



# PASSAIC COUNTY AREA



## OUR GRATITUDE SPEAKS

### WHEN WE CARE AND SHARE THE NA WAY

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

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

## Waking Up to a New Beginning

*"All spiritual awakenings have some things in common. Common elements include an end to loneliness and a sense of direction in our lives."  
(Basic Text p.28)*

We hear a lot of talk in recovery about spiritual awakenings. As newcomers, we sometimes wait with anxious anticipation as we work through each step, eager to get to the spiritual awakening promised in the twelfth step. We sat in meetings hearing others share about the spiritual awakenings they have had. We wonder if our awakening will be like theirs, or if it will be different? If it is different, then how will we know that we have truly had a spiritual awakening? And exactly what is a spiritual wakening?

Perhaps one of the most wonderful aspects of this program, and one of the main factors that allows it to work for anyone who is willing to work it, is the fact that the personal aspects of this program are not carved in stone. They are just that. Personal. The only requirement for membership is a desire to stop using. No one can decide whether or not another has the desire to stop. Only that individual can decide for his or her self. There are many ways to work the steps. We are encouraged to work them in order, write them down, and allow ourselves to be guided by someone who has experience and knowledge in working the steps. Beyond that, it's our choice how we choose to go about it, as long as we learn to apply the principles of the steps to our lives.

We are also encouraged to find a God of our understanding. A Higher Power that is revealed to us personally. All of these things are of a personal nature and should be kept to the individual to experience on a personal level. Otherwise, they will simply be mimicking what has been dictated to them, and will not allow the spirituality of the program to reveal itself to them. Each of us must experience these moments of clarity on our own. We can share them with others; we can even use them as a basis for our guiding of others through their own awakening. But we should never compare our spiritual awakening with that of someone else, whether it's feeling jealousy because our awakening experience doesn't seem as grand as theirs, or feeling superior because we think our experience is much better than theirs. A spiritual awakening is not a onetime event. It is a series of personal moments throughout our recovery that enlighten us and bring us closer to an understanding of the true spiritual nature of our own personal program. I should be grateful for each "awakening" I have, for that means I am still moving forward in my recovery.  
Ken H

PASSAIC AREA  
NEWSLETTER

NOVEMBER 2010

**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. / Chair & Editor



## How are you living?

Do you like the way you are living?  
Is your house or family out of order?  
How are you living!

Do you like what you see?  
Do you like what you taste?  
Is it bitter or sweet?  
How are you living!

Do you like what you smell?  
Do you like what you're hearing?  
Does it lift you up or bring you down?  
How are you living!

Are you living with the disease?  
Is your disease tormenting you;  
or is someone else?  
How are you living!

Do you like what you're saying?  
Do you feel better or worse?  
Do you like the way you are sleeping?  
Do you like who you are sleeping with?  
How are you living!

Are you living for your neighbors?  
Are you living for you?  
How are you living!  
Are you living with God?  
Is God living with you?  
How are you living!

Are you living with feelings,  
and emotions?  
Do you feel a spiritual void,  
and are you grieving?  
Are you fixated on people,  
places, and things?  
Do you use these excuses to get high?  
How are you living!

Are you living for someone else?  
Are you living for yourself?  
Are you comfortable with you?  
How are you living!

However you are living;  
**TAKE IT TO GOD**

Written by: SHOW NUFF

## STEP Eleven

Many of us really begin to appreciate the fact that we have been clean for awhile when we get to the Eleventh Step. In the Eleventh Step, the life we've been practicing begins to take on a deeper meaning. By the surrender of our control, we gain a far greater power.

The nature of our belief will determine the manner of our prayers and meditations. We need only to make sure we have a system of belief which works to provide for our needs. Results count in recovery. As has been noted elsewhere, our prayers seemed to work as soon as we entered the Program of Narcotics Anonymous and surrendered to our disease. The conscious contact described in this step is the direct result of living these steps. We use this step to improve and maintain our spiritual condition.

When we first came into the Program, we received help from some Power greater than ourselves. This was set in motion by our surrendering to the Program. The purpose of the Eleventh Step is to increase our awareness of that Power and to improve our ability to use it as a source of strength in our new lives.

The more we improve our conscious contact with our God through prayer and meditation, the easier it is to say, "Your will, not mine, be done". We can ask for God's help when we need it and our lives get better. The experiences some people talk about in regard to meditation no more apply to us than do their individual religious beliefs. Ours is a spiritual, not religious, program. By the time we get to the Eleventh Step, the factors that could cause problems have usually been dealt with by the actions we have taken in the preceding steps. Our deepest longings and images of the kind of people we would like to be are but fleeting glimpses of God's will for us. Often our outlooks are so limited we can only see our immediate wants and needs.



**We Don't Close**



**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 2<sup>nd</sup> 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](mailto:handi@passaicarea.org) (2<sup>nd</sup> Sunday of the month / 460 Lafayette Ave. Hawthorne, NJ / 10:00 am)

**PR:** [pr@passaicarea.org](mailto:pr@passaicarea.org) (1<sup>st</sup> & 3<sup>rd</sup> Saturday of the month / 184 Marshall Hill Road, West Milford, NJ / 6:00 pm)

**Activities:** [activities@passaicarea.org](mailto:activities@passaicarea.org) (1<sup>st</sup> & 3<sup>rd</sup> Saturday of the month / 184 Marshall Hill Road, West Milford, NJ / 6:00 pm)

**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) (1<sup>st</sup> & 3<sup>rd</sup> Saturday of the month / 184 Marshall Hill Road, West Milford, NJ / 6:00 pm)

**WHAT DOES THE LITERATURE SAY?**



**TRUSTING THE NA WAY  
 READING THE LITERATURE**

**Attraction rather than Promotion**

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

This Tradition deals with our relationship to those outside the fellowship. It tells us how to conduct our efforts at the public level. Our public image consists of what we have to offer which is a successful proven way of maintaining a drug-free lifestyle. While it is important to reach as many persons as possible, it is imperative for our protection that we are careful about ads, circulars and any literature that may reach the public's hands.

Our attraction is that we are successes in our own right. As groups gathered together we offer recovery. We have found the success of our program speaks for itself; this is our "promotion". ---**TRADITION ELEVEN**