



# SANITY

## Sunset

The sunset filled the sky with a myriad of hues  
Putting to rest a peaceful conclusion to a world of pain:  
... of losing touch with reality and sleeping in the rain;  
... of constant thoughts that made us feel insane;  
... of memories of a world we could no longer claim.

Inside our hearts we knew the truth.  
That the disease that gripped us since the time of our youth.  
Had won the war and left us with nothing more to do

but surrender

... surrender that we could no longer go on this way;  
... surrender that we could no longer do as we may;  
... surrender that a Higher Power would lead the way;  
... surrender that a Higher Power would help us pray;  
... surrender that it could get better day by day.

It could get better; it would get better

... if we got in touch with the demons that made us scared;  
... if we shared our secrets with someone who cared;  
... if we searched our souls to discover the issues;  
that held us hostage through the years of misuse.

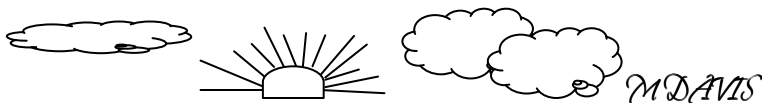
We learned that life could continue to improve

... if we freed our souls from the wreckage of our past;  
... if we learned to peel off the mask;  
... if we held on tight and completed the task;  
... if we confronted the hurt that caused us alarm;  
... if we gave respect to those we had harmed.

The future looked bright

... once we addressed our life daily, hour by hour;  
... once we continued to rely on the love of our Higher Power;  
A miracle takes place through our Higher Power's loving grace.  
We learn to help others who came from the same place.

We can now walk in peace and appreciate the  
Sunset that filled the sky with a myriad of colors  
Putting to rest a peaceful conclusion to a world of pain



## Jersey Unity Upcoming Conventions



**Greater Atlantic City Area Convention of NA**  
October 16, 2009  
Change We Must or Die We Will  
Clarion **Hotel** and Convention Center  
Egg Harbor Township NJ

**North East New Jersey Area Convention**  
October 30, 2009  
Doubletree Hotel and Executive Meeting Center  
Somerset New Jersey

**Unity Weekend / Fun and Fellowship**  
November 6, 7, 8, 2009  
Camp Oakhurst  
Oakhurst New Jersey

**New Jersey Regional Convention XXV**  
May 28, 29, 30, 2010  
Crown Plaza Hotel  
Cherry Hill, New Jersey

Visit our website at [www.nanj.org](http://www.nanj.org) for  
details on all conventions and events.

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

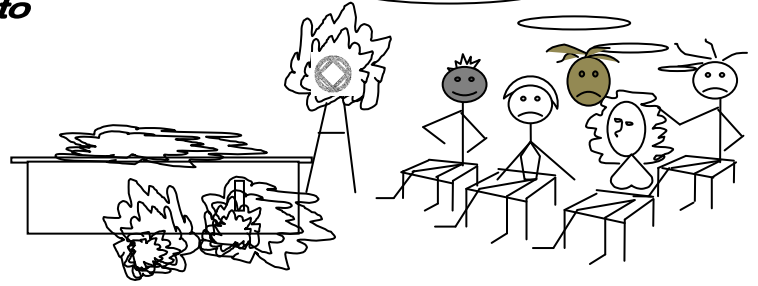
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**Words of Wisdom:** Use the phone.

# The Adventures of Nicky Newcomer

It is a sad day in Stickville as we lay to rest one of our own. A fine young man in the prime of his life who was held hostage by the terrible disease that took him home to our Father. Today we say goodbye to Beanpole Brown, affectionately called BB.

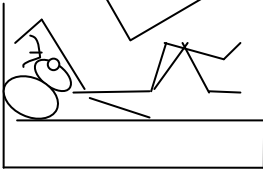
**Reverend Otto**

Sniffle, sniffle, honk, sniffle!

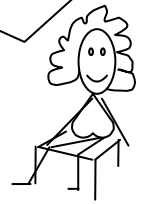


Oh Sparky, I am so upset. How could this happen. BB was so happy and doing so well. I just do not understand. We had breakfast together a few days ago. He told me that his life was on the right path.

I went to a meeting on Grief at the convention. The speakers had everyone in tears and now I can really relate to what the speakers were sharing. The pain of losing a friend is very intense.



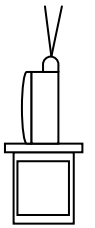
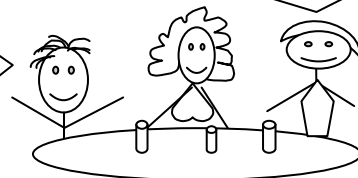
Nick, I understand he went to a party and met up with some old friends and left with them. I heard that he was found with a spike in his arm. We really need to follow the suggestion of staying away from 'old people, places, and things'.



Spark, if relapse can happen that quickly, how can we make sure this does not happen to us? I am not that strong yet, I still get thoughts of getting high.

Call your Sponsor when you feel weak. Stay connected with your network. Go to as many meetings as you can. Use the phone, man, use the phone. This is a WE program, Nicky, call people.

Don't forget the power of our literature. The Steps help us get through life on life's terms. You do not have to pick up for any reason.



My name is Tizzy and I'm a addict. I'd like to thank the speaker and y'all for a good meetin'. We have a nice way of closin'. Goober, would you take us out.

Um Goober, Um a addick.

Can we please have a moment of silence for all the people we have lost to this terrible disease.

... accept the things I cannot change and change the things I can ...



MD