



SANITY

UTILIZING THE WEBSITE

Have you visited the Regional Website lately?

www.nanj.org

There is a new feature on the HOME page where you can access the daily

JUST FOR TODAY

which is always a great way to start your NA day.

While you are on the HOME page, if you have not already done so, go to the bottom of the page and click on the link to add your

GROUP'S BIRTHDATE.

This information will be beneficial to future NA generations in planning their celebrations.



An upcoming feature that will be added soon will be a button for emergency notifications called

ANNOUNCEMENTS

This feature will be for emergency situations such as announcing when a group loses a meeting place and where the meetings will be held until a new location is secured or when some facilities do not let us access the facilities on holidays or other situations that might be deemed emergency.

Please keep in mind that all meeting information must be updated on the website if a meeting changes, closes or if a new meeting is started.

On the HOME page, click on

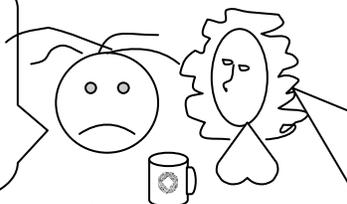
UPDATES TO STATE MEETING LIST

on the bottom of the page. This will take you to the page where you can enter your information. The Statewide Meeting Directory is printed from this information, please keep it current.

The Adventures of Nicky Newcomer



Cookie, Sparky is not answering his phone. I need to talk to him. Do you think he is ignoring me? I REALLY need to talk to him, NOW!



Everything is not all about you Nicky. Maybe he lost his phone. Call someone else in your network. Call your Grand Sponsor, Otto.

Hey Nick. What's happenin' dude. It's good to hear from you. Give me the scoop.

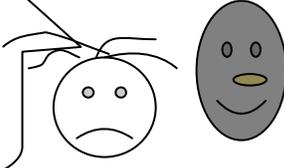


Otto, I can't find my Sponsor and I have a crisis. I think I might lose my job on Friday and I can't find Sparky to talk to him. Whatta my gonna do Otto?

What's the story, Nicky. Why do you think you will lose your job. Talk to me man.



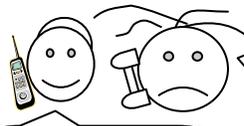
Rumor has it that pink slips will be handed out on Friday and I am the low many on the list. My boss has been watching me like a hawk for the last couple-a weeks. I'm so upset. I wanna use!



Dude, Friday is four days away. Live in the moment and stop projecting. Work a Step Three and turn it over to your Higher Power. You have no control over what will happen on Friday.



Thanks Otto. I feel better after talking to you. You have a real good outlook.



Hey Nick, what's up?

Spark! You didn't take my calls, I've been worried sick about you.

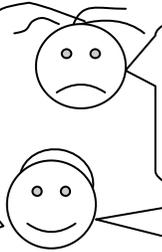


I've been doing 12th Step stuff. I got a Helpline call that someone needed help. I met him at a meeting and took him to the diner afterwards.



I left my phone in the car during the meeting and again at the diner so I could give him my undivided attention. I'm sorry you are so upset, Nicky, but sometimes you have to share your Sponsor with other people. It is not all about you, Nick. You can call someone else in your network. You really need to work a Step Six on your self-centeredness. I've told you that before.

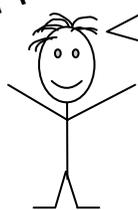
Now, tell me what your problem is and how I can help you.



You are so right, Spark. I am sorry. I spend too much time thinking about myself and not about others. Cookie recommended that I call Otto and I did and he helped me. I think I might lose my job on Friday and I am freaked out over it. There is a rumor that they are letting a lot of people go and they are watching me.

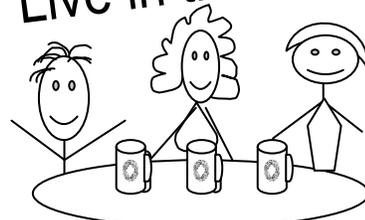
Nicky, stop projecting. Live in the moment. You do an excellent job at work and you need to stop worrying. Share about it at meetings and turn it over to your Higher Power.

Friday Night



Cookie, Cookie, Cookie, where are you? Cookie, come quick! I did not lose my job and I got a promotion with a raise. Can you believe it? The boss was always watching me because he wanted to make sure I was the right man for the promotion. I am so happy.

Live in the Moment!



**Jersey Unity
Upcoming
Conventions**



**BASCNA Convention
Bergen Area
New Years Eve Convention**
December 31, 2010 - January 2, 2011
The Hanover Marriott
1401 Route 10
East Whippany, NJ 07981

NJRCNA XXVI

DOUBLETREE HOTEL
SOMERSET

Save this date - July 1,2,3, 2011

Please register early.



Send input and articles 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**

Thank you for letting me serve, Margaret D.