



SANITY

THE JOURNEY: The Rewards of H & I

As young children in this ever increasingly complicated world, was it not our ultimate goal to grow up and become productive members of society? Did we have hopes and dreams to enter the adult world and become doctors, lawyers, teachers, nurses, actors, rock stars, or own our own companies like our fathers did? We read in magazines about people with titles like 'president', 'CEO', 'princess', 'movie star', or 'The Greatest'? Do you think that there are any among us who ever dreamed they would grow up to own the title 'DRUG ADDICT'?

Drug addiction is a cunning disease that takes us by the hand and leads us places we never knew existed.

Drugs introduce us to a world far detached from our childhood dreams. Drugs have power over our thinking; they become an all-encompassing demon that takes us to shady places behind closed doors. Drugs take us to places we never had a thought we would enter, such as jails, rehabs, hospitals, and death.

Many addicts are introduced to the Fellowship of Narcotics Anonymous when they are in a rehab or jail. Most do not enter any of these institutions willingly. Some of us are placed there by loving family members or by the Court system. In the beginning we hate those people. We view the Drug Court Judge, who made us enter a program, as an awful person. We detach from our families because 'they just don't understand'.

However, when we reach the roadblock that takes us off the streets and into a facility, we become introduced to Narcotics Anonymous through a subcommittee called **Hospitals and Institutions (H & I)**.

H & I can have a powerful impact on the incarcerated addict who is in desperate need of finding a new way to live. **H & I** goes into jails, facilities, and hospitals where addicts cannot get out to attend meetings. The members of an **H & I** panel, who weekly take a Narcotics Anonymous presentation into a facility, become a beacon of hope in the addict's world of despair. Many of the members of **H & I** themselves were introduced to the Fellowship through an **H & I** commitment that came to a facility that they were in.

H & I gives people hope; hope that they too can learn to live life without the use of mind and mood altering substances; hope that they too can regain the respect and love of their families; hope that they will become a productive member of society; and hope that they do not ever again have to pick up the drug.

After hearing the message passed through **H & I** we realize that our family members were not mean and inconsiderate to us, they only wanted to help us because they love us. The Drug Court Judge, who required that we attend Narcotics Anonymous meetings, was not our enemy, but our educator to freedom from active addiction.

H & I is a stepping stone for those who cannot get out to go to meetings; a stepping stone to our future freedom from the demons of our past.

Please consider becoming a member of the **H & I** subcommittee so that you may give back what was so freely given to you and pass the message of hope to the still sick and suffering addict who desperately needs to find a new way to live.

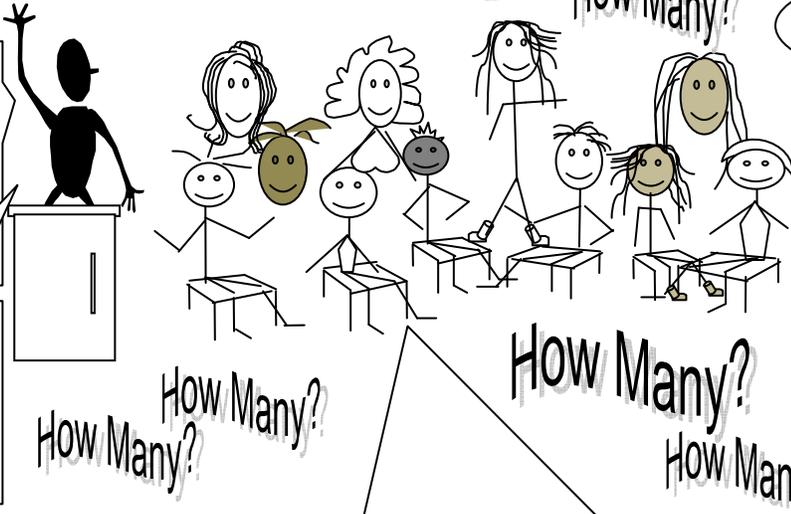


The Adventures of Nicky Newcomer

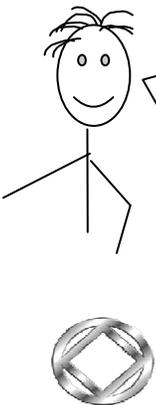
RECOVERY NOW Meeting

My name is Otto and I'm an addict. Welcome to the Recovery Now Celebration Meeting.

... Is anyone celebrating multiples of years? That's two or more in a row?



How'd ya do that?



I've stayed clean by going to meetings and doing service work. I'd like to thank my Sponsor, Sparky and my first Sponsor, Ray, who are both here today to support me in my recovery. They have both given me great guidance. They have taught me that any situation I am in, I can find a Step to use to help me. A year ago when I stood here, I was in turmoil and despair and close to a relapse. Through listening to them I have learned that I DON'T HAVE TO USE, NO MATTER WHAT! I also have to give credit to my 'other half', Cookie, who has stood by me and helped me work Steps Six and Seven to get over my self-centeredness. She keeps me centered and helps me to 'live in the moment' and live 'life on life's terms'.

My gratitude runs deep for the fellowship of Narcotics Anonymous for teaching me to live life without the use of drugs.

My name is Nicky, and I am an addict.

**Jersey Unity
Upcoming
Conventions**



**BASCNA Convention
Bergen Area
New Years Eve Convention**
December 31, 2010 - January 2, 2011
The Hanover Marriott
1401 Route 10
East Whippany, NJ 07981

NJRCNA XXVI

DOUBLETREE HOTEL
SOMERSET
Save this date - July 1,2,3, 2011



Please register early.

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.

Issues of SANITY can be downloaded from the NJ Statewide Website at **www.nanj.org**

Thank you for letting me serve, Margaret D.