

NEW ATTITUDES

BERGEN COUNTY, NEW JERSEY P.O. BOX 738, LITTLE FERRY, NJ 07643

BERGENAREANEWSLETTER@YAHOO.COM

SPONSORSHIP IS A TWO WAY STREET

By their first few meetings a newcomer should have an idea why he or she needs a sponsor. The text book definition is a spiritual guide thru the steps of recovery. A sponsor should also personalize the suggestions, so that the new member knows how to apply them to his life. Also the ever present shoulder to cry on is also part of job too. The sponsee is always grateful for the help, and thinks his guy or gal is a life saver. Although it's not required, I have gotten a lot of free rides to meetings, and an occasional free dinner from people who are thankful.

But what does the sponsor get out of it. We are not saints out there to save the lives of recovering addicts. There is a purpose to all this work. All the phone calls, the step work, and the problems dumped in our laps have a benefit for us too.

When we accumulate a little clean time, our selective memory kicks in, and we begin to forget. Spending time with a newcomer will reacquaint us with insanity and pain of this disease. It will also force us to review our own step work, as we teach and instill the values of this program.

Another benefit I enjoy is the fact that these people keep me young. I get to go places and do things that I forgot

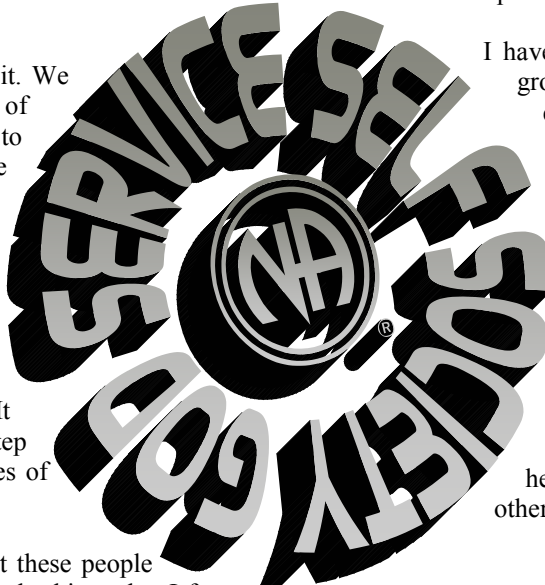
were the fun part of recovery. It also gets me out of my house, and makes me go to more meeting. Also out nowhere these speaking commitments seem to appear. Hanging out with younger people makes me feel hip and up to date with things happening in the world.

After a while the people generally begin to get into the service structure of N. A., and this has a side benefit to me, because it keeps me up to date with what's going on in the fellowship.

I have always made my sponsees a part of my support group. In order for me to sponsor someone they have enter an unwritten contract with me. They must be ready to sponsor me back. I do not hide the ups and downs in my life from the people I sponsor. They must be willing to be there for me when I am having a bad time too. Maybe they'll learn that I'm human and, how I'm able to work things out.

Sponsorship also an outlet for the good part of my codependency, I seem to temporarily escape my own troubles when I concentrate of the problems of others. I think that this is the heart of all self help groups. We get so busy trying to help others that we don't have time to relapse.

Submitted by Morty L. Hillsdale, N.J.



AREA SERVICE ELECTIONS

In November elections were held at the Bergen Area Service. All the trusted servants from the 2004 year participated in their final meeting in December and the newly elected commitments begin this month. Area Service is where the representatives of all our area groups meet to discuss important issues and handle the business matters for Narcotics Anonymous in our immediate area.

The B.A.S.C.N.A. (Bergen Area Service Committee of Narcotics Anonymous) then sends its concerns to the "Regional Service" who then forwards concerns to "World Service" or the W.S.O. The service structure of N.A. starts with the individual recovering addict and works its way up. That's you! Please attend an Area Service meeting and get involved. You don't have to be a G.S.R., just come out and see how the area is run and learn more about service.

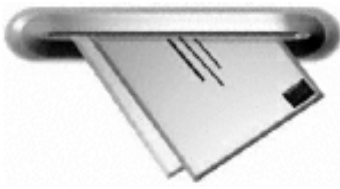
This Years Trusted Servants Are:

- | | |
|-----------------|-------------|
| Chairperson | Dennis B. |
| Vice-Chair | Khalilah S. |
| Secretary | Michelle C. |
| Asst. Secretary | Dana D. |
| Treasurer | Paul F. |

- Asst. Treasurer**
 BOT Chair
 RCM
 RCMA
 PI
 H&I
 Newsletter
 Convention
 Literature Chair
 Meeting List
 Recovery By Mail
Policy
Activities
 Workshop
 Website

- Unfilled**
 Christine S.
 Joe H.
 Dennis D.
 Chris P.
 Jude M.
 Scott S.
 Mike G.
 Ronnie W.
 Bill W.
 Jim M.
Unfilled
Unfilled
 Steve H.
 80bn W

Area Service is held the second Tuesday of each month at:
West Side Presbyterian Church
 192 W. Demarest Ave.
 Englewood, NJ



LETTERS

Fellow Addicts Write

A New Year...Looking Back, Looking Ahead

God willing, March 20th will be my 2 yr. anniversary. I remember the pain of not being able to stop using....I remember the pain of waking up in the morning and needing coke and coffee to get my day started.....I remember the pain I've caused my family, friends, and significant others....I remember the pain I've caused myself.....I remember kneeling down in the bathroom stall trying to snort up the last of the coke that fell out of my hands.....I remember it all and thank god "just for today" I don't have to feel that pain anymore.....

I don't particular care for "New Year's Resolutions." However, I choose today to look back at how far I've come in my resolve to stay clean. I know that the program of Narcotics Anonymous has given me a life today. I wish all the addicts, in and out of the rooms, those addicts still sick and suffering, a sense of peace, happiness, and serenity in the coming New Year. I resolve to continue working my program to the best of my ability.

Respectfully submitted,

Suzanne K

Here it is already 2005. It's amazing how after a while time just flies on by. It's an interesting perspective how when there's a deadline approaching there seems to never be enough time to get things done, and yet when you look back just a few moments it feels like months even years have just past you by. In recovery this is also apparent. The newest members look at that 90 in 90 ahead of them and see it as if it were an unbelievable daunting task. I think, at least I did. Yet after a few years clean, it sometimes feels like that was so long ago and that so much has taken place it's almost hard to remember a lot of it. It is made the clearest for me when I have passing thoughts of the very many people that have come in and gone out of recovery in the short while that I have been here. As the new year is rung in, I most certainly get mixed feelings. I am saddened by those who have dropped out of this circle of family (my recovering brothers & sisters) & friends. They are missed. Yet I am overwhelmingly grateful for the chance at another day clean let alone another 365! Life and recovery are truly amazing. Happy New Year to you all and thank you for the opportunity to serve as the Bergen Newsletter Chair for another year.

In loving service..... **Scott S.**

Newsletter Chair

DEADLINE
FOR SUBMISSIONS TO THE NEW ATTITUDES NEWSLETTER
FOR MARCH-APRIL ISSUE IS: FEBRUARY. 26, 2005.
SEE SUBMISSION FORM.

Sharing

by Bill M. (Edgewater, NJ)

**In many churches lower floors,
I listen for a while
To litany that never bores,
Served cafeteria style.
One precious hour I spend each day,
My spirit to restore
And with your help I'll find a way,
To live for twenty-four.
Share with me this vital hour,
Show me your belief
Tell me how your Higher Power,
Brings your soul relief.
Show me how as you explain,
What hell your lives have been
To gather courage from your pain,
And help my life begin.
I'll share with you some things I've seen,
And tell you what they've cost
So I can keep my mem'ry green,
Of battles I have lost.
Tell me words I need to hear,
Speak to me of love
Show me that there is no fear,
I can't rise above.
Let me see a brighter day,
Make me be aware
Listen to the things I say,
Show me that you care.
Be my beacon when it's dark,
Light the way for me
Never let me lose the spark,
Of my recovery.**

FROM OUR LITERATURE

Whatever the circumstances, it really doesn't matter. Addiction is a progressive disease such as diabetes. We are allergic to drugs. Our ends are always the same: jails, institutions, or death. If life has become unmanageable and you want to live without it being necessary to use drugs, we have found a way.

IP #16 - For the Newcomer

Recovery After Relapse

An interview with Gail G.

Q. How did you first hear about Narcotics Anonymous?
A. When I was in my first rehab...May 1982.

Q. When did you come to your first NA meeting?
A. June 1982.

Q. What is your clean date?
A. July 15, 1989.

Q. When you surrendered, what were you feeling? How you felt about coming back after having had some time here before?
A. When I was using, I never gave it a second thought...during my relapse, I never gave it a second thought, and I thought I could get over. But after having been here before? I felt horrible...totally humiliated. What really went through my head? I was pissed that I didn't die. I had nowhere else to go but to come back. I was not shown any unconditional love...there were lots of conditions to the love. I had to prove myself for a year before people would give me their phone numbers again. My anger kept me clean for that year.

Q. How would you describe the feeling of being clean 15 years back from a relapse?
A. Good, you know? Because I matter. It took me a long time to get to the point where I matter. I'm becoming the woman I was always meant to be. I have arrived, but I haven't arrived, you know what I mean?

Q. I think so. Are those feelings the result of working the 12 steps?
A. Absolutely!!! A lot of diligent hard work and going through a lot of stuff!!

Q. What was the single most important lesson you learned from your relapse?
A. There were so many. I need to feel the conscious contact with my network, honesty, and sponsorship...you know, my intimate people. And I have to let them know where I'm at, at any given time. That's the lesson, and that I honestly have to work the steps to the best of my ability.

Q. Do you think that these basic tools and suggestions are invaluable for continued success in the recovery process?
A. All I can say is "yes."

Q. Do you believe that if you were to get complacent in your program today that you could relapse again?
A. Yes. But I won't let myself become complacent. I let people know who I am...that means they know how to read me.

Q. What do you want to say to anyone reading this newsletter?
A. If I were given the opportunity to do this all over again, I would do it differently. You know, hindsight is the best sight. I would have followed the suggestions from the beginning, but [not doing] this might have been exactly what this addict needed to completely surrender. I was not humble, therefore I was humiliated. And I'm telling you, it was humiliation. See, back then, in 1987, five years was a lot of time. It was difficult coming back, but I am ever so grateful for the opportunity and that I didn't die out there.

Q. What would you say directly to someone who might be contemplating another run?
A. Do you choose life or do you choose death? It's jails, institutions and death. And I'm living proof of that.

Thank You



Release Form
The following release form must accompany all submissions to "New Attitudes Newsletter". Mail to PO Box 738, Little Ferry, N.J. 07643
I hereby give New Attitudes, 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 New Attitudes 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 _____

The opinions expressed in New Attitudes 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 New Attitudes whether or not you sign the release form. Submissions may be edited for length, language and adherence to the 12 traditions of Narcotics Anonymous.



EVENTS & HAPPENINGS

Greater Newark Area Convention

Friday, Feb 18 2005

Friday 3:00p.m.- Sunday 12 noon

"Ain't No Stopping Us Now"

\$20:00 Registration Fee

Convention begins on Friday Feb.18,2005 and ends on Sunday at 12 noon.

Sheraton Hotel

128 Frontage Road

Newark, NJ

Contact: Otto Williams Jr.

Sheraton Hotel 973-690-5500,

Area Convention

Friday, Feb 25 2005

doors open at 4:00 pm

Pearl of Recovery 15 "Lost Dreams Awaken"

Cape Atlantic Area

\$15.00 pre reg. \$ 20.00 at door

Convention starts Friday 2/25/05 at 4PM through Sunday 2/27/05 noon-ish

Wildwood Convention Center

Ocean Ave Wildwood, NJ

Contact: Joe M.

www.pearlofrecovery.com

Join The Newsletter Committee

Simply Send an e-mail to Bergenarenewsletter@yahoo.com and request to become a member. Or Ask one of our Committee Members in person.

New Attitudes Newsletter Committee

Scott S., Jeff B., Andrew D., Joe C., Kevin K., Millie M., Suzanne K.

Contributions and new materials are always welcome. For more information call Scott S. at or see one of our committee members.

New Members are always welcome to join us.

CELEBRATIONS & MIRACLES

In N.A. ,

we celebrate the Miracle of

"Clean time", Total Abstinence form All mood & Mind Altering Substances.

This Month's Celebrants are:

Tom P.	2-15,	18 years
Joe L		17 years
Al M.	2-20,	18 years
Paul M.		16 years
Khalilah S.		13 years
John D.	2-20,	12 years
Will V.		12 years
Carl V.		12 years
Sam M.	2-26,	10 years
Lisa F.	1-23	10 years
Drugless Doug		10 years
Sam M.		10 years

Dennis B.	1-20,	6 years
Jimmy L.		5 years
Julie P.		5 years
Steff	1-1,	3 years
Christine B.	1-24,	3 years
Tommy P.	2-13	3 years
Karen P.	2-14	3 years
Jim "Always"	1-18,	2 years
John M.	1-29,	2 years
Bonnie S.	1-31,	2 years
Theresa G.	2-3,	2 years

1 Year
Millie M. 1-5

Everyone Else who has Today!

If you have a celebration coming up Please contact one of the newsletter committee members and tell them. We all share in this miracle of life together. Congratulations to all the celebrants.

HEARD IN A MEETING

"As an addict, I can always think what I want. But it is especially important to know that I must not always want what I think."