



SANITY

The Adventures of Nicky Newcomer

Depression to Celebration

Cook, call your Sponsor, you're driving me nuts.

Me? You're the one who is all depressed. I know you are upset 'cause Sparky is in the hospital and can't give you your medallion at your celebration, but you are taking it out on me. I'm going to call my Sponsor because **YOU** are driving me nuts.

Just be there for him, Cookie. That's enough. Spark is seriously ill and it is just natural for Nicky to be upset. It's time for you to work Step Three and say the Serenity Prayer.

Dolly, I don't know what to do with Nicky. He is depressed and worried because Sparky has H1N1 and is really sick. He doesn't know that I invited his first Sponsor, Ray, to his celebration to give him his 12 year medallion. He'll be so surprised.

KNOCK KNOCK KNOCK

Who the hell is at the door? Cookie, answer the damn door. **Cookie ~ Cookie ~ Cookie ~** Where are you? Answer the door Dammit!

No, Nicky I am in the shower. You'll have to get the door yourself.

Nicky is so depressed, but he will be sooo surprised when he opens the door and sees his first Sponsor Ray there.

Oh Crap! **COME IN THE DOOR IS OPEN**

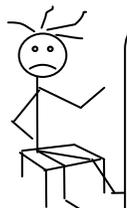
Hey Nick, Get your lazy ass out of bed and give an old friend a real welcome. Gimme a hug, Man!

OMG, OMG, OMG, IS IT REALLY YOU RAY? OMG! I don't believe this. You have no idea how much I need you right now. **OMG!** Ray, man, I LOVE YOU!

Ray, it has been so long. What brought you here today? Where have you been for all these years? Have you been clean since I saw you last?

Cookie sent out some 'feelers' to locate me. She said that you are worried about Sparky being very sick and that she thought that if I could come to give you your medallion at your celebration it would make you feel better. Cookie is an awesome woman. You are lucky to have her. She makes good coffee too.

Since coming to NA I haven't had to use, so I have 22 years clean. I live in the Middlesex area with my girl. Life has been good to me, Nicky, and I think about you every time I read Sanity. Tell me what's wrong today.



Well, Ray, I have an awesome Sponsor named Sparky. He's there for me all the time and gives me great advice. He's always helping me with my Steps and teaches me about living life on life's terms. Spark is in the hospital with H1N1 and I'm afraid he'll die. What if the medication triggers him and he goes back out? What'll I do then? I could lose him either way. How can I go on without him? What'll happen to me? It's been eating away at me and I am taking it out on Cookie. I have not been nice to her.



Nicky, you have every right to be upset, but this is NOT ABOUT YOU, this is about Sparky, man. Stop thinking of yourself so much and turn Sparky's health over to your Higher Power. You have no control over the outcome. You have to be there for Sparky now.

2

You're powerless, Nick, you have to work **Step One**.

You have to tap into **Step Three** and turn it over to your Higher Power.

5

You are way too self-centered. It is in the way of your thoughts being on Sparky. Do a **Steps Six and Seven** on self-centeredness.

8

... and dammit Nicky, do a **Step Nine** with Cookie. You have been a miserable SOB to her lately.

10

11

12



Wow Ray, it's just like you never left. It's also like Sparky is speaking through you. I feel my Higher Power working. You both always know the right thing to say.

... and you are right. There is a solution to any problem in the Steps. I just have to apply them. Last month my friend BB died from an overdose. It was so heartbreaking, but I did turn it over to my Higher Power and I am healing from the pain. I know Sparky will be okay now. You are the BOMB Ray. Thank you so much for coming. Can you go to the meeting tonight and give me my medallion?

Of course, Nicky!



There's no place else I would rather be.

7:30 P.M.

RING RING RING

Hello



RING RING

Hi Nicky, it's me Spark. I have good news. I am 'over the hump' and feeling better. I should be able to go home in a couple days. I feel bad that I can't be there with you to celebrate tonight.

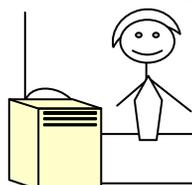


That's great news for you. I have good news too. I didn't want to tell you how depressed I was because you were so sick. Cookie got tired of listening to me moan and groan, so she called Ray, remember him? He came and gave me the same advice that you would have given me. I think you are the same person in two bodies.

I remember Ray, a really cool Dude. Tell him hello. Will he be able to celebrate with you tonight? That would be awesome since I can't be there.

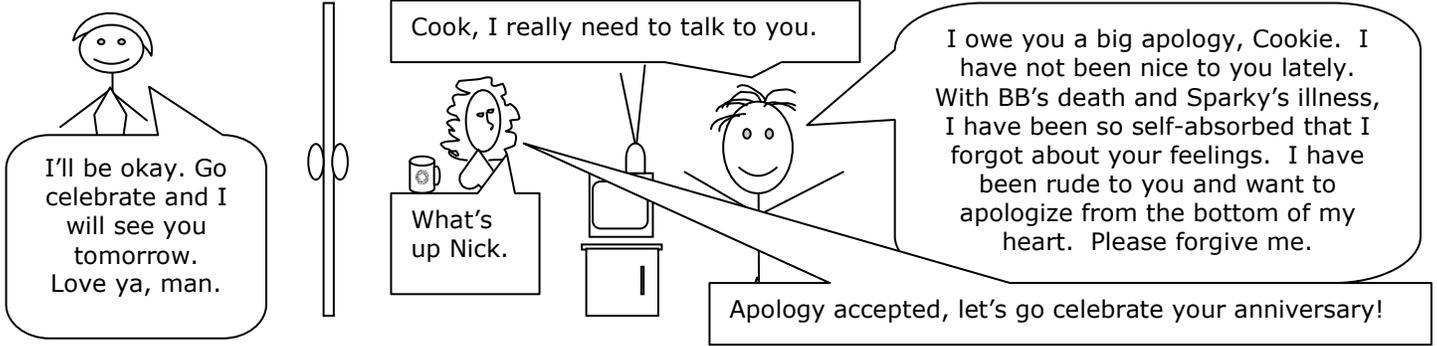


I know, I really have to make amends to Cookie. I have been lousy to her lately and I have to work Step Six and Seven on self-centeredness.

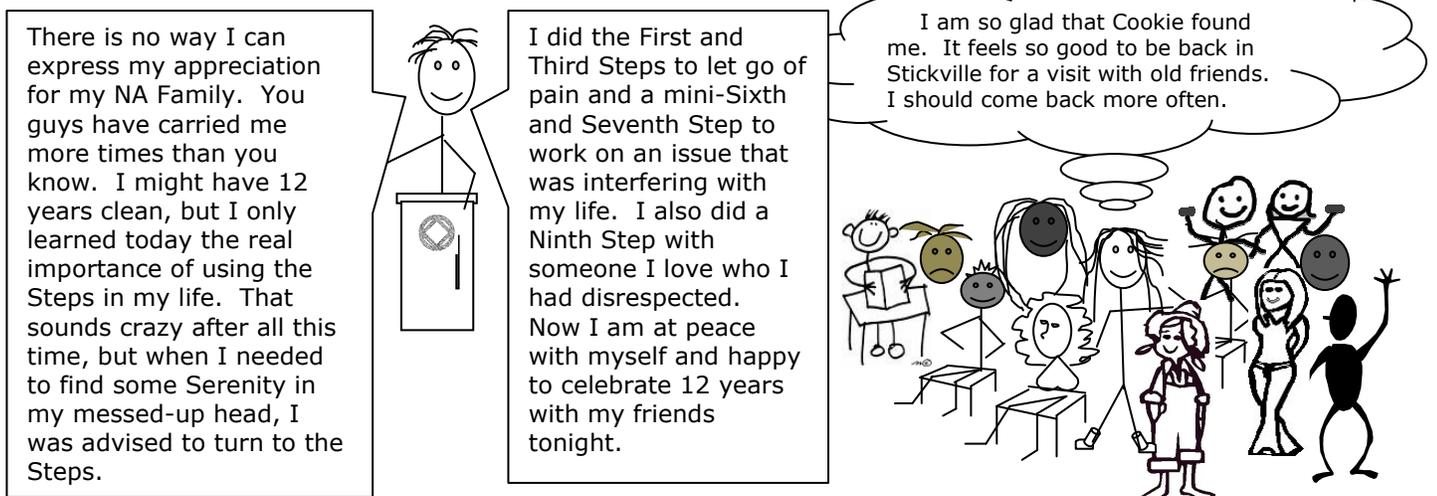
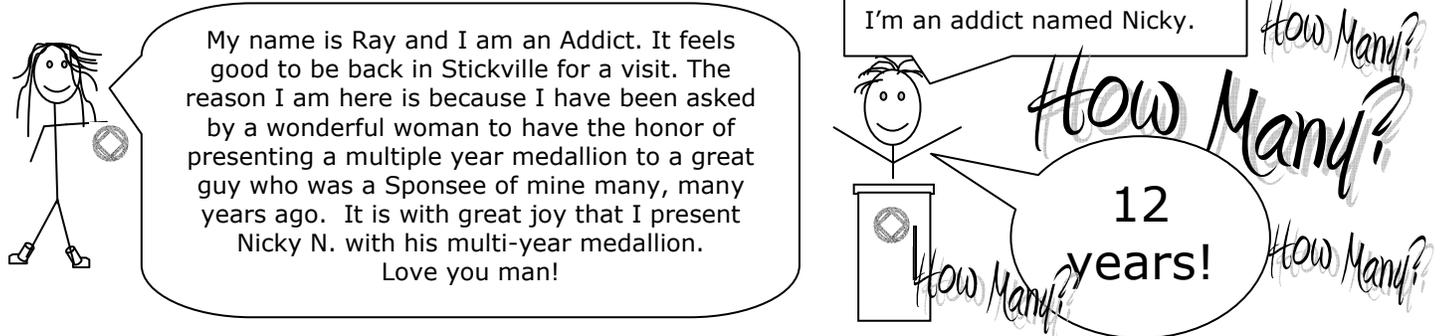


Cookie called him for you? Wow, you have a great woman there. You really don't appreciate her for all her good qualities. You're very fortunate.

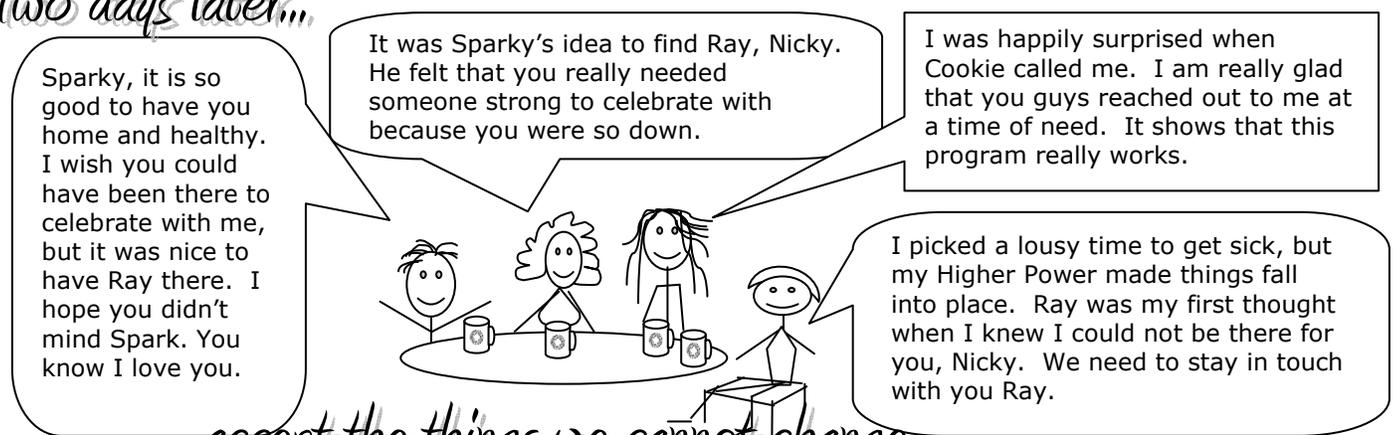
Oh Spark, I'm sorry, you are in the hospital and I turned this conversation around to be about me. That's part of the Step Six and Seven I have to work on. How are you feeling? Will it take you a while to get back to normal? When can you go back to work? Will you be able to go to meetings?



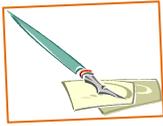
8:45 P.M. Recovery Now meeting of NA Celebration Meeting



Two days later...



... accept the things we cannot change ...



Recovery Poetry

"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.

Bonnie B-L

"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

Jersey Unity Upcoming Conventions



New Year's Eve Convention
New Year ~ New Life
Together Again in 2010
 December 31 @3PM to January 2 Noon
 Hanover Hilton ~ Route 10 East ~ Whippany

Ocean Area Convention
Shore to Recover V
 April 16. 17. 18. 2010
 Quality Inn ~ 815 Route 37 W ~ Toms River

New Jersey Region Convention XXV
NJRCNA XXV May 28. 29. 30. 2010
 Crown Plaza Hotel - Cherry Hill
 2349 West Marlton Pike ~ Cherry Hill NJ 08002
 This is our 25th Convention. Register Early!



We need to register early for the XXV convention Nicky.



Already done, Cook. I got an Earlybird registration for us. More people should register early to help the committee plan.

Visit our website at www.nanj.org for details on all conventions and events.

Send input and articles to:

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Please put 'Sanity' in the subject line.

Editor: MD

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:** Help a Newcomer!