

# SANITY

## NEWSLETTER

SANITY is published every two months as a service of the New Jersey Region for its Groups and Members. Input and topics relating to recovery are welcome. Sanity can be reached at [www.sanity@nanj.org](mailto:www.sanity@nanj.org).

Opinions expressed here are that of individual addicts, not NA as a whole. Issues of SANITY can be downloaded from the NJ Statewide Website at [www.nanj.org](http://www.nanj.org)

### **NOVEMBER's REGION**

Southern Ocean Medical  
Center  
1140 Rt 72  
Manahawkin, NJ  
1:00 pm  
JAC meeting 11:00 am

### **REGIONAL NEWS**

World Service will have Tradition 1 from the Tradition Workbook project up for review in October. You can find it on the World Website [www.na.org](http://www.na.org)

Review and input for Traditions 2 through 7 will be next. Input will be accepted through the end of November.

Everyone is encouraged to focus energies on Traditions 6 through 12 as much input has already been received on 1 through 5.

For upcoming Events and Activities on a Regional level and Areas within our Region check out the Events and Activities calendar on the Regional Website!

### *LOOKING FOR THE PERFECT PLACE TO GET INVOLVED IN SELFLESS SERVICE???*

Have we got plenty of opportunity for you! Come out to the next Region and get involved!

Assistant Secretary - 1 yr clean time req./ 1 year term

Helpline Chair - 3 yr clean time req./ 1 year term

History & Archives - 3 yr clean time req. / 1 yr term

Assistant Treasurer - 4 yr clean time req./ 1 yr term

Meeting Directory Chair - 3 yr clean time req./ 1 yr term

Regional Vice Chair - 2 yr clean time req./ 1 yr term

Convention Chair - 5 yr clean time req./ 1 yr term

If you have any questions about the responsibilities of any of these positions please contact me at [www.sanity@nanj.org](mailto:www.sanity@nanj.org) OR ask your Areas RCM

### **Spiritual Moments In Early Recovery**

I was 30 days or so clean. I was sitting in the basement of a church. I had a multi colored sweater on that I had managed to hold on to, it was my favorite sweater. The group gave me the purple colored piece of paper to read, someone handed it to me. I read it and felt the words Just For Today get stronger as I read each stanza. Then at the end without warning everyone in the meeting joined in with me and stated Just For Today and I was literally overwhelmed with a spirit of joy and started to believe that these folks were serious about staying clean! Just For Today!

Rodney W.

## REGION NEWS CONT.

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Sadly the Regional Convention incurred another loss this year, for the second year in a row.

Speculated reasons for the loss:

To many Area Conventions and a lack of support.

Factual reasons for the loss:

Because of when the convention was held the Insurance policy needed to be paid twice in one convention cycle. They also incurred a large bill from the accountant as a result of the "cleaning up" from previous years. Lastly the registration committee went over budget.

A motion was submitted on the regional floor to suspend the Convention for 2016 in order to regroup, address the issues and formulate a solution. The motion was tabled back to the groups and will be voted on at the November Region.

Website has put in a lot of work and has gotten our meetings updated on the world website. More work is being done to simplify this process. They ask that if you have any changes to your meetings please update them immediately on the Regional website to ensure the changes in the meeting list [www.nanj.org](http://www.nanj.org)

## HOPE IN A NUTSHELL

My name is Harry F. and June 10th, 2004 is my clean date, the most important day of my life. On June 9, 2004, my last day using, I was reduced to a 33 year old 140 lb bag of bones, trash can eating, stinky, sweaty, scumbag, scam artist, empty shell of a person with no hope left at all. I had burned all my bridges, I was a homeless person living in Camden NJ and unsure of what my next move was going to be. My choices were lessening but I could never see my life without drugs, never. Getting the means to use had become so hard and I had been so tired from not eating much and barely sleeping, getting clean had become a potential option. It just seemed like something that was impossible for me to do because I had tried to do it for ten years and I was never successful at making it happen. I had \$15 dollars as I walked up to the set. I bought a bag of dope and a \$5 dollar bag of rock and proceeded to get high my last time. I hated who I became and couldn't figure the way out of this hell I was living in. The last bag of dope didn't even get me high, barely took away any of the symptoms of my sickness. The bag of crack got me high for about what seemed like a second, then only left me the feeling of craziness of "how can I get some more?" Afterwards I didn't know where to go. I was so tired of being tired, I made a decision to check myself into the hospital. I told them I was going to kill myself and I couldn't stop using drugs and I needed help. After many hours of laying in the hospital bed I finally fell asleep only to wake up shortly after on a gurney being transferred to what was the last rehab I went to. This was the beginning of my journey into recovery.

Today I've been clean a little over a decade, which to me sometimes I think is crazy. My life is completely different from the way it used to be. Sometimes I miss the party, but my party ended way before I got clean. After I left rehab, I moved into a recovery house in which I resided for nearly 5 years. I went to a meeting the day I got out of rehab and got a home group and sponsor that week. I got real involved in Narcotics Anonymous and the homegroup that I choose. I showed up early every week and made coffee. This gave me a feeling that i was "part of" and "needed" something that I have been lacking for a long time. I met great people, many of which are still in my life, who helped me learn how to stay clean and find this "new way of life" that everyone was talking about. My sponsor started me on step work and guided me on the path and worked me through all 12 steps. I became GSR of my homegroup and then became Literature Review Chairperson at Area and was involved in Hospitals and Institutions for many years bringing hope to people inside facilities where they were unable to make meetings. I found a "power greater then me" who I relied on as a source to help guide my life. I began sponsoring other men and women who I started to guide through the 12 steps and teach them everything that I have learned about recovery in Narcotics Anonymous. Something I never imagined, like getting clean, had transpired my hopeless soul, found a purpose in life and transformed it into something beautiful.

