm so glad I have you to help me monitor them. It seems like every year when it is time for me to celebrate something comes up to get in the way.

Welcome to the **Recovery Now Group of NA**. My name is Otto and I am an addict. For those who care to, please join me in the Serenity Prayer . . .



The Recovery Now Meeting of NA celebrates cleantime. Is anyone celebrating ...

 Is anyone celebrating multiples of years? That's two or more in a row?



How'd ja do that?

I'm an addict named Nicky. I've got

16 Years!

It seems that every year when it is time to celebrate, something happens in my life to show me that Sponsorship and my Higher Power are vital to my recovery. My Sponsor keeps me on the right track. My Higher Power keeps my sanity in check. Above all, I have learned that I DON'T HAVE TO USE, NO MATTER WHAT!
 My name is Nicky, and I am an addict.

Jersey Unity



Upcoming Conventions

BERGEN AREA CONVENTION
 NEW YEARS EVE
 DECEMBER 30, 2013
 HANOVER MARRIOT
 WHIPPANY NJ

Pearl of Recovery XXIV
 February 28 – March 2, 2014
 Stockton Seaview Hotel
 401 South New York Road
 Galloway NJ

Shore to Recover VII
 May 30, 31, June 1, 2014
 Berkeley Oceanfront Hotel
 1401 Ocean Avenue
 Asbury Park NJ

Save the Date
NJRCNA XXIX
 August 8,9,10, 2014
 Crowne Plaza Hotel
 Cherry Hill NJ

¿Hablas Espanol?

¿Quieres devolver lo que gratuitamente se te ha dado?
 La Linea de auxilio de NA necesita voluntarios urgentemente!
 Por favor, consideralo.
 Communicate con tu representatante de Informacion Publica en tu Area de Servicio para mas informacion.

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