

New Attitudes

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The Price You Pay

I've heard it said that everything has its price. First and foremost, the price of freedom from active addiction is the work that needs to be done to change ourselves. Nothing of value comes cheap. Anything I ever got free didn't hold much value for me. Anything I had to work hard for seems that much dearer to me.

While I was using, like many of you, I paid a high price to continue down that destructive path. Not only in terms of the money spent, but in the systematic destruction of everything around me. Those who loved me the most paid the highest price of all- watching their son/brother/friend kill himself one day at a time. My employer paid the price for my lack of performance, stealing time, stealing materials etc. Everyone around me suffered to some extent.

The price I paid was devastating. The loss of humanity, reduced to an animal level. The loss of dignity, unable to face the world with my self hatred and loathing. The loss of Spirit and the will to live. You can say I sacrificed everything dear to me to gain just a little- a little bit of oblivion to mask the pain.

Today in Recovery, I am asked to pay a small price. I am asked to sacrifice a little of my time, a little of my energy in order to gain the whole world. Quite a difference in the price I pay today. What's an hour and a half in a meeting compared to standing out in the cold for hours on end, knowing you are beat, but waiting anyway? What's taking the time to listen to someone who needs to talk, compared to listening only to the disease as it dictates your life? A small price indeed.

The disease is still alive and the choices in my life are still numerous. Every choice brings with it its own price tag for me to review. Do I go to a meeting today, or do I watch the ball game instead? Do I call my sponsor, or call my sponsee back or do I listen to that whisper in my ear to figure it all out myself? Each path has its price to pay.

By going to the meeting, I will see some friendly faces and hear some positive message. By watching the game, I gain nothing except maybe something to talk about in work the next day. By calling my sponsor, I open the door to experience strength and hope that I may not have. By calling a sponsee back, I gain a better perspective on their life.

When I take the Recovery path, the price is serenity, hope, sanity, faith etc. When I listen to that other voice, the price is usually pain and discomfort. Strangest of all is when I look at the negative price tag, ponder the options, and do it anyway. That tells me that I still have a long way to go, that I will never be perfect. Yes, I still have my shortcomings and defects of character. Yes, I can still make a bad decision. At least those decisions are fewer and further between, all because of that initial choice- to surrender and walk the path laid out by Narcotic Anonymous.

Kevin K.

DEADLINE:

for submissions to the New Attitudes Newsletter for November/December Issue is:

October 15, 2007

See Submission form on back.

*We can't change the world... but we can change the way we react to it.
Just For Today 9/8*



LETTERS Fellow Addicts Write

Acceptance, Faith, and the IRS

I recently went to a pamphlet meeting and enjoyed hearing the speaker share on the topic of acceptance. That topic was just what I needed to hear. Isn't it amazing that each time we go to a meeting, we hear just what we need to hear! No matter what is going on, I know that if I hit a meeting I will certainly get a dose of "medicine" to get me through another day. And perhaps a good message can get me through problems however big or small.

Sitting in my seat, I decided to share. I hesitated a moment. Reason? I have not been in a good space lately. Reason? 2005 IRS back taxes owed. Reason?

Cancellation of Debt not shown on return! Excuse me? Did I read that correctly?

You mean I owe taxes on debt that I paid off to the credit card companies? You've got to be kidding me!!!!

So with that I raised my hand and stated, "Hi, I'm Suzanne and I'm an addict!"

I started with the positive. Back 9 months clean from a 2 month drinking splurge, teaching and being appreciated on the job, being asked back for another school year, grateful to be at a meeting. Then I shared about the back taxes. It was hard to get that letter in the mail and accept that I did owe money. Fortunately, I did have the sale of the co-op apartment to thank for this. Able to pay off debt from the wreckage of my past, I contacted the credit card companies and settled the debt. Who knew that I would then have to pay Uncle Sam their share of the settlement?

By the end of the meeting, I realized that money comes and money goes. This is acceptance for me, just for today. I did not get clean to be resentful or miserable.

I am happy that I can accept even the things that are "unacceptable" to me today.

So with that, I owe, I owe, so off to work I go.

Thanks for letting me share!

Submitted respectfully,

Suzanne K.

THE LIE IS DEAD

New Time!

Monday nights: 7:30 PM
to 9:00 PM

12 Step Open Discussion
Study Group

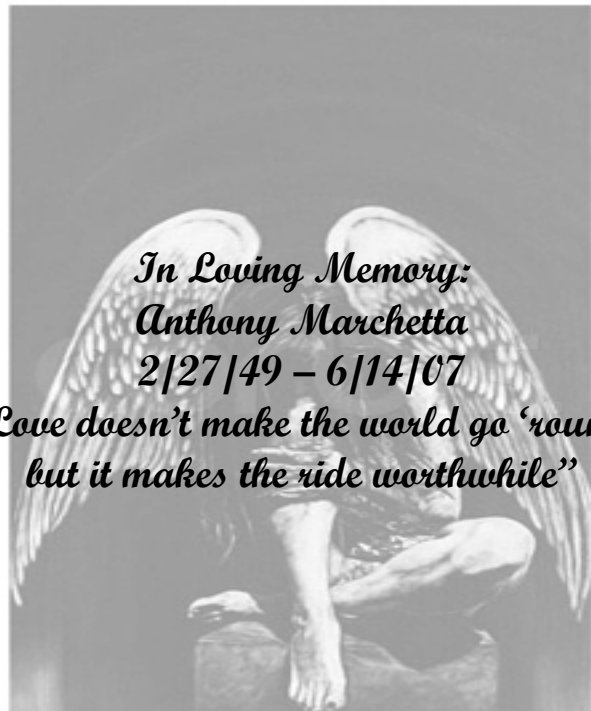
Reading from 'IT WORKS
HOW AND WHY'

Location:

FIRST PRESBYTERIAN
CHURCH

3rd ST & DIVISION AVE
CARLSTADT NJ

Information



In Loving Memory:

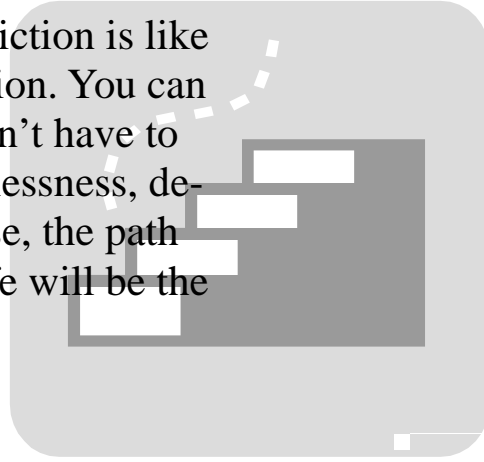
Anthony Marchetta

2/27/49 – 6/14/07

*"Love doesn't make the world go 'round,
but it makes the ride worthwhile"*



The downward path of addiction is like an elevator ride to destruction. You can get off at any floor. You don't have to take it all the way to homelessness, depravity or death. In any case, the path back up to a meaningful life will be the Steps!



Stressed out? No Drugs? Now What?

Ok, so my life was centered around the drugs. The getting and using and finding ways to get more. I lived to use and used to live. So now you tell me to avoid people, places and things that I used with and at. Now that I have given up the drugs, what do I do with my time? Who do I hang out with? Where shall I go?

What do I do to fill the emptiness?

Meetings, meetings, and meetings. Yes, I'll do a 90 and 90. Ok, I'll read the literature. What else? How do I deal with the stress of daily living. I have not been good living life on life's terms.

The answer is in the steps. Find a new way to live and stress less.

When I'm stressed out, I tend to eat too much and exercise too little.

You tell me to make changes. Get new habits. Find new playgrounds.

Meet new people who are living clean.

So I've taken your advice and tried a few of these. I wanted to pass on some of my experience, strength, and hope.

Here are some "stress busters." Choose what you'd like and leave the rest!

Exercise. Get an "endorphin rush" which is that "natural high" from the release of endorphins in the blood. Walk, jog, bike, dance, etc. Do something you love to do!

Eat balanced meals. Cut down on sugar and increase the fruit and veggies. V8 does taste great without the added poison!

Drink plenty of water. I prefer seltzer water. You'll see me at a meeting chug-a-lugging plenty of that stuff.

Write. Hello? Writing out feelings is a great way to relieve stress!

Spend time with positive friends and family. Positive energy keeps me clean!

Laugh. I gave up the drugs. I'm not gonna give up having fun!

Forgive. I can't forget but I can certainly forgive.

Breathe in and out. Get that oxygen into your blood!

Prioritize what's important in the here and now.

Take time to smell the roses. Now that our senses are coming back, enjoy the sunrise and sunsets!

When all else fails, call someone!

Respectfully submitted,

Suzanne K.

Feel, Deal, Heal...

"...the decision to ask for God's help is our greatest source of strength and courage."
Basic Text, p. 26

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.

Celebrations & Miracles

Everyone 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.

Just
For
Today



New Attitudes Newsletter Committee

Kevin K., Scott S, Jeff B.,

Contributions and new materials are always welcome.

For more information contact Kevin K.

Or one of our committee members.

DISCLAIMER

All submissions to New Attitudes shall become the property of the New Attitudes sub-committee.

We reserve the right to edit for space and or content. Any submissions sent via e-mail or via the bergenarea.org website require a release form. No last names are ever used to preserve the principle of anonymity.

Kevin K, Newsletter Chair

Contact Us

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

Bergenareanewsletter@yahoo.com

Or Newsletter@bergenarea.org

