

Sanity

Newsletter of the New Jersey Region



May 2007

Feature of the Month HELPLINE



The Helpline Committee needs help.

The Helpline Committee has been surviving with a minimal amount of manpower for far too long. Word has spread about the importance of the Helpline and the need for Committee members. Luckily, new Trusted Servants have emerged to join the Committee and help the few dedicated individuals who have been doing all the work.

At a Regional level, in order to be better informed on the workings of the Helpline, at the March 2007 NJRSC, a motion was passed to change the Regional Helpline Liaison to a Regional Helpline Chair. This information was passed along to the North New Jersey Region with the suggestion that they do the same.

In the recent past and going back many years, one dedicated individual has put his heart and soul into keeping the Helpline alive and running. Fortunately, he has had the assistance of a few other participants who have done a wonderful job in keeping the telephone listings up to date.

Fast forward to today, and we find that a good deal of work needs to be done to update the listing of volunteers who have so graciously given their time and service to being on the Helpline. However, the Committee finds that people come and people go and telephone numbers change or become disconnected. It is of the utmost of importance that the telephone numbers given out by the Helpline are current and operable.

A complete scanning of all numbers in the system will be done by both New Jersey Region and North New Jersey Region with a deadline of August first to have all information ready to be updated at the Helpline telephone office. This is a large undertaking because it involves

the entire State of New Jersey. There are ten Area Services in New Jersey Region, twelve Area Services in North New Jersey Region, one Area Service located in Camden that is in the Philadelphia Region, and one Area Service that is located in Little Apple Region.

The Helpline Committee will enlist the Public Information Chairs of the Area Services to provide the current listings for each Area. If an Area does not respond, their numbers will be removed from the phone number listings because the Committee needs to know that the numbers are current and working. They cannot take the chance of giving out any numbers that are not active.

If you have a heart that wants to give back to the addict who is still suffering, please consider being a volunteer for the Helpline and remember that **the Helpline Committee needs your help.**

Helpline Workshop Monmouth County



Learn to give back what was so freely given to you. The Central Jersey Area Service Conference Public Information Committee hosted a Helpline Workshop with participation from New Jersey Region's Helpline Committee Members. In order to become a member of the Helpline, volunteers must be clean for a minimum of one year.

According to a fluorescent yellow flyer, designed to catch everyone's eye, anyone who wants to be on the Helpline phone list must attend a Helpline workshop. There are

no exceptions. One might ask: "What is this helpline phone list? Why is it necessary for volunteers to attend a workshop? After all, they are willing and they are volunteers."

In order to get the answer to this question, one must attend a Helpline Workshop, like the workshop that was hosted by CJASC and held on April 21, 2007, in Eatontown. As is our NA custom, it started on time at 5 o'clock sharp. The Public Information Committee of Central Jersey Area Service coordinated with Jim W. of the Helpline to set up the workshop. Jim lectured about the Helpline and what it takes to be an effective Helpline volunteer. There were thirteen people in attendance, jotting down notes and questions.

The workshop was very informative. The Helpline is a group of addicts whose phone numbers collectively make up the phone list. There are men and women on the list. When a person dials 1-800-992-0401, which is currently on the front of the Statewide Meeting Directory, they have the availability to speak with a Helpline volunteer. As NA recommends, there are men available for the men and women available for the women.

Other topics of discussion at this workshop included:

- ✓ How to be prepared for a helpline call;
- ✓ How to conduct oneself on the telephone, which includes a list of "do's & don'ts" and the proper type of message that should be on the voicemail.
- ✓ The willingness to receive telephone calls at any time of the day or night;
- ✓ A working knowledge of the Twelve Steps and Twelve Traditions of NA;
- ✓ Why it is important for helpline volunteers to regularly attend NA meetings; and
- ✓ The primary purpose of answering a Helpline call is to get the person to go to a Narcotics Anonymous meeting.

Every volunteer is supplied with a Narcotics Anonymous Helpline Guide, which provides all the necessary information. Members who have been on the Helpline for many years passed along information on experiences regarding calls for help and how they handled them.

At this workshop, an awesome Question and Answer period followed with many, many questions. Led by Jim, he and the other experienced members of the Helpline answered the questions without missing a beat.

There is a wealth of information and effort that goes into becoming a Helpline volunteer. It is not just giving your phone number to the Helpline Committee and saying you are willing to serve. It must be much more because sick and suffering addicts call the 800 number reaching out for help.

If you think you have what it takes to answer that call, contact your area Public Information Committee and **give back what was so freely given to you.**

Written with the assistance of a Trusted Servant.

NJRSC XXI

CONVENTION

We Do Recover

July 6, 7, 8, 2007

East Brunswick Hilton, Register In Advance
Visit our Website for information
NANJ.org

Send input and articles to:

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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

Words of Wisdom:

TRADITION EIGHT: Narcotics Anonymous shall remain forever nonprofessional, but our service centers may employ special workers. *

* Basic Text, page 69

