



SANITY

NA AND YOU AND YOUR COMPUTER

There is a wealth of information on the Internet for addicts to utilize. A large number of Area Services and Regions have websites to help us find information about all aspects of our recovery. NA World Service is filled with information and literature. NAWS can be reached at www.naws.org

The Website shared by New Jersey Region and North New Jersey Region is www.nanj.org and serves as an information board for all the service and activities in the state. However, please be advised that if you go to the Activities page and do not find the activity you are seeking, keep in mind that the Website committee cannot post any information unless it is provided to them by someone from the Area Service where the event is being held. They are not mind readers nor do they randomly read flyers and post information.

Another area of great importance on www.nanj.org is the meeting directory listing. The listings are updated almost daily by the dedicated members of the committee. If you go to the meeting listing and find a meeting missing, listed incorrectly, or a listing for a meeting that is closed, please notify the website at www.nanj.org and click on the update section of the meeting list page. The committee cannot update the listings if they do not know that changes have occurred.

In your Area, you can benefit by visiting the following websites:

- www.bergenarea.org
- www.capitalareaofna.org
- www.cjasc.org
- www.namiddlesexnj.org
- www.passaicarea.org
- www.southjerseyna.org

NAWS H&I Bulletines

H&I Service Bulletin #5

Men working with Men, Women working with Women

Narcotics Anonymous is a twelve step program which is based on suggestions, one of which is "men work with men, women work with women." This suggestion is the result of countless members experience in both service work and personal recovery. This suggestion is highly recommended in H&I service work, where our contact with future members of our fellowship is forged.

Some facilities house only men or only women. Other facilities house both men and women, but keep them separate. In these facilities, where your meetings will consist of only men or only women, we feel strongly that only same sex Narcotics Anonymous members should participate.

Remember our primary purpose is to carry a clear and consistent message of recovery to the addict who still suffers. Our purpose is not to make our meetings more popular with the addicts we are trying to help. Problems that arise in this area have the potential to seriously damage the credibility of Narcotics Anonymous. Experience has taught us that we can avoid these problems, if we follow this simple guideline.

H&I service brings us into contact with future members in the initial stage of their recovery. At times members of an H&I committee may act in ways that detract from our primary purpose. Whether intentionally or unintentionally, we are not only risking the reputation of Narcotics Anonymous as a whole, addicts who need to hear our life saving message may not do so and may die as a result. This may seem dramatic, but past experience has proven it true.

Lack of the same sex addicts to carry the message into facilities is a common problem, however, it can not be used as a justification for not following this guideline. Some members have taken matters into their own hands and have reported doing so without repercussions, but for others the repercussions have been traumatic. If we lose one addict or facility because of this practice, it is one too many. The reputation of Narcotics Anonymous,

our members, and the people we serve depend on honoring this principle.

Just as we ask in our regular recovery meetings that men work with men and women work with women, we emphasize this in H&I work for many of the same reasons which range from explicit sexual behaviors or harassment to our perception of the opposite sex clouding our ability to hear the message being shared. People new to our fellowship often find it difficult to focus on recovery. We need not give them more reasons to lose their focus. Just as importantly we, as H&I members, should not place ourselves in situations that may become awkward for us. Even with the best of intentions we are only human and, therefore, fallible. By following this suggestion, we avoid the pitfalls associated with this issue.

RECOVERY and PROSE



SURRENDER

Teetering on the edge of oblivion
Having fought his way through life
Seeking the elusive crossroads
To escape all this pain and strife

No way to go any farther
No point in turning back
He resigned to utter failure
Slumped down, shoulders slacked

And then a voice called to him
In his moment of dire despair
It seemed to emanate from beyond
It seemed to echo from everywhere

It said son you've been raging
Your whole life you've been at war
And now consumed with defeat
You cannot battle anymore

The crossroads you've been seeking
And end to all this pain
Cannot be reached through conflict
You've been struggling in vain

It's only through surrender
That what you seek can be achieved
Cease your fruitless contest
And no longer be bereaved

If you cease your relentless fighting
You can cease your enduring grief
Surrender my son and join me
And obtain peace beyond belief

Tyler J Porter Sr.

The Grave of my Past

The cornfields of my mind
sway with the breeze of my thoughts
Like a synchronized marching band
performing the 'wave',
my thoughts sweep across the stalks.
Thoughts of past mistakes and failures;
thoughts of how I could
or should have done it differently;
thoughts of how I can't do this anymore.
Stand up!

You're not a beached whale or slug.
Stand erect with the stature of 'enough'.
Give up the 'stop' and start the 'begin'!
Enough of being somber; time for the rumba.
Once upon a time I screwed up.
This is the once upon a time I move on!
I will not allow the 'then' to become 'the forever'.

Today I play my new hand
Today I stand erect.
Today I shake loose and bring the good with me, leaving all
the bad in the grave of my past.

Today I rise above.
I leave the carcass of my past pain
for the vultures of my past lies to feed on.

I empty the baggage
in the rooms of my mind's mansion.
Free from, but with the knowledge of my past,
I stroll down the road of my future.

Irwin

I UNDERSTAND by Irwin

I know that you must be in constant contact with the outside world.
I know that cell phones and text messaging is a must in your
important life.

Others wouldn't understand it, but I do.
A person of your stature and contacts.
People depend on you for your insight, decision making and
moment-to-moment problem solving skills.

Being a skilled neural surgeon, a nuclear physicist, or world
respected economic advisor, I understand how you need to be on
high alert and available for contact 24 hours a day.

So when you receive or send text messages in a meeting, I
understand that because of your actions, the world is a better
place.

I understand when you are texting and not listening to anything
being said in the meeting you are giving up your recovery for the
betterment of the world.

I understand that you are such a magnanimous person.

I understand that when your texting distracts anyone in the
meeting, that's their problem.

I understand that the meetings wishes of 'no text messaging' do
not pertain to a person of your stature.

I understand that you are actually greater than the meeting.

I understand that you are full of #&*#.

Respect is a two-way street and you are on a one-way road.



Dear Sanity: ?

Dear Sanity:

I read the feature article in the Jan 09 newsletter regarding drug replacement therapy and that people taking methadone are still considered "using" addicts. I am a member of Narcotic Anonymous and I will be celebrating 9 months this month. I am taking Suboxone currently under the care of a doctor. I am on a course and plan to be off of this shortly. I hold service positions in several groups as coffee maker, GHIR, treasurer and I am going to attempt to lead a meeting shortly. I take Suboxone to avoid a painful withdrawal from opiates. I do not abuse it and I do not catch a "buzz" when I take it. I consider myself clean and serene and my sponsor does and his sponsor does and everyone else in my network and my home group.

I would never intend on breaking NA tradition and because I consider myself "clean" I have pursued these service positions and I have served all of my groups to the best of my ability with a clear message of recovery and I have always fulfilled each commitment with no issues. If I am not clean, I will reconsider my commitments.

Thank you, David

Dear David:

You have touched on an area that is of great interest and confusion to many individuals. The answer is elusive because of the content of the question.

I refer you back to World Service Board of Trustees Bulletin #29: "... Tradition Three says that the only requirement for NA membership is a desire to stop using. There are no exceptions to this. Desire itself establishes membership; nothing else matters, not even abstinence. It is up to the individual, no one else, to determine membership. Therefore, someone who is using and who has a desire to stop using, can be a member of NA.

"... It may be argued that a group's autonomy, as described in our Fourth Tradition, allows them to decide who may share at their meetings.

"... However, we have absolutely no opinion on methadone maintenance or any other program aimed at treating addiction. Our only purpose in addressing drug replacement and its use by our members is to define abstinence for ourselves".

I can help you no farther than that.



Sally Sanity

Jersey Unity UPCOMING CONVENTIONS:

Cumberland Salem Area of NA Annual Banquet
May 9, 2009 ~ 5:00 to 11:00 PM ~ \$20
Picking Up the Pieces
Sacred Heart Church
East Landis Avenue and Myrtle Street
Vineland NJ

NJRCNA XXIV
July 3, 4, 5, 2009
Doubletree Hotel
& Executive Meeting Center
Somerset, New Jersey
www.njrcna.org

33rd World Convention of NA WCNA-33

20, 21, 22, 23 August 2009
Centre Convencions Internacional (CCIB)
Barcelona, Spain

Visit our website at www.nanj.org for all convention information

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:** Give back what was so freely given to you.

# The Adventures of Nicky Newcomer

## (Step Three)

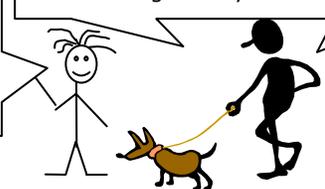
I'm going for a haircut and then to the meeting. I hope to see you there Otto?

Yeah, after I finish walking Fido in the park I will get to the meeting. See ya then.

Oh Nick, Can you help me with **Step Three** like we talked about last night? I am finding it hard to turn it over. My will is alive and well & kicking my ass.

Nicky, I see that you got a nice haircut, are you ready go to back to work on Monday?

I sure am; it has been two months. Oh, I need to help Otto with **Step Three** tonight. He's suffering.



Sparky you got the cast off your arm! I haven't seen you in a few weeks. You've been isolating and I was worried about you. You lost a lot of weight and look great. How is the arm? Have you found a new job yet?

The arm is stiff and I need to go to therapy. The cast really smelled bad, so I am glad to have it off. I had to work **Step Three** constantly and turn it over to my HP. I have a couple leads on jobs, but I had put that in my Higher Power's ball park too. **Step Three** really helped.



Cookie, have you seen Otto? He is not in good space. Otto is a great Sponsee and I want to help him all I can. I have to go look for him. I wonder where he could be.

I need my coffee!

Otto and Sparky are in the back room having a 'meeting' before the meeting'.

Whatsa matter Otto? I'm your Grand Sponsor, talk to me!

Oh Spark, Nicky has me working **Step Three** and I just can't grasp it. I cannot turn my will over. I want to use and it is killing me. All I think about is going out again. Nicky told me to hold on tight to Step One, but to utilize **Step Three** to help me.



Welcome to the Recover Now meeting of NA. My name is Moses and I am an addict. May we please have a moment of Silence followed by the Serenity Prayer for those who care to join in.

... Grant me the serenity...

Our meeting tonight is on **Step Three**: We made a decision to turn our will and our lives over to the care of God as we understood Him.

I turned off my thinking and let my Higher Power take over and it all turned out fine. I had to do the footwork, but my Higher Power was the guide. **Step Three** rules!

I'm Nicky, I'm an addict. I was out of work for two months and thought I would go nuts. If I did not take myself out of my head and turn my life over to my Higher Power, I don't know what I would have done. Life on life's terms is not easy.



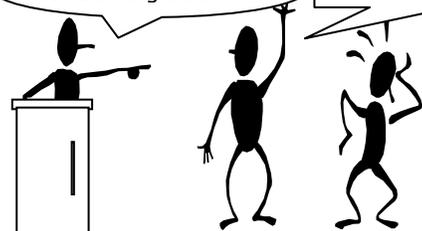
... burning desire?

I'm an addict named Otto.

Thanks Nicky, your message really helped me tonight.

I have had a really bad desire to use lately. It is a good thing I came to this meeting because it was exactly what I needed to hear. My Sponsor keeps telling me to turn it over to my Higher Power. I could not grasp the concept, but now after hearing everyone share tonight, I think I can.

Luv ya, man!



I wish they would let me make the coffee. That muddy brew is gross. One sip and my bowels fall out!

Nicky, I don't feel like using!

That's great. Let's go to the diner!

And Cookie can get her damn coffee! Women are so weird!

