

NEW ATTITUDES

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

BERGENAREANEWSLETTER@YAHOO.COM

www.bergenarea.org

Recently the Bergen Area Service approved the creation and implementation of an area website. After much discussion and planning, the website sub-committee was formed. The www.bergenarea.org website has one primary purpose: "To carry the message to the addict who still suffers." It is intended to further enhance that effort through modern technology and The Internet. There is great hope that this site will enhance communication within the service structure of the Bergen Area, as well as provide information for professionals, organizations, communities and to the addict seeking a new way of life.

This site is fully owned and supported by BASC. The Group Service Representatives (GSRs), sent to area service by all Bergen Area meetings, have voted in this committee and a budget to present all of the information contained on the website to addicts world wide and our local communities.

The BA website subcommittee graciously accepts and encourages all NA members to submit any comments, questions, suggestions, content ideas or any NA links that might be appropriate to help carry this message of recovery. You can visit the website at

www.bergenarea.org



AN INTERVIEW WITH A HIGHER POWER

I dreamed I had an interview with my Higher Power

"So you would like to interview me?" My Higher Power asked. "If you have the time," I said.

My Higher Power smiled.

"My time is eternity..."

... what questions do you have in mind for me?"

"What surprises you most about humankind?"

My Higher Power answered...

"They grow bored with childhood, they rush to grow up, and then long to be children again.

"That they loose their health to make money... and then loose their money to restore their health."

"That by thinking anxiously about the future, they forget the present, such that they live neither in the present nor the future." "That they live as if they will never die, and die as though they had never lived"

My Higher Power's hand took mine and we were silent for a while. And then I asked.

"As a parent, what are some of life's lessons you want your children to learn?"

"To learn they cannot make anyone love them. All they can do is let themselves be loved."

"To learn that it is not good to compare themselves with others." "To learn to forgive by practicing forgiveness, to be understood by practicing understanding and to be accepted by practicing acceptance." "To learn that it only takes a few seconds to open profound wounds in those they love, and it can take many years to heal them."

"To learn that a rich person is not one who has the most, but is one who needs the least."

"To learn that there are people who love them dearly, but simply do not yet know how to express or show their feelings." "To learn that two people can look at the same thing and see it differently."

"To learn that it is not enough that they forgive one another, but they must also forgive themselves."

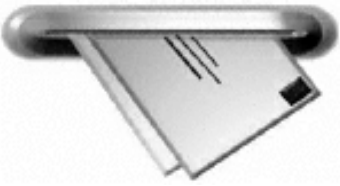
"Thank you for your time," I said humbly.

"Is there anything else you'd like your children to know?"

My Higher Power smiled and said...

"Just know that I am here." **"Always."**

~Anonymous



LETTERS **Double Meaning**

Fellow Addicts

Take this with a grain of salt . . .

Lot's of things have a double meaning, it's all how you look at them that matters. For example:

The person fairly new in recovery who is stressing that step work and feels like they are never going to finish it or go over it with their sponsor..

The positive "All they have is time. . . ."

For that other person who has been around for quite a few 24's but keeps acting out, gives more advice then shares experience, exploits the newcomer either for cheep labor or a hat date.

The negative "All they have, is time!"

When we see someone suffering, within the context of their new recovery and we want them to know that we truly care and wish them well we tell them to "Keep Coming" (Most Positive)

As we hear some complain about what we think is trivial nonsense, or if we are personally attacked or offended by another who we have been sharing in this process with. When these people frustrate us, because we think they aren't being all that open minded or can't readily relate : we tell them "KEEP COMING!" (a sort of sudo negative)

It seems that depending on our motives and intentions we can help or hurt those around us with our mear words. And that more powerful than those words are the thoughts and feeling behind them. Attitudes are dangerous, this is a disease of attitudes! Feelings can get us killed. It seems that in active addiction most of us hurt the people who were the closest to us, family & Friends alike. Now, in recovery, our closest people are a new version of family and friends, it's our recovering support group, sponsors, sponsees, fellows in a fellowship of people, each one of which is trying to get better. If someone is doing something you dont agree with, it may be wrong to you, but no one has the right to judge another. Just in the fact that we are all here means that we left something else behind. A lifestyle of abuse and desperation. One of dereliction and despair.

INTERESTING THOUGHTS for 2005

- The most destructive habit.....Worry
 - The greatest Joy.....Giving
 - The greatest loss.....Self-respect
 - The most satisfying work.....Helping others
 - The ugliest personality trait.....Selfishness
 - The most endangered species.....Dedicated leaders
 - Our greatest natural resource.....Our youth
 - The greatest "shot in the arm".....Encouragement
 - The greatest problem to overcome.....Fear
 - The most effective sleeping pill.....Peace of mind
 - The most crippling failure disease.....Excuses
 - The most powerful force in life.....Love
 - The most dangerous pariah.....A gossip
 - The world's most incredible computer.....The brain
 - The worst thing to be without.....Hope
 - The deadliest weapon.....The tongue
 - The two most power-filled words....."I Can"
 - The greatest asset.....Faith
 - The most worthless emotion.....Self-pity
 - The most beautiful attire.....SMILE!
 - The most prized possession.....Integrity
 - The most powerful channel of communication....Prayer
 - The most contagious spirit.....Enthusiasm
- Everyone needs this list to live by...pass it along!!!

Karen G.

The Pit

An addict fell into a pit and couldn't get themselves out.
 A SUBJECTIVE person came along and said:
 "I feel for you, down there."
 An OBJECTIVE person came along and said:
 "It's logical that someone would fall down there."
 A PHARISEE said:
 "Only bad people fall into a pit."
 A MATHEMATICIAN calculated
 how he fell into the pit.
 A NEWS REPORTER wanted
 the exclusive story on his pit.
 A FUNDAMENTALIST said:
 "You deserve your pit."
 An I.R.S. man asked
 if he was paying taxes on the pit.
 A SELF-PITYING person said:
 "You haven't seen anything until you've seen MY PIT!"
 A CHARISMATIC said:
 "Just confess that you're not in a pit."

FROM OUR LITERATURE

We become willing to let other people be who they are without having to pass judgement on them. The urgency to take care of things isn't there anymore. We couldn't comprehend acceptance in the beginning; today we can.

Continued...

How can one formally sick and suffering person judge the well-ness of another? Let the boundries of tollerance be stretched, try to accept that of which is differtent then you are used to, and keep minds open. As long as you are not being harmed from others actions. Lets stick to our Double Meaning words, so that as long as they are used in a loving way. Even if your intention is to zing someone with a comment expressing your distaste for their acions, and the words are loving and caring, mabye in time the thoughts will follow. All we have is each other & Today. Taken for granted, it can all be taken away. Just Keep Coming, for today I Will.

The Pit Continued.....

An OPTIMIST said:

"Things could be worse."

A PESSIMIST said:

"Things will get worse!"

A recovering addict saw him in the pit and jumped in with them, The addict asked, "Why would you jump in the pit with me?" The recovering addict replied, "Because someone jumped in the pit with me and showed me these 12 steps and how to get out"

NUMB

Yeah this is how it ends, after all these years, tired of it all
hopelessly helplessly broken apart, he finally falls
he doesn't want to think ,
doesn't want to feel , doesn't want to know what's going on
says there's nothing he can do will change anything
he doesn't want to know what's going wrong
because he's in love with a drug , one that makes him numb
one that stops him feeling at all
he's in love with a drug, forget everyone
he really doesn't care anymore
yeah this is how it ends, after all this time,
everything just fades away
worn-out and empty and all alone, with nothing left to say
oh it's all too big to make a difference
it's all too wrong to make it right
yeah everything is too unfair, everything too much to bear
he doesn't have the strength left for the fight
says all he wants is the drug , the one that makes him numb
the one that stops him feeling at all. He just wants to take the drug
forget everyone, he doesn't want to care anymore
just keeps loving the drug
the one that makes him numb
the one that stops him feeling at all
just keeps loving the drug
the drug that he's become
he isn't really here anymore...

and that makes me cry

Anonymous

Wasted Time

The time that I wasted is my biggest regret.
Spent in these places that I will never forget.
Just sitting and thinking about the things that i've
done.

The crying, the laughing, the hurt and the fun.

Now it's just me, and my Hard-Driving quilt,
behind a wall of emptyness, I allowed to be built.

I'm trapped in my body just wanting to run.
Back to my youth with its laughter and fun.

But the chase is over and theres no place to hide.

Everything is gone including my pride.
With reality suddenly, right in my face.
Scared, alone and stuck in this place.

Now memories of the past flash through my
head.

The pain is obvious by the tears that I shed
I ask myself why and where I went wrong.
I guess I was weak when I should have been
strong.

Living for the drugs and the wings I had grown.

My Feelings were lost, afraid to be shown.
As I look at my past its so easy to see.
The fear that I had, Afraid to be me.

I pretend to be rugged, so fast and so cool.
When actually I'm just like a blinded old fool.
I'm getting to old for this tiresom game.
of acting rel hard, with no sense of shame

It's time that I change and get on with my life.
fulfilling my dreams for a family that's right.
What my future will hold I realy don't know
But the years that I wasted are starting to show.

I know I can make it, at least have to try.
Cause I'm heading towards death, and I dont
want to die!



Events & Happenings

Bergen Area Convention Committee

Bergen Area Convention Committee is always in need of support. They are responsible for the New Years eve convention each year. There are many commitments in need of service and the best part is there is No clean time requirement to **get involved.**

For more Information Contact Convention Chair Mike G

Bergen Area Activities Committee

Bergen Area is currently looking for an **Activities Subcommittee Chairperson.**

Cleantime Requirement is 2 years with previous experience in Activities

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.

Try our new EZ Submission form www.bergenarea.org/newsletter

New Attitudes Newsletter Committee

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

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

Celebrations & Miracles

In N.A.,
we celebrate the Miracle of
"Clean time", Total Abstinence from All
mood & Mind Altering Substances.
This Month's Celebrants are:

Ed B.	5-14	21 Years
Janet C.	3-12	18 Years
Denise J.		17 Years
Ken J.	4-5	15 Years
Nancy S.	2-13	15 Years
Frank K.	4-30	14 Years
Keith F.	3-14	12 Years
Dominick C	3-28	11 Years
Jeff B.	3-20	11 Years
Harold G.	3-11	10 Years
Elliott	4-7	10 Years
Ricky	4-1	10 Years
Dan L.	3-13	9 Years
Lisa S.	4-2	7 Years
Mark C.	4-13	7 Years
Scott S.	4-14	7 Years
Gary	4-16	7 Years

Vinny M	3-29	6 Years
Roger K.	3-1	4 Years
Steven M.	3-22	4 Years
Diane M.	2-16	4 Years
Jill W.	3-29	2 Years
Bob	4-1	2 Years
Matt	2-29	2 Years
Jydy W	2-26	2 Years
Madeline		

6 months
Debbie C. 2-23
90 Days
"Big" Steve C. 3-4
60 Days
Barbara 2-8
30 Days

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.

Contact Us

New Members, submissions and contributions are always welcome. E-mail in any standard format or plain text to:

Bergenareanewsletter@yahoo.com



DEADLINE

For submissions to the New Attitudes Newsletter for May - June Issue is: April 20, 2005
See Submission form or go to www.bergenarea.org/newsletter.html