



PASSAIC COUNTY AREA



OUR GRATITUDE SPEAKS

WHEN WE CARE AND SHARE THE NA WAY

newsletter@passaicarea.org

www.passaicarea.org

OUT OF THE DARKNESS

Lois S.

Out of the darkness, a ray
of light dimly appears
filtering through the
loneliness, the pain, and
the fears
That holds captive a
person so special, yet lost
Beneath the mounting
refuge of their Shattered
Dreams.

Dreams that were invaded
by demons of the past
While wants, needs and
choices, one by one slowly
cast

Down by the wayside,
ignored - then forgot;
Resulting in child-like adults
who are seemingly caught
Trapped within their
Shattered Dreams.

With no one to turn to, and
nowhere to go,
Self-esteem and self-love
sinking desperately low
Till the only way out is to
dull all that pain;
To forget the abuse and to
suffer the shame,
By hiding in the needles or
the pills, or the blow
So eventually all hope of
identity is killed.

Yet there can be an
answer to this self-imposed
hell;

An escape from this
bondage; a beginning to
heal

The first step is freedom
and to make the choice
To gather the courage to
speak up and voice:
"The past is the past, This I
can't change,
But a change can be
made - with me, oh, I
pray."

I'll come to accept the
'real me' at last,
Once I'm finally able to let
go of the past;
And slowly, yet surely, one
day at a time,
The masks will be lowered,
and freedom I'll find,

The light will grow stronger
- thus leading the way
To serenity, to recovery, to
be able to say:

Gone is the heartache,
the pain and the shame.

And welcome self-love
and peace I gain,
With acceptance,
forgiveness, and finally a
dream
Dreams filled with promise

PASSAIC AREA NEWSLETTER

August, 2010

NEWSLETTER NEEDS SUPPORT

ALL POSITIONS OPEN

Chair: 2 Years clean

Vice Chair: 9 Months clean

Secretary: 6 Months clean

Dear N.A. member:

We hope you will find personal growth, understanding, and empathy in this Passaic County Area Newsletter. We pray you will be moved to a new level of insight into your recovery and the valuable place you occupy as a member of Narcotics Anonymous. The purpose of our newsletter is to invite members to engage in a journey of recovery. We believe that these stories are presented in a manner that encompasses the diversity of our fellowship and is reflective of the spiritual awakening described in our Twelfth Step.

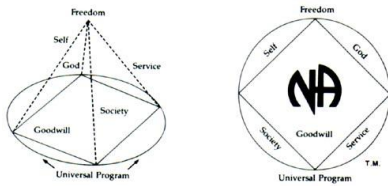
In Loving Service:

Robin S. / Acting Chair & Editor

Farewell Shattered Dreams.

NA Words

It is a recovery based word search for narcotics anonymous. Just words we read every day... Try to find **all 20** words on this board.



Simplicity is the keynote of our symbol; it follows the simplicity of our fellowship. We could find all sorts of occult and esoteric connotations in the simple outlines, but foremost in our minds were easily understood meanings and relationships. The outer circle denotes a universal and total program that has room within for all manifestations of the recovering and wholly recovered person. The square, whose lines are defined, is easily seen and understood, but there are other unseen parts of the symbol. The square base denotes Goodwill, the ground of both the fellowship and a member of our society. Actually, it is the four pyramid sides which rise from this base in a three- dimensional figure that are the Self, Society, Service and God. All rise to the point of Freedom.

All parts thus far are closely related to the needs and aims of the addict seeking recovery and the purpose of the fellowship seeking to make recovery available to all. The greater the base, as we grow in unity in numbers and in fellowship, the broader the sides and the higher the point of freedom. Probably the last to be lost to freedom will be the stigma of being an addict. Goodwill is best exemplified in service and proper service is "Doing the right thing for the right reason-" When this supports and motivates both the individual and the fellowship, we are fully whole and wholly free. We cannot change the nature of the Addict or Addiction.... We can help to change the old lie "Once an addict, always an addict, by striving to make recovery more available. God, help us to remember this difference.

Humility is a state of mind that comes from a realistic and relatively accurate knowledge of one's abilities and limitations. (Dictionary)

- EMOTIONS
- FAITH
- GRATITUDE
- GRIEF
- HAPPINESS
- INSANITY
- ITWORKS
- LOVE
- NEWCOMER
- PREVENTION
- PROCESS
- RELAPSE
- SANITY
- SERVICE
- STEPS
- SURRENDER
- TRADITIONS
- TRUST
- UNITY
- WILINGNESS

I X R U H P E P W B W R K P J K X T Q U
 F Y M O P O C E L K K Z W R P M Q X P S
 C Y T N E V I V T E S S X N P J S L U V
 A G K I J X V M I P K N T E A A Z V O S
 T T A C N Y R Z E B D A D B A K H L S N
 F Y F A T A E T J K Z O D B L T O E L X
 R E D I B H S U R R E N D E R Z N M A V
 K D N T T H B N E W C O M E R G O O Q L
 Y U R F E K V X O U S F Z Y N S R T G E
 V T L S K R O W T I X M Y I M S B I G P
 V I P D N Q O S C S T Z L O V E A O E R
 F T J Q Y T I N A S N I R L U C I N Y F
 W A X T U M T U S G W Q D T Q O N S Q G
 R R I U K H S S E N I P P A H R Y I V X
 K G E T U O N O I T N E V E R P A A D M
 D T Z L H V Z L E S Q O T D I T T Q B U
 R S M J A E N W U B J U H B Q K R K G S
 W S A S A P V E L L R M E I N B G U C W
 M P N Y O F S V N I S A E C A C C G S V
 F D K B F D W E M D K O O S G Q W R Z T

What is your favorite Spiritual Principle and Why?

My favorite spiritual principle is **honesty** because for so long I didn't tell the truth and had started to believe the lies my disease told me; like no one really cares about you, you could die right now and no one would care, or that I wasn't hurting anyone but myself. So, as long as I can stay honest with myself, in N.A., I am loved and with God's grace I am forgiving. I start by telling you that my name is Tracey and I'm an addict who needs help. It goes much deeper then this as I'm loved through things that I go through. People tell me the things I need to hear... not what I want to hear. The truth begins and ends with me.....

Tracey B.

If I don't remain **willing** I really have no foundation in my life. With willingness I am open minded and honest. I am only honest because I realize that when I am, I am free. I keep my arrogance in check and do not push people around with my passive-aggressiveness. I am completely open minded to listen to my sponsor and willing to take all suggestions she has. I don't find it necessary to be phony or mask my "crazy", it's what I'm here for right? I think NA is the only place people try not to be sick, but essentially we are ALL here because we are sick. I am willing to go to any lengths for my recovery. I remain grateful even through trials and tribulations of life. I experience ups and downs, just like everyone else. I cry and I laugh. I get angry and I am happy just like a lot of people. I know I am blessed and I do not take advantage of it. I spent a lot of years doing nothing for my life. I spend a lot of time making my life better then the last day. I make mistakes and my defects come out, but with time I am not afraid to right my wrongs. All of this happens in my life because I remain willing to put one foot in front of the other. I remain willing for my mom and dad and my friends. I remain willing for my boyfriend but most of all I remain willing for myself because I get the biggest payoff.

Paula F.



Release Form

The following release form must accompany all submissions to

“Our Gratitude Speaks Newsletter”

Mail to: Passaic County Area Service / PO Box 2226 / Clifton, N.J. 07015-2226

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 boards and committees from any claim by myself, my successors and / or assignees.

Signature: _____ Date: _____ Witness: _____ Date: _____

The opinions expressed in Our Gratitude Speaks do not necessarily reflect the opinion of any member of the Newsletter Committee or that of NA as a whole. All submissions become the property of Our Gratitude Speaks whether or not you sign the release form. Submissions may be edited for length, language and adherence to the 12 Traditions of Narcotics Anonymous.

Passaic County Area Service meets on the 2nd Sunday of the month at the corner of Crooks and Lakeview Avenue in Clifton, N.J. Policy meeting starts at 12:00 pm, Area Service starts at 1:00 pm with a workshop. All NA members are welcome and encouraged to attend.

Passaic County Area Subcommittees Contact Information:

H&I: handi@passaicarea.org (2nd Sunday of the month / 460 Lafayette Ave. Hawthorne, NJ / 10:00 am)

PR: pr@passaicarea.org (1st & 3rd Friday of the month / 460 Lafayette Ave. Hawthorne, NJ / 7:30 pm)

Activities: activities@passaicarea.org (2nd & 4th Tuesday of the month / 17 Pompton Avenue, Pompton, NJ / 6:30 pm)

Website: webmaster@passaicarea.org

Workshop: workshop@passaicarea.org

Policy: policy@passaicarea.org

Literature: literature@passaicarea.org

Newsletter: newsletter@passaicarea.org

WHAT DOES THE LITERATURE SAY?



**TRUSTING THE NA WAY
READING THE LITERATURE**

SPIRITUAL AWAKENING

The idea of a spiritual awakening takes many different forms in the different personalities that we find in the Fellowship. However, all spiritual awakenings have some things in common. Common elements include an end to loneliness and a sense of direction in our lives. Many of us believe that a spiritual awakening is meaningless unless accompanied by an increase in peace of mind and a concern for others. In order to maintain peace of mind, we strive to live in the here and now.

Those of us who have worked these steps to the best of our ability received many benefits. We believe that these benefits are a direct result of living the program.

Basic Text, page 48

Yesterday, Today and Tomorrow



There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension.

One of these days is YESTERDAY with its mistakes and cares, its faults and blunders, its aches and pains. YESTERDAY has passed forever beyond our control.

All the money in the world cannot bring back YESTERDAY, We cannot undo a single act we performed; we cannot erase a single word we said. YESTERDAY is gone.

The other day we should not worry about is TOMORROW with its possible adversities, its burdens, its large promise and poor performance. TOMORROW is also beyond our immediate control.

TOMORROW'S sun will rise, either in splendor or behind a mask of clouds - but it will rise. Until it does, we have no stake in TOMORROW, for it is as yet unborn.

This leaves only one day - TODAY. Any man can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternities - YESTERDAY and TOMORROW that we break down

It is not the experience of TODAY that drives men mad - it is remorse or bitterness for something which happened YESTERDAY and the dread of what TOMORROW may bring.

Let Us, Therefore, Live But One Day At A Time



Call Your Sponsor

STEP EIGHT

The Eighth Step is not easy; it demands a new kind of honesty about our relations with other people. The Eighth Step starts the procedure of forgiving others and possibly being forgiven by them, forgiving ourselves, and learning how to live in the world. By the time we reach this step, we have become ready to understand rather than to be understood. We can live and let live easier when we know the areas in which we owe amends. It seems hard now, but once we have done it, we will wonder why we did not do it long ago. We need some real honesty before we can make an accurate list. In preparing to make the Eighth Step list, it is helpful to define harm. One definition of harm is physical or mental damage. Another definition of harm is inflicting pain, suffering or loss. The damage may be caused by something that is said, done or left undone, and the harm resulting from these words or actions may be either intentional or unintentional. The degree of harm can range from making someone feel mentally uncomfortable to inflicting bodily injury or even death.

A problem many of us have with the Eighth Step and the admission of the harm is the belief that we were victims, not victimizers, in our addiction. Avoiding this rationalization is crucial to the Eighth Step. We must separate what was done to us from what we did. We cut away all our justifications and all our ideas of being a victim. We often feel that we only harmed ourselves, yet we usually list ourselves last, if at all. This step is doing the leg work to repair the wreckage of our lives.