

# NEW ATTITUDES

Bergen County, New Jersey P.O. Box 738, Little Ferry, NJ 07643

bergenareanewsletter@yahoo.com

## NA in NJ

### Old Timers Speaker Jam/Dance/BBQ

Hudson County Area is hosting a Old Timers Speaker Jam/Dance/BBQ on Saturday, July 18, 2009 from 1PM to 2AM at Our Lady of Mercy, 70 Sullivan Drive, Jersey City, NJ. Tickets are \$6 in advance and \$8 at the door. Contact: Gidget.

### Speaker Jam/Board Game Night

Northwest New Jersey Area is hosting a Speaker Jam/Board Game Night on Saturday, July 25, 2009 starting at 12PM at Presbyterian Church, Main and New St., Stanhope, NJ. Tickets are \$7 at the door. Contact: Paula.

### Cookout and Softball

The Northeast New Jersey Area is hosting a cookout and softball game on Saturday, August 8, 2009 from 10AM to 10PM at Rahway Park in Rahway, NJ. Tickets are \$10. Contact: Natacha.

### Sandy Hook Beach Trip

The SEA Activities Committee is hosting a Sandy Hook Beach trip on Saturday August 15, 2009 from 8AM to 4:30PM at Sandy Hook Beach, 19 Rector Place, Sandy Hook, NJ. Tickets are \$10 per carload or \$25 per oversized vehicle. Contact: Chrissy.

### Bergen Area New Years Convention

Register early and save money! Convention is Dec. 31-Jan. 2. Contact: Debbie.

## The Program Works with Work

Bored, lonely, lost, and homeless. On my way to that familiar place to numb my existence. A sick thought of jumping off the train passes through my mind. I hate my life; I hate what I have become. At my own hands no less. I am broken...

I walk in these ghettos with no fear. Maybe I'll get shot, maybe someone will do for me what I can't do for myself. I have nothing and no one. I am my own worst enemy.

I wrote this three weeks before I got clean. I just wanted to die. I had nothing left. Homeless hungry and tired of living, I walked into a local welfare office and told the drug counselor I was done.

I had watched my life crumble before me and could not care less. I thought the drug was the answers to all my problems. Shoot this and all my problems would go away. Problem was that my life fell down around me and by the time I can too, it was all gone.

I came here because I had nowhere else to go. I was out on bail from a crime I committed and knew I was going to get caught. I kicked dope in a nasty county jail. My Mom moved and did not tell me where she lived. My childhood friends protected themselves from me because I blew through their lives like a hurricane leaving damage behind.

I was done. Many times in the past I was asked if I was done and I would always say, I think so. This time I knew I was done. I just did not know how my life would get any better. It really sucked. I came to Essex's county only knowing I did not want to be homeless or dope sick anymore.

I came to the Greater Newark area and was told to sit down and shut up. I was not happy with that but knew I had nowhere to go and that maybe just maybe someone else knew a little more than me.

I was arrogant, angry, and real bad case of the poor me's. My favorite line was "No! You don't understand." I was understood all too well. I just did not know it yet.

Although I was told to sit down and shut up, I was hugged and welcomed. I was talked to not at. I can't tell you that I had the newcomer was the most important person in the room experience, I did not. What I did see were people enjoying life. I saw them making plans for their futures and laughing at themselves. I found that attractive.

*Cntd. on page 2*

### 2009 New Attitudes Newsletter Committee

Liz A.

Contributions and new materials are always welcome. For more information contact the newsletter committee  
newsletter@bergenarea.org

*"Resentment is the way most of us react to our past. It is the reliving of past experiences, again and again in our minds."*

IP #12 The Triangle of Self-Obsession

## A Heart Felt Apology

I know I have not shown you, the love that you deserve. I've let things get in the way of the respect you have earned. Yes I know I have strayed, and even crossed the line. If only I'd listened, I wouldn't be here doing time  
You led me to water, and tried to make me drink  
You kept me treading for so long, so I would not sink.  
You've done so much for me, and I didn't have to ask  
Even when you didn't have it, you often give your last.  
Although you'd never show it, you'd just smile  
while filled with so much grief  
I know sometimes you'd hang your head,  
so sad with disbelief  
I don't know how many times you sacrificed,  
just so I could thrive  
while all along, you'd keep moving on,  
struggling to survive  
I know in time I'll make you proud, and everyone will see.

So how about I start right know, with my apology.

I'm sorry for the things I've done, and the way I treated you.

I'm sorry for all the times you hurt, not realizing what I do.

I'm sorry for the way you suffered and not thinking of it's cost.

I'm sorry for your sleepless nights, endless worries, and valuable time you lost.  
You believed in me, even when I had none left in myself.  
Every hour of every day, even when you should've had none left!  
I'll cherish and love you forever more and no more will falter!  
I admire you mom and always will,

Love your Loving Daughter  
~Amanda B.

## The Program... Cnd. from page 1

I started doing some work and I made a whole bunch of mistakes. I kept going a day at a time. I did a lot of work on me. The facade started to slowly fade away and I started not to care what others thought. I started to realize when I walked in a room not everyone was talking about me. I started to learn that self-centeredness is the core of our disease. Thinking a whole bunch of people in a room were talking about me was self-centered. I never knew that. My life started to get better.

At two years, I got the know it all's. I was Miss NA. Involved in every service position I could get my hands on because after all, I knew it all. I knew nothing, but a little more than I did before. I kept coming. I hated that cliché. I now know that as long as I keep coming around recovering people, no matter what I will be ok.

I came here with no faith, no belief, and no hope. Today I have the faith and the security in the program to know that life happens. I am going to get hurt. I am going act out. I am going to be wrong. I am going to have make amends. I know today I am human.

5 years and 26 days ago I was a mess, 5 years and 26 days later, there are days I may still be a mess, but I have a whole lot of faith and know, no matter what I will be ok. The program works with work. I choose to get better. I choose not to use a day at a time. I have a choice. We all have a choice.  
~Donna M.

## Personal Prayer for Protection



Father, God I ask you to keep me safe

From myself and those that do not know you

Let me carry thy word in my Life

Let me know it, let me show it

Let me live with thy word in my heart

Let me see with thy word in my eyes

Let me hear with they words in my ears

You know all - may I learn all that I can

You stand under all things – may I know understand- ing

Father god allow me to accept your divine wisdom I humbly and obediently express your love through my life

~Larry M.

**WCNA 33 Amor sin fronteras  
Love Without Borders**  
Barcelona, Spain  
August 20-23, 2009  
Register, book hotels and make airline res-  
ervations now at:  
[www.na.org/wcna](http://www.na.org/wcna)

**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 permis- sion 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 adher- ence to the 12 traditions of Narcotics Anonymous.*

# Awakenings! The Twelve Steps in Plain English

My first attempt at recovery began in June 2008, when I was admitted to Englewood Hospital. I had to say I was “depressed” because no one I knew could steer me in the right direction. So I followed my internist’s advice and went to the hospital to “detox” off pain medication given to me by a Doctor for excruciating abdominal pain. I did not know where to turn at that time so I did check myself into the psychiatric ward to detox.

The method of the Psychiatrist assigned to my case was to “wean me” off the pills in five days and send me on my merry way. I was never told to follow up with Narcotics Anonymous or any other program. I was released on a Tuesday and took it easy for a few days before I went back to work. Believe it or not I was staying clean!

Then on July 8, 2008 my best friend, who happened to be my mother, passed away. Any hopes I had for staying clean went out the window. My mother had my drug of choice in quantity and the minute I got to my parents house in Florida, which was the first thing I looked for because I didn’t want to feel the pain. I was falling apart, or so I felt.

But by August I had enough. I knew from before there was another way to live and I wanted that. I reached out to my therapist for help and she got me in touch with an IOP. She got me an appointment for the next day and within two days I was on my way to detox. It was at the detox that I heard the definition of an addict and along with the first step and I knew that this was me and this was where I belonged.

I was taken off the Percocet with small doses of Suboxone and was discharged with some direction. I was released on Tuesday August 26, 2008 and was at my first Narcotics Anonymous meeting on Wednesday. Again I knew I was where I belonged! At that first meeting I met the most incredible woman who is still my sponsor today and some days I don’t know what I would do without her in my life.

I was on disability from work so I was going to the IOP four days a week and Narcotics Anonymous meetings in the evenings. Unfortunately, I started substituting one drug for another and admitted it to the powers that be.

For health reasons I was instructed to go back to detox, which I went kicking and screaming but I wanted to save my life. I came back out after 10 days and was back at the IOP. I felt safe there because I was occupied AND drug tested so I had to stay clean! I did all that was asked of me and felt good and in October 2008 I graduated and was back at work clean and sober.

But our disease is such a cunning enemy I relapsed two times again and finally I got a new clean date, April 2, 2009. I just celebrated 90 days clean! I feel so much better like a light bulb has gone on over my head. I realize no drug is worth my life. With all the celebrity deaths in the news these days, I don’t want to be a statistic.

On July 8, 2009 my Mom will be gone one year. I do now know that I want to live and I am worth living. I know that I can continue staying clean through the help of a loving and supportive husband, my higher power, the miracle of the people in NA and my willingness to do what it takes. I know once again I will live up to the hope my mom had in me. And just for today, I want to look in the mirror and like who I see. So I’m just gonna keep on coming!!

~Stacey S.

1. *Drugs will kill me.*
2. *There's a 'power' that wants me to live.*
3. *Do I want to live or die? (if you want to die, stop here)*
4. *Write about how I got to where I am.*
5. *Tell another person all about me (let God listen).*
6. *Want to change.*
7. *Ask a power greater than me to help me change.*
8. *Write down who I've hurt.*
9. *Fix what I can without hurting anyone else.*
10. *Accept that I'm human and will screw up. Fix it immediately.*
11. *Ask a power greater than me to show me how to live.*
12. *Keep doing 1 through 11 and pass it on.*

~KG

**Bergen area activities presents...**

# CAMPING

**At Stokes State Forest Campground  
1 Coursen road  
Branchville NJ 07826  
(973) 948-3820**

**July 18th and 19th**

**Price is \$10/per person, food included.**

**Must bring your own tent.**

**More info: Ron (Activities Chair)**

