



# OUR GRATITUDE SPEAKS



Passaic County Area Newsletter  
 Passaic County Area Service P.O. Box 5439 Passaic Park, N.J. 07005  
 Email: [newsletter@passaicarea.org](mailto:newsletter@passaicarea.org)

**HAPPY THANKSGIVING**

November 2008

## **Beyond Counting Blessings**

*Being Truly Thankful*

Often when we practice being thankful, we go through the process of counting our blessings, acknowledging the wonderful people, things and places that make up our reality. While it is fine to be grateful for the good fortune we have accumulated, true thankfulness stems from a powerful comprehension of the gift of simply being alive, and when we feel it, we feel it regardless of our circumstances. In this deep state of gratitude, we recognize the purity of the experience of being, in and of itself, and our thankfulness is part and parcel of our awareness that we are one with this great mystery that is life.

It is difficult for most of us to access this level of consciousness as we are very caught up in the ups and downs of our individual experiences in the world. The thing to remember about the world, though, is that it ebbs and flows, expands and contracts, gives and takes, and is by its very nature somewhat unreliable. If we only feel gratitude when it serves our desires, this is not true thankfulness. No one is exempt from the twists and turns of fate, which may, at any time, take the possessions, situations, and

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## **GRATITUDE STATEMENTS**

Sharon C.- I am grateful for having a life today with all it's beauty and wonder, thanks to NA and my family both at home and in the rooms.

Stacy P.- I am grateful to be clean, alive and breathing, Sponsorship, my sponsees, wonderful friends, God's grace and the program and fellowship of Narcotics Anonymous.

Laura I - I am grateful for the second chance at life that 3 years ago I thought I never had.

Tina F – I am grateful for my family, friends and Narcotics Anonymous for being there to support me and love me for me no matter what happens.

### **GRATITUDE:**

**G\* IS FOR GRATITUDE**

**R \* IS FOR RESPONSIBILITY**

**A \* IS FOR ACCEPTANCE**

**T \* IS FOR TOLERANCE**

**I \* IS FOR INTIMACY**

**T \* IS FOR TRUSTED SERVANT**

**U \* IS FOR UNITY**

**D \* IS FOR DISCIPLINE**

**E \* IS FOR EVERLASTING PEACE**

**\*Liana**

## **INSIDE THIS ISSUE**

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people we love away from us. Ironically, it is sometimes this kind of loss that awakens us to a thankfulness that goes deeper than just being grateful when things go our way. Illness and near-miss accidents can also serve as wake-up calls to the deeper realization that we are truly lucky to be alive.

We do not have to wait to be shaken to experience this state of being truly thankful for our lives. Tuning in to our breath and making an effort to be fully present for a set period of time each day can do wonders for our ability to connect with true gratitude. We can also awaken ourselves with the intention to be more aware of the unconditional generosity of the life force that flows through us regardless of our circumstances.

## QUOTES FOR GRATITUDE

An attitude of gratitude can make the difference between experiencing the big blessings that life has to offer and falling short of all that is available to you. \*Unknown

I've learned the great value of the three F's: forgive, forget and forge ahead. \*Unknown

**Gratitude is the best attitude. ~Author Unknown**

[Learn everything you can, anytime you can, from anyone you can - there will always come a time when you will be grateful you did.](#) \*Unknown

*"Blessed are those that can give without remembering and receive without forgetting."*(Author Unknown)

*Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.*(Author Unknown)

## GRATITUDE:

The state of being grateful; warm and friendly feeling toward a benefactor; kindness awakened by a favor received; thankfulness.

\*Webster Dictionary

## BE THANKFUL

### By Author Unknown

**Be thankful** that you don't already have everything you desire.

If you did, what would there be to look forward to?

**Be thankful** when you don't know something For it gives you the opportunity to learn.

Be thankful for the difficult times.

During those times you grow.

**Be thankful** for your limitations Because they give you opportunities for improvement.

**Be thankful** for each new challenge Because it will build your strength and character.

**Be thankful** for your mistakes They will teach you valuable lessons.

**Be thankful** when you're tired and weary Because it means you've made a difference.

*It is easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks.*

**GRATITUDE** can turn a negative into a positive. Find a way to be thankful for your troubles and they can become your blessings.

~ Author Unknown ~

FORGIVENESS FITS INTO THIS  
HOLIDAY SEASON!

*Forgiveness is the key to inner peace.  
There is never a good reason to punish  
yourself by not forgiving another.*

*What does forgiveness mean to you?*

*Do you have people right now that you  
need to forgive?*

*Do it for you! It is living in the past to  
harbour resentments, anger and negative  
thoughts about someone. It literally  
creates disease within the body.*

*Forgiving another is actually an act of  
loving yourself.*

## CALENDAR OF EVENTS

### THANKSGIVING DAY SPIRITUAL BREAKFAST

WHEN: NOVEMBER 27, 2008

PLACE: ST BRENDAN'S CHURCH

TIME: 10AM TO 2PM

\$7.00 in advance/\$10 at the door

For further information or directions call:

Jerome at [activities@passaicarea.org](mailto:activities@passaicarea.org)

### JUST FOR TODAY GROUP

#### CELEBRATING 19 YEARS

Place: 195 Piaget Avenue, Clifton, NJ

When: Wednesday, November 19, 2008

Time: 7:30pm-9:30pm

### PRIMARY PURPOSE GROUP

#### CELEBRATING 6 YEARS

Place: Civic Center

25 Lenox Ave, Pompton Lakes, NJ

When: Sunday, December, 7, 2008

Time: 7:00pm -9:00pm

### **TRADITION ONE:**

**Our common welfare should come first,**

**Personal recovery depends on**

**NA unity.**

**OUR** - The possessive form of we. Of us.

**COMMON** - belonging equally to, or shared alike by, two or more; joint; united; Of or relating to the community as a whole

**WELFARE** - something that aids or promotes well-being; a contented state of being happy and healthy and prosperous; Well-doing or well-being in any respect;

**SHOULD** - must; ought; plan to, intend to, or expect to; to arrive by movement or in the course of progress

**COME** - to approach or move toward a particular person or place; to arrive by movement or in the course of progress; to approach or arrive in time, in succession;

**FIRST** - being before all others with respect to time, order, rank, importance, etc., used as the ordinal number of *one*; before all others or anything else in time, order, rank, etc; before some other thing;

**PERSONAL** - individual; private; intended for use by one person; Done, made, or performed in person; pertaining to the self;

**RECOVERY** - the regaining of or possibility of regaining something lost or taken away; restoration or return to health from sickness; restoration or return to any former and better state or condition; return to a normal condition; the act of regaining or saving something lost (or in danger of becoming lost)

**DEPENDS** - To rely, especially for support or maintenance; To place trust or confidence;

**ON** - so as to be or remain supported by; so as to be attached to or unified with; in connection, association, or cooperation with; as a part or element of; so as to be a supporting part, base, backing, etc., of; with respect or regard to;

**NA** - Narcotics Anonymous - an international association of support groups for recovering drug addicts, with a 12-step program

**UNITY** - the state of being one; oneness; a whole or totality as combining all its parts into one;

\*NA Tradition One and Webster Dictionary

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**DISCLAIMER**

All submissions to Our Gratitude Speaks shall become the property of the Our Gratitude Speaks sub-committee. We reserve the right to edit for space and or content. Any submissions sent via e-mail require a release form. No last names are ever used to preserve the principle of anonymity.  
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](mailto:newsletter@passaicarea.org)

HELP MAKE THIS **YOUR** NEWSLETTER. WE NEED **YOUR** SUBMISSIONS. POEMS, STORIES, SUGGEST A TOPIC, ANYTHING NA RELATED. YOU TELL US WHAT **YOU** WANT TO SEE.

WE DON'T KNOW IF YOU DON'T TELL US!!!!!!!!!!!!!!

NEXT MONTHS TOPIC: NURTURING THE SPIRIT YEAR ROUND

Spirit...Higher Power....The power within you...NA Spirit  
Nurturing your spirit...nurturing your family's spirit...your fellow man's  
What does this season mean to you????  
How do you get through the holidays????  
What cheers you up???  
What do you do to spread cheer????

