



OUR GRATITUDE SPEAKS



PASSAIC AREA NEWSLETTER
 PASSAIC COUNTY AREA SERVICE, PO BOX 5439, PASSAIC PARK, NJ 07055
Newsletter@passaicarea.org

I have Faith, Family and Friends.....
 I am Free, I am Free.....
 I have Recovery and I am.....ME!!!! By George C.

STEP 1 NA BASIC TEXT

"We admitted that we were powerless over our addiction, that our lives had become unmanageable."

A Teen's Point of View **By Ashley R.**

Are you one of the many teens who believe drugs are the answer to all of your problems? If you are, I have news for you! Drugs will cause your life and body more harm despite how good they may make you feel. We have all heard the terrors of drugs and have been told not to do them and still teens believe that nothing bad will happen to them. I was one of those teens who said, "Not me." I thought I was different and unique there for nothing bad would ever happen to me but I am no different than anybody else. There is nothing that makes me or anybody else exempt from all the disasters drugs can cause you.

I thought that putting a dollar bill to my nose to snort cocaine was the answer to all of my problems.. I started off doing it occasionally, then every weekend, and it wasn't long before it became an every day habit. Eventually, I became a slave to this drug and my whole life revolved around ways and means of getting more. It became impossible to function with out it. I had dreams of being an Olympic champion figure skater but after I became a slave to my addiction my dream had become impossible to achieve and it really didn't matter to me any more. My motivation to do anything with my life was gone and I was incapable of being enthusiastic about anything that once made me happy. I had developed tunnel vision and the only thing I could see at the end of the tunnel was the

next line of cocaine I would be snorting. It was never my intention to become addicted but cocaine is a drug that is near impossible not to become addicted to. I was in denial about being addicted for a very long time. What were all in good fun had become nothing more then a vicious cycle that I could not escape. My life was beyond unmanageable. It wasn't until March 7, 2008 that I had finally been caught. I thought to my self, "Maybe this will be my chance to escape" and sure enough, it was! I got the help that I needed and didn't resist it at all. I couldn't live like that anymore. **I could no longer be a slave to a drug.**

TRADITION 1 NA BASIC TEXT

"Our common welfare should come first; personal recovery depends on NA unity."

Common welfare is what we share in common through NA. Commonality of purpose and spirit gives us the positive lift and attitude that won't say "no" when an addict is asking for help. Being part of something is very important. Being accepted as we are and made to feel welcome as ourselves instead of in spite of ourselves is something the group owes to all addicts seeking recovery. The common welfare we are all striving for is the ability to stay clean just for today and this unites us all in our common good. We can be an example to others by applying the principles of the 12 steps in our personal lives and living in the solution to our problem

Tradition One asks us to overlook the differences that may divide us and focus on our common identity as unified and equal members of a greater whole. It is through this commonality that one begins to understand how the whole can be greater than the sum of its parts. Each part has its own

uniqueness, a difference necessary to fit exactly where God had intended it, just for today.

What I Have Learned:

I love learning and I look forward to learning more about our traditions as I go forward with my service work. Tradition One to me is the core of it all. The only thing that matters is US, all of US. My recovery depends not only on me but on the unity I find in the rooms. No matter what our background, no matter what our drug and above all....no matter what we feel about the person next to us; when we come together we act as one. I learn just as much from the newcomer as I do from anyone.

I've been in business meetings where personalities start a tug of war and we stop and say the Serenity Prayer and regroup and we once again become united with the same goal, spreading recovery. When we were in the tug of war things were chaotic and a mess and nothing gets resolved. We need to keep personalities out of anything NA in order to accomplish our goals. Things run so much smoother when we keep in mind "Our Common Welfare". For me I try to remember that I am here for the next person as well as myself and if I happen to have an "opinion" that is not for NA than its best that I keep it to myself. It can be tough at times in business meetings and area meetings but it does get easier as I get more experience with it.

By Sharon C.



SNOW AND RAIN WILL WASH AWAY THE PAINFUL THOUGHTS OF YESTERDAY.....
A CLEAR MIND....
AN OPEN HEART.....
OUR LOVE'S SO STRONG WE'LL NEVER PART...

George C.

We Do Recover **FROM IP#6 RECOVERY & RELAPSE**

Although "Politics makes strange bedfellows," as the old saying goes, addiction makes us one of a kind. Our personal stories may vary in individual pattern but, in the end, we all have the same thing in common. This common illness or disorder is addiction. We know well the two things that make up true addiction: obsession and compulsion. **Obsession**—that fixed idea that takes us back, time and time again, to our particular drug, or some substitute, to recapture the ease and comfort we once knew.

Compulsion—once having started the process with one fix, one pill, or one drink, we cannot stop through our own power of will. Because of our physical sensitivity to drugs, we are completely in the grip of a destructive power greater than ourselves.

When, at the end of the road, we find that we can no longer function as human beings, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends—jails, institutions, or death—or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual, not religious, program known as Narcotics Anonymous.

When my addiction brought me to the point of complete powerlessness, uselessness, and surrender some fifteen years ago, there was no NA. I found AA, and in that fellowship met addicts who had also found that program to be the answer to their problem. However, we knew that many were still going down the road of disillusion, degradation, and death because they were unable to identify with the alcoholic in AA. Their identification was at the level of apparent symptoms and not at the deeper level of emotions or feelings, where empathy becomes a healing therapy for all addicted people.

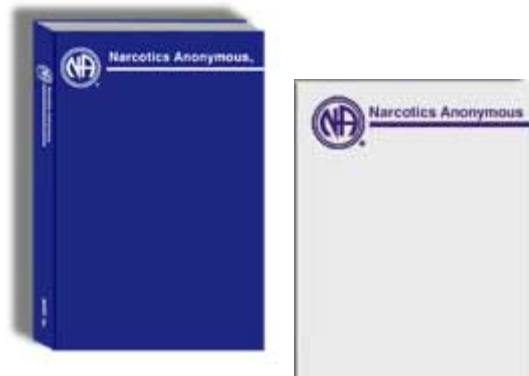
JANUARY CLEAN DATES

CONGRATULATIONS KEEP IT
GOING!!

SHARON P	1/04/05	3 YRS
JOY J	1/0108	1 YR
DENNIS B	1/09/05	4YRS

EARLY FEBRUARY

BILLY K.	2/05/07	2YRS
MIKE P	2/01/06	3YRS



WANT TO SEE YOUR NAME HERE???
THEN LET US KNOW!! SEND AN
EMAIL WITH YOUR FIRST NAME,
LAST INITIAL AND CLEAN DATE AT:

newsletter@passaicarea.org

WANT TO GET YOUR NEWSLETTER
BY EMAIL??

SEND AN EMAIL TO:

newsletter@passaicarea.org

HELP!!!!!!!

ARTICLES NEEDED!!!!

THIS IS YOUR NEWSLETTER
SEND US YOUR IDEAS, POEMS,
ARTICLES, PICTURES, QUOTES,
ANYTHING RECOVERY RELATED

newsletter@passaicarea.org

THANKS TO THOSE WHO HAVE SUBMITTED!
KEEP IT COMING AND IF YOU DON'T SEE IT THIS
ISSUE IT WILL BE USED IN A LATER ISSUE.

GROUP CELEBRATIONS

NEVER ALONE AGAIN

5 YEARS!!!

352 Clifton Avenue, Clifton, NJ

JANUARY 31, 2009

7PM-9PM

HONEST OPEN MINDED WOMEN

2 YEARS

10 LENOX AVE, POMPTON LAKES, NJ

FEBRUARY 4, 2009

7:30-?

MEN WELCOME!!!

NA FACTS: FROM THE LITTLE WHITE
BOOK AND BASIC TEXT

Narcotics Anonymous provides a recovery process and support network inextricably linked together. One of the keys to NA's success is the therapeutic value of addicts working with other addicts. Members share their successes and challenges in overcoming active addiction and living drug-free productive lives through the application of the principles contained within the Twelve Steps and Twelve Traditions of NA. These principles are the core of the Narcotics Anonymous recovery program. Principles incorporated within the steps include:

- admitting there is a problem;
- seeking help;
- engaging in a thorough self-examination;
- confidential self-disclosure;
- making amends for harm done; and
- helping other drug addicts who want to recover.

Central to the Narcotics Anonymous program is its emphasis on practicing spiritual principles. Narcotics Anonymous itself is non-religious, and each member is encouraged to cultivate an individual understanding—religious or not—of this "spiritual awakening."

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Sharon C. / Newsletter Chair

Release Form

The following release form must accompany all submissions to "Our Gratitude Speaks Newsletter"

Mail to Passaic Service Area P.O. Box 5439 Passaic Park N.J. 07055-9999 or hand deliver to Sharon C. - Chair or by signing the online Certification below.

I hereby give Our Gratitude Speaks, their successors, assignees and those who act in their authority permission to publish the attached article or other written material pertaining to my personal experiences with or opinions about the NA fellowship or program. I understand that my material may be edited. I possess full legal capacity to exercise this authorization and hereby release Our Gratitude Speaks and the Narcotics Anonymous fellowship and its service board and committees from any claim by myself, my successors and / or assignees.

Signature: _____

Date: _____

Witness: _____ Date: _____

EMAIL CERTIFICATION

By completing this submission form, I give Our Gratitude Speaks permission to use my submission without charge in print and online at newsletter@passaicarea.org

EACH MONTH WE WILL DO A STEP AND TRADITION CORRESPONDING WITH THE MONTH SO ANY SUBMISSIONS ON THAT ARE WELCOME.

**FEBRUARY: STEP TWO AND TRADITION TWO
IT'S ALSO VALENTINE'S DAY
WANT TO GIVE A HUG TO SOMEONE SPECIAL???
LET US KNOW.....**

THERE IS A LOT OF CREATIVE TALENTS OUT THERE.....

WE NEED THEM HERE.....

PLEASE SUBMIT.....