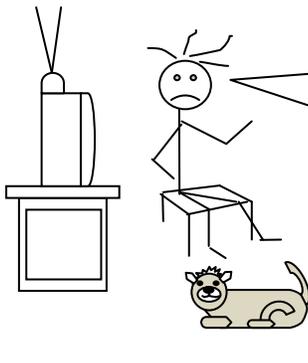




SANITY

Weathering the Storm

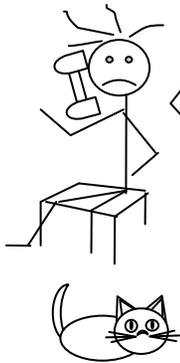
The Adventures of Nicky Newcomer



Cookie, my anniversary is coming up and I am feeling anxious. I don't know why but I always get a feeling of trepidation when it is time to celebrate another year clean. I keep getting the desire to use. It consumes my thoughts.



Nicky, I think that happens to a lot of people. Please don't sabotage your cleantime. You have worked so hard to get where you are now and have a great life now. You need to call Sparky.



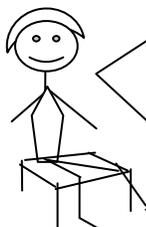
Spark, I need to talk to you man. Can you come over? I'm in bad shape. I have a storm brewing inside my head that I need to work through. Sometimes I seem to get depressed for no reason at all and my mind takes me to places I don't need to be.



Sure Nick, be right there.



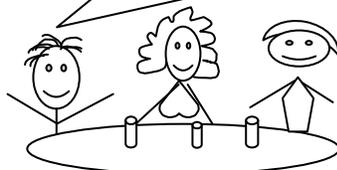
Oh Sparky, I feel so awful. I don't want to celebrate, I want to get high. I am ready to give up.



Nicky, get your head out of your ass. Why are you making a mountain out of a mole hill? You have a good life, a good job, a good woman, a nice home. There is nothing in your life that should make you want to relapse. What happened to your Step Three?



I can't do this alone. You are so wise. You have a way of centering my spirit.

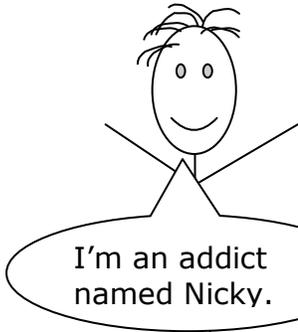


Why didn't I think about Step Three? Asking my higher power to guide me always helps me get through difficult issues. Thanks so much Sparky.

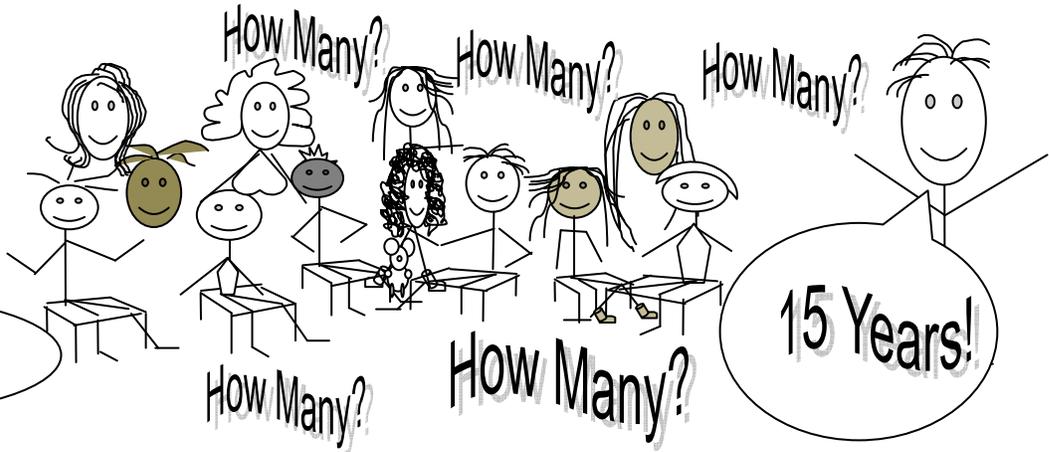
Welcome to the Recovery Now Group of NA. May we please have a moment of silence followed by the Serenity Prayer for those who care to join in . . .



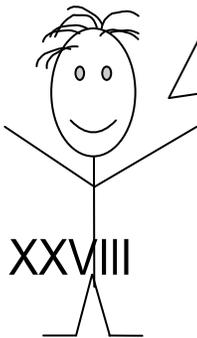
My name is Otto and I'm an addict. The Recovery Now Celebration Meeting of Na celebrates cleantime . Is anyone celebrating multiples of years? That's two or more in a row?



I'm an addict named Nicky.



How'd ya do that?



XXVIII

I've had a hard week. I get 'antsy' around the time of my celebration and get urges to use. I don't know why, but some years it is worse than others. My Sponsor helps keep me spiritually centered. I need to remember how important Step Three is and that I can turn to it at any time to get me through difficult situations.

Sometimes I let 'the committee' in my head take over my thinking and it can really mess with my thoughts, but my Sponsor brings me back to reality and I turn it over to my Higher Power. Above all, I have learned that I DON'T HAVE TO USE, NO MATTER WHAT!

My name is Nicky, and I am an addict.

BERGEN AREA NEW YEAR NEW LIFE CONVENTION - NEW YEARS EVE

WHIPPANY, DEC 30, 31, JAN 1

GREATER NEWARK AREA CONVENTION

FEBRUARY 15, 16, 17, 2013
MEADOWLANDS, EAST RUTHERFORD

NEW JERSEY REGION CONVENTION XXVIII

APRIL 19, 20, 21, 2013
EAST BRUNSWICK HILTON

MD

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.

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