



January 2008

Sanity

Newsletter of the New Jersey Region



Trusted Servants



New Jersey Region is most fortunate to have a host of wonderful individuals holding positions in the conference. Two truly dedicated servants are the Regional Delegate, Laura Z. and the Regional Delegate Alternate, Jean-Claude G.

Laura and Jean-Claude are continually attending NA workshops and conferences in order to keep everyone at Region abreast of all that is happening in the Fellowship. On January 12, 2008, they hosted a Multi-Area Learning Day and CAR Workshop. The workshop was organized to inform the Regional Conference Members and all Group Service Representatives of the issues addressed in the Conference Agenda Report (CAR). It was well presented and informative.

The 2008 CAR includes a motion to replace the existing stories in the Fifth Edition Basic Text Narcotics Anonymous with the intent of modernizing them. These stories can be viewed or purchased from the World Service website at:

<http://www.na.org/conference/index.htm>

Book One in the Basic Text will remain the same; just the stories will be updated in Book Two.

GSR's are oftentimes unaware of the importance of the CAR. It is very beneficial for them to make it a point to attend a CAR workshop given by their RCM so that they themselves may explain the CAR to their Group. Each Group has a voice in the recommendations that will be forwarded to World Service in voting on the motions in the CAR.

Working together with the RD, RDA, RCM, RCMA, and the GSR is an excellent example why this is called a 'We Program', because what we cannot do alone, we can do together.

Committee Updates



The **Helpline** Committee is seeking a solution to grouping area contacts so that when someone calls the Helpline, they will be connected to the closest possible recovering addict who can help them. The Helpline Committee is always in need of individuals willing to serve as contacts. However, in order for one to be on the Helpline phone list they must first receive orientation at a Helpline Workshop.

Being the first NA contact for a still sick and suffering individual requires knowledge of how to handle any situation that the addict may present to you. The Helpline Workshop gives guidelines to those who choose to be on the phone list. If you are willing to be included on the Helpline phone list, please contact the Helpline through your Area Public Information Chair.

WORLD SERVICE BOARD OF TRUSTEES BULLETIN #28 Freedom From Prejudice

This article was generated by the World Service Board of Trustees in April 1993 in response to the needs of the fellowship. It represents the views of the board at the time of writing.

More frequently than ever, the World Service Board of Trustees is being asked to comment on the issue of prejudice within NA. It would be easy for us to write a paper which simply says: Prejudice is wrong. Cut it out! However, we believe that there is no imposed solution. Only we, as individual members of Narcotics Anonymous, can resolve this problem. It presents each of us with the challenge to practice more fully those principles which make our recovery possible--the spiritual principles found in our Twelve Steps and Twelve Traditions. Each of us is responsible for carrying the NA message without regard to age, race, sexual identity, creed, religion, or lack of religion.

Most of us have felt the pain of prejudice at different times during our lives. Even so, we often delude ourselves into believing that we are personally free from all prejudice. This type of denial allows us to pass judgment on the quality of another member's recovery or sponsor, tune out when certain members share, or avoid particular people or groups of people. We may make snide or "humorous" remarks about someone's race, sexual preference, age, gender, body shape, culture, or spiritual beliefs. We may avoid members who are physically ill or are taking prescribed medication. Whether subtle or blatant, all forms of prejudice harm our unity and prevent us from fulfilling our primary purpose.

We do not and cannot recover alone. Some members can remember being unwelcome in other fellowships. Some of us recall sitting alone with a White Booklet waiting for another addict to show up at a meeting so that we could have our own NA group. Another addict, *any addict*, was exceedingly welcome. As we have become prosperous, laden with choices of where to recover and with whom, we have allowed the defect of prejudice to assert itself and, more sadly, to live in our hearts. While it is possible for us to walk through the doors of NA with the defects of character which promote attitudes of hostility toward others, over time these defects make recovery difficult if not impossible. As a defect, prejudice shares some of the same characteristics as our disease. It is based in fear, self-centeredness, suspicion, and intolerance. These qualities represent our disease rather than the spiritual process of recovery in NA. Our program is carried from one addict to another without regard to anything but the desire to recover from our disease.

Although the spirit of Narcotics Anonymous is without

concrete definition, it seems to encompass tolerance, acceptance, love, gratitude, and giving. If we can achieve and maintain this spirit, we will flourish. Our literature states that there are three things essential to our recovery. One of these is open-mindedness. We can have no reservations about maintaining the character defect of prejudice which separates, divides, isolates and can eventually destroy us as a fellowship. We cannot be fooled by the subtleness of our disease that closes our minds and causes us to think of one addict as different from another. We must surrender to this aspect of our disease and allow a loving God to heal us as a fellowship, allowing us to continue to focus our efforts on our primary purpose. Our message says that any addict seeking recovery can stop using drugs, lose the desire to use, and find a new way of life. Ours is a message of hope and freedom. Let this message be our common bond. It is to this NA way of recovery that we direct our attention and effort toward the changes that need to occur within ourselves to produce the miracles of recovery.

We need to look at our diversity as the strength that allows each of us to truly say "any addict seeking recovery." Because we see this diversity as a wealth of color, race, gender, culture, and belief, we wholeheartedly welcome all addicts. It is not enough to tolerate; we welcome with open arms. It is not enough to accept; we give. We do not need to fear each other; we love. With these principles, we may stop the destruction of our disease, have our intolerance, fear, and self-centeredness removed, and do together that which we cannot do alone.

Jersey Unity UPCOMING CONVENTIONS: Pearl of Recovery XVIII



February 29, March 1, 2, 2008, at the Clarion Hotel & Convention Center of West AC, located at 6821 Black Horse Pike, West Atlantic City.

Ocean County's Convention **'Just for Today'** will be held at the Quality Inn on Route 37 in Toms River on April 18, 19, 20, 2008.

**Hudson County Area
Convention of Narcotics Anonymous**
(HCACNA-1) Hudson County will be holding their first convention on Aug 8, 9, 10, 2008, at the Sheraton Hotel, Meadowlands, East Rutherford.

New Jersey Region Convention of NA XXXIII

will be held on June 20, 21, 22, 2008, at the Cherry Hill Clarion Hotel and Convention Center. **Please register early** in order to give the committee working capital to organize the convention. The theme of this year's convention is **The Disease Has Been Arrested**. Please visit the website at www.nanj.org for information on our Regional Convention and all conventions statewide.

Recovery Poetry & Prose

NA MAGIC



From Irwin

I remember the day I came into the rooms a virtual unknown, all the strangers there welcomed me home. Feeling confused and alone, I definitely didn't fit, I was given a chair and told to relax and just sit. Looking at these people, I thought, my God, what have I done, I've fallen so far, this is where I had to come. The rooms were my penalty for being a failure in my life, I couldn't even be a good father or husband to my wife. This place called NA wasn't my tomb; I was actually the most important person in the room. Because I kept coming, I started to see things right, I learned how to surrender and gave up the fight. Finding a sponsor, I started to listen; I became a student of the Steps & Traditions. My life became enjoyable and started to make sense, experiencing less anger, I wasn't as tense. If you are new, there is a gift about to unfold, old timers keep coming, there are more gifts untold. I need to give back what was freely given to me, recovery needs to be nurtured, like a living tree. As people were there for me when I first came around, I need to be there for those who are lost and need to be found. The only way to keep what I have received, is to give it away, that meeting I attend may be a newcomers first day. For twenty plus two I've kept coming around, my life keeps getting sweeter and my gifts abound. So get ready and hold on, it gets better each day, The magic is yours to keep if you keep giving it away.

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Please put 'Sanity' in the subject line.

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

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**Words of Wisdom:**  
Call your Sponsor  Editor:

**MD**