



PASSAIC COUNTY AREA



OUR GRATITUDE SPEAKS

WHEN WE CARE AND SHARE THE NA WAY

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www.passaicarea.org

ONE ADDICTS VIEW*

Sometimes at meetings when I hear members share about their experience with drugs, I consider how I would act if given the opportunity to use again. I think of that old familiar comfort of being lost in self-centered obsession, where nothing else mattered. It was the epitome of irresponsibility, but in my denial I didn't have to care. Then I remember how each time the drugs ran out, reality would always come crashing in. This kept me on a downward spiral deeper into my addiction.

I came to Narcotics Anonymous because I wanted to change my life. I realized I could not do it alone. The greatest gift I have ever received is Recovery. I now believe that my Higher Power wanted this for me for quite some time. I'm glad I finally listened. These days I do a lot of listening, in my personal meditation and in meetings. I give what I can and remain open-minded and willing to honestly reach out for and to help.

In working with my sponsor I have learned both to be humble and to consider myself valuable. Today, I practice the principles and the traditions in my life. I enjoy being of service in NA. I find that it helps me feel connected to the group for my own recovery and gives me the opportunity to give back that which was so freely given to me: Hope, Love and Support.

Because of this, it's really important for me to do my best to make newcomers feel welcome at meetings. And if ever I do come across a situation where I could easily pick up, I am sure that old familiar feeling would not be worth forsaking all the miracles I have experienced in recovery. I'd rather bravely go on into my future feeling safe in the knowledge that even though I do not know what's going to happen, as long as I follow the program, I will never be alone and my Higher Power will take care of me.

God Bless us All, Marilyn G.

*This is the original "One Addict's View" Marilyn wrote as the Newsletter Vice Chair for "The Daily Dose", Sierra Foothills Area Newsletter It was published in January 1999.

PASSAIC AREA NEWSLETTER

October, 2010

POSITIONS OPEN:

Vice Chair: 9 Months clean

Effective immediately:

The

"Our Gratitude Speaks"

newsletter will be

published **EVERY** month.

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

Do You Just Belong?



Are you an active member?

The kind who would be missed?

Or are just contented
that your name is on the list.

Do you attend the meetings
and mingle with the flock?

Or do you meet in private
and criticize and knock?

Do you take an active part
to help the work along?

Or are you satisfied to be
the kind that just belongs?

Do you work on committees?

To this there is no trick;
or leave the work to just a few,
and talk about the click?

Please come to the meetings often,
and help with hand and heart.

Don't be just a member
but take an active part.

Think this over, members,
you know what's right from wrong. Are you an
active member,
or do you just belong?

-Anonymous-



Not Lost

STEP TEN

The Tenth Step makes it possible for us to have long-term relationships - and we need to have long-term relationships, especially in NA. After all, we depend on each other for our very lives. Many of us feel deeply connected to the people who came to NA when we did and have stayed around. We've done service work with one another, shared apartments with one another, married one another, and sometimes divorced one another. We've celebrated milestones in each other's lives: births, graduations, buying homes, promotions, and recovery anniversaries. We've mourned losses together, and we've comforted one another through the painful times in life. We've touched each other's lives and formed a shared history. We are a community. Along with learning to admit when we're wrong comes a freedom that is unlike any we've ever experienced before. It becomes so much more natural for us to admit when we're wrong that we wonder why we ever found it so terrifying. Perhaps because we felt so "less than" in so many ways, an admission of a mistake felt like we were revealing our deepest secret: our inferiority. But when we found out through working the steps that we weren't inferior at all, that we had just as much value as anyone else, it no longer seemed so crushing to admit we were wrong. We began to feel whole. Working the Tenth Step makes it possible for us to achieve more balance and harmony in our lives. We find that we're happy and serene much more often than not. Feeling out of sorts becomes so rare that, when it does happen, it's a signal that something is wrong. We can readily identify the cause of our discomfort by taking a personal inventory.



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 Saturday of the month / 184 Marshall Hill Road, West Milford, NJ / 3:00 pm)

Activities: activities@passaicarea.org (1st & 3rd Saturday of the month / 184 Marshall Hill Road, West Milford, NJ / 3:00 pm)

Website: webmaster@passaicarea.org

Workshop: workshop@passaicarea.org

Policy: policy@passaicarea.org

Literature: literature@passaicarea.org

Newsletter: newsletter@passaicarea.org (1st & 3rd Saturday of the month / 184 Marshall Hill Road, West Milford, NJ / 3:00 pm)

WHAT DOES THE LITERATURE SAY?



**TRUSTING THE NA WAY
READING THE LITERATURE**

NO OPINION ON OUTSIDE ISSUES

Our recovery speaks for itself. Our Tenth Tradition specifically helps protect our reputation. This Tradition says that N.A. has no opinion on outside issues. We don't take sides. We don't have any recommendations. N.A., as a fellowship, does not participate in politics; to do so would invite controversy. It would jeopardize our fellowship. Those who agree with our opinions might commend us for taking a stand, but some would always disagree.

With a price this high, is it any wonder we choose not to take sides in society's problems? For our own survival, we have no opinion on outside issues.

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