

# Sanity

July 2008

Newsletter of the New Jersey Region

## New Jersey Regional Convention NJRCNA XXIII From the Inside Out



THE DISEASE HAS BEEN ARRESTED

Attending meetings and workshops and listening to a variety of excellent speakers is the best way to spend an NA vacation. If you had the opportunity to attend NJRCNA XXIII, then you experienced a fine weekend of recovery.

However, there is a lot more to the convention than meets the eye. There is an entire committee comprised of dozens of people who make the convention happen. Those who attend the convention have no idea of the hard work and dedication that went into preparing for the event.

The hotel is booked two years in advance at alternating locations for better attendance by people from all over the state. The people who form the Planning Committee start their work eleven months before the convention.

The Convention Planning Committee (CPC) is comprised of a Chair, Vice Chair, Treasurer and Secretary in addition to Chairs of the committees for Registration, Programming, Arts and Graphics, Hotels and Hospitalities (H & H), Merchandising, Convention Information (C I), and Fundraising and Entertainment (F & E). These Chairs put together their own committees to produce the end-result of a successful convention.

**Registration** begins working immediately after a convention to develop the next registration paperwork and 'start the ball rolling' with early registrations to start funding the upcoming year's expenses. They also coordinate with the hotel to have accurate information printed on the registrations. The members of this committee develop, print, stuff, and mail tirelessly and put in a full year's worth of time and effort that culminates in a very hectic Convention Registration table during the convention.

**Programming** visits the hotel to see how many speaker rooms are available to the convention and spends countless hours designing the speaker and meeting scheduling. They listen to

tapes that are submitted for the featured speakers and book all the speakers for the event.

The Planning Committee puts a great deal of thought into the logo for each convention, seeking slogans from all interested parties. Once a slogan is chosen, they then ask for people to suggest a logo that will compliment the slogan for that convention. At this point, **Arts and Graphics** takes the logo and creates the banner for the convention.

The logo is also given to **Merchandising** to be placed on tee shirts for sale. Merchandising orders all merchandise that will be sold at the convention and coordinates the sale. It sounds easy, but it is very time consuming.

**Hotels and Hospitalities** is the security for the convention facility. They are also known as the 'Hug Squad' that you will encounter when you enter the hotel and they give you a hug. H & H will be seen all over the hotel with headsets on to keep in contact with all areas of the hotel and provide security any place that it might be needed.

Putting together a convention costs an enormous amount of money. The **Fundraising and Entertainment** committee coordinates events to raise funds for the convention. They have held dances, speaker jams and spaghetti dinners among other events. This committee tries to hold events in different areas of the Region so that a wider selection of individuals are able to attend.

**Convention Information** researches the location of all rehab facilities housing in-patients in the State and sends letters to each one inviting their clients to attend the convention at no cost. Registration is waived for those who live in these facilities. This committee also sends a convention registration form to every Region in the United States and posts the convention on the [www.naws.org](http://www.naws.org) website and on the Regional website at [www.nanj.org](http://www.nanj.org). They also coordinate the free distribution of literature at the convention to any one who requests it.

... and standing behind all these Trusted Servants is the **Board of Trustees** (BOT), who handles all the legal aspects of the convention, following the NJ State guidelines for corporations.

So the next time to attend a convention, think of all the time and energy that was put forth to make that convention happen.

# Recovery Poetry & Prose

## My Friend



As the bus rumbled along through the mountains, down the thruway and back to the city, thoughts of the previous week danced in my head. I had just finished a week on my own working the holidays as a waiter in a Catskill hotel. I was 16 years old and excited about going back home. The girl sitting next to me on the bus, pulled out a pipe, packed it with some green tobacco from a Sandwich bag and proceeded to smoke it on the bus. It smelled different than any tobacco I ever smelled. **“Want a hit”, she said, so I said, “why not?”**

After that bus ride my life would never be the same. I didn't know it at the time, but I was embarking on a 25 year ride through heaven that would deposit me in hell.

**In the beginning, drugs and alcohol were my long anticipated friend.**

My new friend understood me. He was always there for me. In the beginning, it was secretive and exciting. I only saw my friend with other really “cool” friends. Unfortunately, there were times I had to leave my friend for things like school and work, or some family functions. Eventually, I made the choice to meet with my friend before school, work and family functions. I convinced myself that all of these functions and life itself was better when my friend attended.

**As time passed, my friend and his friends introduced me to new friends.** These new friends made it easier and quicker for me to really enjoy my life. They also introduced me to a new experience; that of escape. Escape from the drudgery of life, my problems and eventually myself. I worked hard, was successful, and I believed it was my birthright to enjoy. Could life get any better? **Then came the turning.**

### The Turning

As the years rolled on, I kept changing my friends for better friends. I found the perfect friend, one who could take me to that special place quickly. He required only one thing from me. Complete commitment. Make no mistake about it, **he was in charge.** That was his price, but there was a payoff. He would take me to places and make me feel like I never felt before. He seduced me into paying an ante I couldn't afford. **Finally, he turned on me.**

**One day he said, “money isn't enough”. I want your home, the respect of your loved ones, your soul mate, your children, your education, your mind, your honor and your self-respect.**

My friend, the giver, was now the taker.  
I want it all, and I want it now.  
I agreed, just be with me one more time.  
**One more time, forever.**

By Irwin

# Jersey Unity

## UPCOMING CONVENTIONS:



### 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.

### Northeast New Jersey Area Convention (NENJAC)

Nov 28, 29,30 2008, at Doubletree Hotel, Somerset

### BASCNA New Year's Eve Convention FREEDOM IS MINE - 2009

December 31, 2008 ~ January 1, 2009  
The Hanover Marriot; Whippany, New Jersey

### 33rd World Convention of NA WCNA-33

20, 21, 22, 23 August 2009



Centre Convencions Internacional (CCIB)  
Barcelona, Spain



## Dear Sanity:



Dear Sanity:

I am new to recovery and have heard that the Steps will help me. I don't understand what the Steps are. Can you help me understand?  
Lost Louie

Dear Louie: There are Twelve Steps. Some of the Steps are to help you stop using; some of the Steps are to help you clean up the wreckage of your past; some of the Steps are to teach you to live life on life's terms; and some of the Steps are to improve your future. The best way to learn about the Steps is to work with a Sponsor, who will guide you through the Steps.

Happy Recovery, Sally Sanity

Send input and articles to:

#### Sanity

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Please put 'Sanity' in the subject line.

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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](http://www.nanj.org)

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**Words of Wisdom:** Call your Sponsor more often.

