



OUR GRATITUDE SPEAKS



PASSAIC AREA NEWSLETTER

PASSAIC COUNTY AREA, PO BOX 5439, PASSAIC PARK, NJ 07055

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HAPPY HOLIDAYS TO ALL!!!!

GOOD WILL IS BEST EXEMPLIFIED IN SERVICE; PROPER SERVICE IS:
"DOING THE RIGHT THING FOR THE RIGHT REASON."

BASIC TEXT, "OUR SYMBOL"

HOW TO GET THROUGH THE HOLIDAYS!!

Sharon C

First and foremost...my recovery comes first, and so does yours! This is what I've always have been told by sponsors and other members.

Its tough trying to please everyone....heck, it's impossible. All I can do is my best and what is comfortable for me. People who truly love me will accept and understand.

Plan ahead. If I know I have to go somewhere where there will be alcohol or the possibility of anything, I talk about it and I'm lucky enough to have a spouse in recovery so another addict goes with me. That's what I've been told take another addict with you and share about it so people know where you are and what's going on.

If I start feeling stressed out, I hear my sponsor's voice in my head saying "1, 2, 3 and breathe"! She means go over steps one, two and three and remember to breathe. When I stop myself and do these things always seem to settle down. If it doesn't I pick up the phone. I call my sponsor or someone in my support group, or I just text someone because sometimes just a few words of encouragement are all I need.

If I get a craving I remember what others have said, wait it out. A craving comes and it goes, even when I quit smoking the cravings never lasted more than 30 minutes so I tried to turn my attention on something

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WHEN MY SPIRIT AWOKE

BY RON W 12/01/08

"GET DOWN ON YOUR KNEES"

Are the words that GOD spoke on that magical morning when my spirit awoke,
I was thrown to the floor
As my reality shifted it was as if time stood still
While my spirit was lifted. Now it's hard to express
The pure joy I was feeling as I suddenly realized
I was no longer kneeling. This warm glowing light
Had brought me to my feet and for the very first time
I felt I was complete. Then a tickling energy
Gently spun me around as GOD removed the
obsessions to which I'd been bound.

When my head finished spinning I became well aware
That my feeling of emptiness was no longer there.
It felt like I was wrapped in a blanket of love,
So I got on my knees and I looked up above.
Then I gratefully thanked GOD for the gift I received,
And I told HIM I was sorry had never believed.

When my heart settled down and the room became
still I bowed my head in a prayer asking GOD for his
will. On that day my life changed so I started to live
By a new set of principles GOD had chosen to give.

They're outlined in the Steps so I tell everyone that I
can the way GOD through these steps have made me
a new man.

And it really doesn't matter how far off you roam
GOD is patiently waiting you bring you back
HOME.

else. Some say a bit of something sugary fools the brain long enough for the craving to go. Maybe it's mind over matter. Hey whatever helps...I'm willing to try. If it gets really bad I'll pick up the phone and tell on myself and ask for help. I never liked doing that before I came to N.A.

Putting the focus on something or someone else also helps me to get out of myself. When I can't seem to think or figure things out I try to focus my attention on helping a newcomer or sponsee or even one of my kids. When I'm feeling really funky and nothing else seems to work I turn to my step work. Writing helps me to return the focus back to where I need it. I ALWAYS feel better after doing step work. I don't always want to do it and times it's too much of a bother to pick up a pen and answer questions but that's when I know I need to more.

My Christmas/Hanukkah/Kwanza (and any other December Holidays I may have overlooked) wish is for all to have a healthy, happy and safe year. To those who don't believe in any of it.....may you find peace. May all your dreams come true and more. They will if you stick and stay! If no one else has told you they love you today...I love you all. I don't have to like everyone but I do love everyone in NA you all help me to be the person I'm meant to be.

REMEMBER:

1. We are powerless over our addiction and our lives are unmanageable;
2. Although we are not responsible for our disease, we are responsible for our recovery;
3. We can no longer blame people, places and things for our addiction. We must face our problems and our feelings.

AND BREATHE!!!!!!

Steps 1, 2 & 3 Basic Text

Growing Pains

Sometimes I wonder why my pain runs so deep,
And how all this bullshit can happen to someone so sweet,
It seems like every time I dust myself off,
Another monster comes along just to knock me off my feet,
At night when I shut my eyes,
My mind floods with deceit,
And as hard as I try,
Forgetting,
Becomes an impossible feat.
My salty tears they burn with the lessons that I learn,

But I swear I'll be stronger for it all. -JH

God grant me the
Serenity
to accept the things I
cannot change...
Courage to
change the things I can
and Wisdom to
know the difference...



DECEMBER CLEAN DATES

CONGRATULATIONS KEEP IT GOING!!

LARRY P.	12/10/06	2 YRS
RODNEY B	12/11/1991	17YRS

EARLY JANUARY 2008

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

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

H.A.L.T.

A recovery slogan that is tried and true, not sure of the origins but I've been told this many times! Sharon C.

H - HUNGRY

Hunger can be a trigger to drink or use especially at the holidays and with family.

A - ANGRY

When I'm not in control of my emotions bad things tend to happen.

L - LONELY

Isolation often comes before a relapse.

T - TIRED

I know I can make some bad decisions when I'm tired and those closest to me are the ones who suffer.

HALT is a simple tool, an easy way to remember some very effective means of self-care during the holidays.



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Sharon C. / Newsletter Chair

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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

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

JANUARY: STEP 1 AND TRADITION 1

WHAT NEW YEAR RESOLUTIONS HAVE YOU MADE????? (we’ll check back in a month or & See who’s kept them!!)

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

WE NEED THEM HERE.....

PLEASE SUBMIT.....