



## OUR GRATITUDE SPEAKS



PASSAIC AREA NEWSLETTER  
PASSAIC COUNTY AREA SERVICE, PO BOX 2226, CLIFTON, NJ 07015-2226  
[Newsletter@passaicarea.org](mailto:Newsletter@passaicarea.org)

MARCH 2009

### STEP 3

NA BASIC TEXT

**"We made a decision to turn our will and our lives over to the care of the God as we understood him."**

This step was the first time that I can say I practiced humility. I got down on my knees along with my sponsor and did STEP 3, PRAY.

In doing that small act of humility, what I was saying was, that my past actions, reactions to life's ways, had caused the pain and that I did not know what was best for me. So from now on I was going to TRY and accept life on life's terms. The tools I needed for this spiritual journey back to sanity was courage, tolerance, patience, honesty, gratitude, and awareness. If I had these in my life, this would mean less friction. Less friction. That is what I see the spiritual path leading to. These tools are like social lubrication; they stopped friction between myself and other people.

That is what it is all about. Peace of mind!

Today I know that peace of mind is not about having no problems whatsoever, but about learning to deal with problems. So does handing over to a higher power now mean that I will never experience the 3 'D's, Death, Disease or Disappointment ever again? Does it mean now that all my bills will be paid, and every person I meet from now on will be polite, courteous, friendly and do everything I wish?!, "If only people would do as I want, when I want, where I want, how I want, would not life be OK for me?". No, it takes EFFORT from me, plenty of EFFORT to accept life and life's events. That is a major key to understanding, it does not mean you agree but you understand! St Frances Pray, "It is better to understand than to be understood", trying to get people to understand my way of thinking just caused me agony. I can see that so clearly now. So, if I can understand the

other person then I don't get any friction. Simple! Constantly wondering why the world was such a cruel place, wondering why my favourite people had died so young. Today, I understand that as I sow I shall reap. If I worry about all the people who gossip and slander I will always feel Dis-eased (he who talks to you about them, will talk to them about you). If I steal, guilt and a fear of being found out will loom.

I have never enjoyed an argument, violence, stealing, hatred, anxiety, fear, rage, grief, or tension, all of these are symptoms of me wanting life on my terms. But understanding, tolerance, patience, honesty, courage, awareness, these lead to peace and a none tormented mind!

So, I understand that Gods will for me, is for me to be happy, joyous and free! And I can be those, even if dying by acceptance but not wanting any of these things to be different.

How simple it is now to see that 90% of my pain was caused by not wanting people, places and later events to be different. Acceptance lubricates and stops friction.

BY: Billy S.

### TRADITION 3

"The only requirement for membership is a desire to stop using."

## Membership

What is involved. Membership is not automatic.

To be an NA member, I must decide to become one. Once I decide, the only requirement is a desire to stop using.

(Of course, who else would *want* to be an NA member?)

The decision is personal Only I can decide if I am to become a member.

No individual or group may deny me membership in NA.

I am free to leave if I want to (attraction rather than promotion).

The benefits of NA membership.

Focus.

Identity.

A kinship.

A home.

The right to practice the NA program of recovery.

(This didn't become important to me until some pig-headed individuals, groups, and committees decided that it was "in the best interest of the Fellowship" to deny *me* access to some of the opportunities Narcotics Anonymous has to offer.)

The only requirement:  
Desire.

*Success* is not a requirement for membership.

*Desire* is not a *measurable commodity*.

Stop using **what?**

In NA, we mean the desire to stop using drugs.

The suffering drug addict who comes to us for help needs focus, identity, and the assurance that there is a practical and realistic solution to their drug problem.

We chart our progress with clean-time. (We don't give out keytags for cigarettes or celibacy etc.)

\*NA is not a catch-all solution to every problem.

\*NA has no opinion on the treatment of other problems.

\*NA has no opinion on whether other problems are even rightfully called addictions.

\*NA has no opinion about whether the Twelve

Steps are an appropriate solution to problems other than drug addiction.

It would be unfair to pretend that we *do* have answers to other problems.

Unfair to our own members who came to NA to solve a drug problem.

Unfair to those seeking solutions to those problems when our specialty is drug addiction.

It doesn't matter which drug I used.

NA was, at one time, for narcotics addicts only.

We now retain our focus on **addiction in general** by not referring to specific drugs.

NA has no opinion about other so-called addictions.

What this means

We invite people to join, but we have no procedure for making people leave.

If I look for reasons why *you* should leave, I may end up finding reasons why *I* should leave.

If NA works, and if I am welcome to join, then I now have no excuse for staying loaded.

I have the right to every opportunity NA has to offer.

Anonymity (if I want it).

Sharing at meetings (both the giving end and the receiving end).

Service opportunities (Twelfth Step work).

With permission from The Twelve Traditions Workshop sponsored by:

The Washington-Northern Idaho Region of NA  
St. Helens, Oregon, October, 1991

outline of Cliff W's workshop presentation



## FEBRUARY CLEAN DATES

CONGRATULATIONS KEEP IT GOING!!

DANNY P                      3/7/08                      1YR

**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](mailto:newsletter@passaicarea.org)

**HELP!!!!!!!**

**ARTICLES NEEDED!!!!**

**THIS IS YOUR NEWSLETTER**  
**SEND US YOUR IDEAS, POEMS,**  
**ARTICLES, PICTURES, QUOTES,**  
**ANYTHING RECOVERY RELATED**  
[newsletter@passaicarea.org](mailto: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.**

Passaic County Area Subcommittees Contact Information:

H&I: [handi@passaicarea.org](mailto:handi@passaicarea.org)  
PI: [pi@passaicarea.org](mailto:pi@passaicarea.org)  
Activities: [activities@passaicarea.org](mailto:activities@passaicarea.org)  
Website: [webmaster@passaicarea.org](mailto:webmaster@passaicarea.org)  
Workshop: [workshop@passaicarea.org](mailto:workshop@passaicarea.org)

Policy: [policy@passaicarea.org](mailto:policy@passaicarea.org)  
Literature: [literature@passaicarea.org](mailto:literature@passaicarea.org)  
Newsletter: [newsletter@passaicarea.org](mailto:newsletter@passaicarea.org)

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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](mailto:newsletter@passaicarea.org)

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

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

**WE NEED THEM HERE.....**

**PLEASE SUBMIT.....**

[www.passaicarea.org](http://www.passaicarea.org)

*NEW MEETING  
FRIDAY FOCUS 2  
CEDAR CLIFF UNITED METHODIST CHURCH  
18 ZABRISKIE ST, BASEMENT  
HALEDON, NJ*

*FRIDAYS 7:30PM-9:00PM*

*ALTERNATING ONE WEEK WITH SPEAKER TOPIC/DISCUSSION  
ONE WEEK WITH TOPIC DISCUSSION  
NEEDS A GSR*

**Should You Ask**

By Mike H.  
Should you ask?  
I may laugh or don a mask,  
Fear penetrates my being  
I see, that you see me and I retreat.  
Can we just talk or take a walk?  
Can't you rely on your friends?  
Well that all depends;  
Like a victim of circumstance,  
Never given a fighting chance,  
Want to bury my head in the sand.  
Get away from me, you can't understand,

Long lost, lost cause, lost my marbles  
Loser of the coin toss.  
Should you ask?  
Moved too fast and stayed sauced,  
Paid with mean consequences,  
Didn't care for the cost.  
Surrender, surrender what?  
Just put it down, leave it alone,  
move on ,  
Should you ask?  
I'll turn my back on that old pain,  
Take a pass, I'm free at last.

LADIES....YOUR HELP NEEDED  
HONEST OPEN MINDED WOMEN COULD USE SOME SUPPORT  
10 LENNOX AVE  
ST MARY'S CHURCH, CARNIVALE CENTER  
POMPTON LAKES, NJ  
WEDNESDAYS 7:30PM-8:30PM,

ALSO ON WEDNESDAYS....ALSO IN NEED OF SUPPORT  
CORNER OF RIVER RD AND MORLOT, FAIRLAWN  
AT 7:30PM

**GROUP CELEBRATION!!!!!!**  
**FOR THOSE WHO CARE**  
**25 YEARS!!**  
**MARCH 29<sup>TH</sup> AT 7:30PM**  
**ST BRENDANS CHURCH, CORNER OF CROOKS AND LAKEVIEW**  
**CLIFTON**

