



New Attitudes

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

bergenarenewsletter@yahoo.com

NA in NJ

NA Helpline Workshop

The Greater New Brunswick Area is hosting an NA Helpline Workshop on Saturday, November 14, 2009 from 2-4:00PM at Open Door, 2-4 New and Kirkpatrick Street, New Brunswick, NJ. There is no charge for this event. Contact: Brian B.

Area Celebration

The Suburban Essex Area is celebrating 19 years of spreading the message on Saturday, November 21, 2009 from 7:30-11:00PM at the Fewsmith Church, corner of Little and Union Ave., Belleville, NJ. Tickets are \$10 in advance or \$12.00 at the door. Contact: Chrissy

Thanksgiving Spiritual Breakfast

The Passaic County Area is hosting a Spiritual Breakfast on Thursday, November 26, 2009 from 10:00AM-2:00PM at St. Brendans Church on the corner of Crooks Ave and Lakeview Ave in Clifton, NJ. Cost is \$10.00. Contact: Karyn B.

Talent Show/Dance/Speaker Jam

The Hudson County Area is hosting a Talent Show/Dance/Speaker Jam on Thursday, December 31, 2009 from 7:00PM to 2:00AM at Our Lady of Mercy, 70 Sullivan Drive, Jersey City, NJ. Tickets are \$10.00 in advance and \$15.00 at the door. Contact: Gidget T.

Learning How to Fix Broken Things

The contradiction is this, I hate myself enough to have perpetrated the most vile, flagitious acts of self-destruction, yet I loved myself enough to make a decision to change it. I fought with myself over the question of self-love. People ask me the question, "What made you decide to get clean?" I say to myself with sarcasm, "I woke up one day and decided that I loved myself and I needed to make changes."

For a couple of years I had thoughts that I did not do this because of love. Yet, now my analytic nature says, with hindsight and introspection, that there had to be some level of love, to make that decision. Yes there was definitely desperation, mixed with my learned moral compass, but ultimately, with just a drop of love, I thought that I deserved more.

Now I move onto the business of breaking things. I always needed to display this level of perfection. If I knew someone was coming to pay me a visit, I would clean the surfaces of my quarters, dusting, mopping, but I would take excess and stuff it in drawers and closets. This was invisible clutter that weighed heavy because I knew of its existence. To the probing eye, everything looked in order. If I broke something, furniture, a watch, anything, I would simply throw it away and replace it. I want the battery of the watch to never die.

I do not want the task of replacing it. I am either lazy, or just downright wasteful. I have never taken the time to appreciate what I have, especially enough to realize that everything breaks and nothing lasts forever in its original form. Yet, the watch is beautiful, the couch is antique, and there is true sentiment and memory in these objects. The oak dresser was sanded down and stained and looks better than it did in its original form. This is what I see. It is more beautiful now than when it was new. Its age and beauty is what makes it precious. I just never took the time to learn how to fix things. The pleasure in achievement just did not come as fast as I was accustomed to.

I once threw myself to the curb, waiting for the bulk pick-up. I think I threw myself out a week or two before the actual city pick-up day. I exposed myself to the elements and wore down even more. Someone spotted me and saw some value and beauty, and decided this soul, this spirit, was sturdy, was strong at its base and just needed to be restored.

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2009 New Attitudes Newsletter Committee

Liz A.

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

"We are clean today because we reached out for help. What helped us can help you."

~ IP #22 Welcome to NA

Seven Lakes Drive



Skies vibrate with the strange cloud formations,
To the calamitous thunder of v-twin's powered best.
The trees give up their last held golden jewels,
As they await their on-coming, slow, winters rest.

The motors wind, and so does the road,
Twisting past stones, while the placid pools run.
They shimmer with light, the blinding reflection,
of the Soon to be setting, bold autumn sun.

Through pockets of cool, fall crisp shards of leaves,
We cut through the wind and power through day.
With blue skies above, in this tunnel of color,
We Rise and we fall as the road has her way.

The gentlest curves and bold noble hills,
await and they greet us here, as we arrive.
They open their arms as to cradle us dear,
Just one small reminder, to know were alive.

This palate is vast and oh rich with light,
An unbridled beauty, so deep and so clear.
If any new color, did ever exist...
There's no doubt, indeed, you would find it right here.

So Fear not the destination which someday awaits,
The importance and purpose of these things I've showed.
The journey's what matters, those twists and the turns,
Believe it or not, God lives on the road.

~Scott @2007

Broken... *Cntd. from page 1*

So I was retrieved right from that curb and thrown into the back of the proverbial pick-up truck. We started the restoration, we started to sand; we started to stain, because we cannot afford to replace everything that breaks, and some objects are just too valuable to ever let go of. I am my mother's watch, I am my father's chair, I am unbalanced and worn, yet I am precious. Please do not throw me out. This is my plea to self. I am attempting fix one of my parents' most prized possessions.
~Briguy

"Goodwill is an action that includes others besides ourselves—a way that considers others as important in their own lives as we are in ours."
~IP #5 Another Look



Milestone: A Poem About Our Celebration of Life

The journey, mile-mark, milestone, arrive
Awake dead spirit was sleeping, now alive
Reminisce, no regret, reflect, now move on
A day in the life of one dead now reborn

Once wanting, once needing, once holding, once afraid
Now appreciative, now grateful, now embrace a spirit saved
Laughing happy, crying sad, eyes reds-anger, nothing new
So familiar but what has changed as how we deal and what we do

From worthless to hopeful to loveable to loved
With angels on shoulders, below, around, and above
Blessed on this day, days before, and all days to come
To be where we are but never forget where we are from
~Briguy



Bergen Area Activities Presents 9th Annual Midnight Bowling!



When: Friday, December 4, 2009 beginning at 10:00 PM
Where: Bowler City Lanes, 85 Midtown Bridge Approach, Hackensack, NJ
What: Three Speakers, Bowling begins at midnight, Food, Fun and Fellowship!
Cost: Tickets are \$10 in advance and \$15 at the door
(Shoes are an additional \$3.50)
More Info: Contact Ron W. or Grace C.

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.

What the 10th Tradition Means to Me

"Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy."

What is an outside issue? I know many have their beliefs and since "Understanding our traditions comes slowly over a period of time," my view has changed in recent years.

Medication in recovery: Wow! What a hot topic making judgments fly around the rooms. I was thinking over the last couple of months how grateful I am to have found NA but like all groups human nature takes over and misinformation spreads just as rapidly as in any other community.

Is it up to me to tell another addict what they should or should not do? I will share my experience with this issue.

Last year I had three surgeries. All my doctors were well informed of my past. We set the course for treatment.

I had my first of two surgeries on Sept 18th. My treatment was discussed with my General practitioner, the specialist doing my surgery and with my sponsor.

I went ahead and had the surgery. I was using a cane and my knee bandaged. I went to a meeting the next day. In hind site, it may not have been the brightest idea but sometimes I am not the sharpest tool in the shed.

Six months had passed and I was told that rumors had been going around the rooms that I had been using. I was not upset because I knew the truth but disenchanted with NA. When I confronted this person whom I considered to be my friend and asked her "if you thought I was using why didn't you call me" her response "I did not think it was my place, myself and an other addict decided that you were using." I thought to myself, "we are each others eyes and ears" and if anyone should confront me and offer me help in a loving caring way it should be a member of NA.

This incident got me thinking about the 10th tradition. My surgeries were outside issues but brought controversy to the groups I attended. I wondered to myself who I had to answer too and the answer that came was not any person in the rooms. I did not make a big deal about it because I knew the truth.

My experience has brought me to my point of view. Who am I to measure anyone's desire? Who am I to judge clean time? Who am I to cast a judgment? I have been guilty of all three.

I thought about it, talked about it, prayed on it and came to my own conclusion. Outside issues are outside issues. "The traditions protect us from the internal and external forces that could destroy," it is only through understanding and application that it works. My sponsor and I do not agree on my view but we were taught to agree to disagree and keep it moving.

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Bergen Area Convention Committee presents:

Together Again 2010

BASCNA NEW YEAR NEW LIFE 16

Need a safe place to bring in the New Year?
December 31 at 3:00PM- January 2nd at Noon
The Hanover Marriott
1401 Route 10 East
Whippany, NJ 07981
800-242-8681

Opening Meeting, Banquet, Dances, Spiritual Brunch, meetings, meetings and more meeting! Lots of Food Fun and Fellowship!!!

Pre-Registration extended to November 30th!!!!

Contact: convention@bergenarea.org or Debbie C

