



A Gift Called Life

agclnewsletter@aol.com

"Where Addicts in the Capital Area and abroad share their experience, strength and hope"

June 2008

CAPITAL AREA of NEW JERSEY

Issue No. 20

Step Eight

By: Dwayne B "Woodbridge"

"We made a list of all person we had harmed, and became
Willing to make amends to them all"

AGCL: What does the Eighth Step mean to you?

Dwayne: The Eighth Step is a step where I must believe that I did something wrong to someone else. I can't do the Eighth Step unless I truly believe that I did the wrong. I can't go in believing that I am the victim.

AGCL: What is meant by the Eighth Step being a test of our new found humility?

Dwayne: I am not a book quoter. But I know that I must truly believe in my heart that I wronged somebody. Until I believed that, I could never do an Eighth Step and that is the humility that I must believe, that I wronged somebody. If you just go through the motions that is bull.

AGCL: It is said that we must become willing for this step to have any effect, what is meant by that?

Dwayne: You have to be willing to admit that you are wrong. I have to earnestly believe that I have harmed someone. The hardest one for me was to be willing to admit that I have harmed myself. I was a foster child and everybody screwed me over, but in the long run I found out what I did to them. The willingness to be honest comes from the heart.

AGCL: It is said that this step is a forgiveness step, what is meant by that?

Dwayne: I don't believe that it is a forgiveness step. I am not going looking for forgiveness from people. The list is for the people I have harm, if any forgiveness is to be given it would be for me to forgive myself. But other than that it is not for them to forgive me if I get that it is a bonus.

AGCL: What does harm mean to you in this step?

Dwayne: It can be physical, mental, or emotional. It can be many different kinds of harm. I remember when I was in a foster home I went out and did something and they came and arrested my brother and they didn't even know what was going on, that was harm to him. I had to step up. Oh, financial too, when you owe people money.

AGCL: Did you go through any feelings after doing this list?

Dwayne: Yes, regret. I got regret then apprehension. Now I start thinking about the ninth step where I really have to do it.

AGCL: When doing the eighth step did you have trouble staying out of the ninth step?

Dwayne: Yes, almost at the end. I started thinking about, ok I really have to do this, that came into play. You are suppose to write like there is no ninth step. But I knew that if I wanted to get better then I had to do a ninth step so it was hard for me to split the two.

AGCL: Did you ever have to put anyone on the list that harm you?

Dwayne: Oh yes, rightfully so I have been in therapy for a long time. I know that people have harmed me, did me wrong. But the fact is that I had to look at the part that I played in the situation. Like the abandonment when my mother left me in Harlem, New York that is where I grew up at. Yes I am a victim, yes I am a sexual abuse survivor but I have to only look at the part I play in any situation.

AGCL: Was it hard for you to start an Eighth Step?

Dwayne: No, by the time you finish the first seven I was ready. If you want the pain to stop you will do it.

AGCL: What can you tell someone who never did a Eighth Step?

Dwayne: To realize that it is going to make you better at the end.

AGCL: Thanks for sharing Dwayne

Dwayne: Thank you

Step Eight

The Eighth Step is not easy; it demands a new kind of honesty about our relations with other people. The Eighth Step starts the process of forgiveness: We forgive other; possibly we are forgiven; and finally we forgive ourselves and learn how to live in the world. By the time we reach this step, we have become ready to understand rather than to be understood.



A Gift Called Life

**Tradition Nine
Interviewer Vern**

“Hu From Plainfield”

“NA, as such ought never be organized, but we may create service boards or committee directly responsible to those they serve”

AGCL: What Area are you from and how much time do you have?

Hu: I'm from the Plainfield Area and I'm coming up on 21yrs clean as Aught 1 first.

AGCL: So you are an Old Time?

Hu: Call it what you want I'm a young man “laughter”.

AGCL: What dose the Ninth Tradition means to you?

Hu: To me the ninth tradition separates the fellowship from the program. Our primary purpose is to carry the message to the addict who still suffer and we have a verities of ways we do this. Service Boards an Committees are some way that we do this in and they handle certain area. For example we have Public Information to let the public know that NA is around. We have H&I to let the hospital and institution know that NA is here. It is people out there just like there patience who have found a new way of life and they can to.

AGCL: Why is Tradition Nine so important?

Hu: Because this Tradition talks about how the fellowship gets serve. We have the fellowship and it says organized “as such”. As such means there are no hard rules of recover but we need to have direction a focal point. That focal point is our Fifth Tradition. We need these committees

and service boards to help get the message out and that is what the Ninth Tradition do.

AGCL:How do you apply this Tradition in your daily life?

Hu: That is kind of a hard one. The reason why I say this is because, I can look at my family and see where my personal recovery depends on NA unity. Now my family depends on us being a unify family, but we don't have service boards or committees. We do all have a roll to play and that is how I look at it.

AGCL: What are the benefits we get out of this Tradition?

Hu: One of the benefits that spring out to me is it suggested that you get a commitment in NA. If it was not for these service boards and committees there who be very few place that we could get a commitment to serve in NA. The reason that this is important is that we always says those in the middle don't fall off the edge. When you are involved in helping someone else your life gets better, at lease it did for me. I've been everything from the coffee maker to the chairperson of Area and at on time I was the only person on the PI commitment, when I want to vote on something I would go around the table and vote. I don't want to sound like an old timer or like I'm preaching but the newcomer don't get involved as much as they should or as much as I think they should put it like that. `

Because the fellowship is still growing so there are some people involved. I was raised that way but there is going to come a time when people are not going to know what to do. So it is vidle that we serve these service broads and committees.

AGCL: Do you have difficulty formulating this Tradition in your life?

Hu: Yes sometime. Like I said everyone has a roll to play in my family. I have control issue my wife who is also in recovery has her own control issue and one thing I've learn in the ninth tradition is to do my roll. As long as I do my roll I don't have to worry about anyone else.

AGCL: What is your interpretation of an NA meeting?

Hu: An NA meeting is when two or more addicted who follow the Twelve Step and the Twelve Tradition for the propose to seek recover. Real sample.

AGCL: I would like to thank you Hu for sharing with us because you are truly a sorue of information and we thank you for sharing.

Hu: thanks for letting me share.

A Gift Called Life

12 Qualities of Sponsorship

1. I will not help you to stay and wallow in limbo.
2. I will help you to grow, to become more productive, by your definition.
3. I will help you become more autonomous, more loving of yourself, more excited, less sensitive, more free to become the authority for your own living.
4. I can not give you dreams or "fix you up" simply because I can not.
5. I can not give you growth, or grow for you. You must grow for yourself by facing reality, grim as it may be at times.
6. I can not take away your loneliness or your pain.
7. I can not sense your world for you, evaluate your goals for you or tell you what is best for your world; because you have your own world in which you must live.
8. I can not convince you of the necessity to make the vital decision of choosing the frightening uncertainty of growing over the safe misery of remaining static.
9. I want to be with you and know you as a rich and growing friend; yet I can not get close to you when you choose not to grow.
10. When I begin to care for you out of pity or when I begin to lose faith in you, then I am inhibiting both for you and for me.
11. You must know and understand my help is conditional. I will be with you and "hang in there" with you so long as I continue to get even the slightest hint that you are still trying to grow.
12. If you can accept this, then perhaps we can help each other to become what God meant us to be, mature adults, leaving childishness forever to the little children of the world.

This was adapted from the Linn Benton Lincoln Area of NA

CAPITAL AREA SERVICE SUB-COMMITTEES

<p align="center">CAPITAL AREA CONVENTION COMMITTEE</p> <p>Beverly Q. - Chair. (609) 558-8084 Carmen P. - V. Chair (609) 516-5515</p> <hr/> <p align="center">FUNDRAISING SUB-COMMITTEE</p> <p>Kim H. - Chair. 732-278-9428 Cindy F. - V. Chair 609-775-6479</p>	<p align="center">HOSPITALS & INSTUTIONS</p> <p align="center">Chairperson Kalane W.. - 609 -638-7443</p> <hr/> <p align="center">OUTREACH</p> <p align="center">Needs Supports</p>	<p align="center">CAPITAL AREA CONVENTION PROGRAMMING SUB-COMMITTEE</p> <p>Nate D. - Chair 609-802-6496 Charlotte F. Vice Chair 609-481-8407</p> <hr/> <p align="center">CAPITAL AREA POLICY CHAIRPERSON Kevin A. (609) 954-6389</p>
<p align="center">CAPITAL AREA ACTIVITIES SUB-COMMITTEE</p> <p>Van. J.- Chair 609-433-4873 Sylvia R. -V. Chair 609-475-2359</p> <hr/> <p align="center">ARTS and GRAPHICS</p> <p>Readus E Chairperson 475-5094 Wallace W Vice chair 477-9239</p>	<p align="center">PUBLIC INFORMATION</p> <p align="center">We are in need of support and trusted servants</p> <p align="center">Be a part of the NA Help-line!</p>	<p align="center">HOTEL & HOSPITALITY</p> <p>Lee I- Chair 609-448-3422 Phyllis A Vice Chair 609-371-8431</p> <p align="center">We are in need of support and trusted servants</p>
<p align="center">WEB-SITE</p> <p align="center">James www.capitalareaofna.org CHECK OUT OUR WEB SITE</p>	<p align="center">H & I - IS IN DESPERATE NEED OF SUPPORT</p> <p align="center">They meet every 3rd Sunday at the Ewing Township Police Station at 6:00 pm.</p> <p align="center">For more information call the H & I Chairperson listed above</p>	



WE CELEBRATE CLEAN TIME!

JUNE

Linda P 6-24- 14 yrs

Please submit your anniversary via email or committee member before you celebrate.

Remember when you celebrate, we all celebrate. Your anniversary is evidence to the newcomer that NA Works!

OUTREACH

PLEASE SUPPORT THESE GROUPS WITH YOUR ATTENDANCE WHEN GROUPS FOLD ADDICTS DIE

Sign of the Time - Mini Police Station, Stuyvesant & Hoffman Aves, (Trenton) Mon. Wed. Fri. 6:00 pm - 7:30 pm (St. IWHW)

How are you Living - Shiloh Baptist Church Lower Auditorium (Trenton) Calhoun & Belvidere Sts. Sat. 7 pm - 8:30 pm (OSD)

Early Morning Recovery - Bethany Presbyterian Church (Trenton) Hamilton & Chestnut Aves. Tues. 8:30 am - 10:30 am (BT/OD)

Fresh Start - First Presbyterian Church 100 Scotch Road -Ewing Tues. 8:00 pm -9:30 pm (OSD, Hrl)

The Only Requirement -Bethany Presbyterian Church (Trenton) Hamilton & Chestnut Aves. Wed.. 8:00 pm - 9:30 pm (TDOS)

Hightstown Group -First Presbyterian Church Main St. (Hightstown) Thurs. 8:00 pm - 9:15 pm (L,D)

New Direction -Bethany Presbyterian Church (Trenton) Hamilton & Chestnut Aves. Thurs. 9:00 pm - 10:30 pm (OSD)

Our Message is Hope. Our Promise is Freedom
42 Arctic Parkway Local 175 Union Hall, Ewing

Sat. 7:00 pm -8:30pm (St/D/IWHW)
Non Smoking Meeting, Candlelight

Stop & Surrender - 1 Kingsbury Sq. East Tower Sat. & Wed. 11:30 am - 1:00 pm
IS IN DESPERATE NEED OF TRUSTED SERVANTS

Drug Free Group of NA - 24 Club of Princeton Rt. 206 and Rt. 518
Entrance in rear Next to Good Year. Sun. 7:30 pm-9:00 pm

Just for Today - Turning Point Methodist Church 15 S. Broad Street
Fri. 8:00-9:00 pm

Enough is Enough Tues. 8pm 24 club Princeton Rt. 206 and 518
Entrance in rear next to Good Year

CAPITAL AREA EVENTS

New Way of Life is celebrating their 17th year anniversary June 13 at 50 Escher St 5:30-7:30 pm

Speaker Jam/ Basketball Tournament Saturday, June 14, 2008
Noon until Donnelly Home Community Center 875 New Willow St. Trenton

Literature Review Committee will be holding a NEW Literature Review & Input Workshop June 28, 9:30am-11:30 am I11 Perry Street Trenton, NJ

Capital Area Convention Fundraising Committee Presents
Family and friends Day Picnic/Volleyball Tournament # 1 on July 26 2008 & # 2 on August 23 2008 12noon- Dusk Place John O. Watson Park Contact: Kim H 732-278-9428 & Stephanie 609-943- 8399

Capital Area Convention of Narcotics Anonymous "A New Horizon"
March 13-15 2009 Clarion of Cherry Hill, NJ Route 70 East & Interstate 295 Cherry Hill, NJ 08034 Capital Area Fundraising Convention Committee

Serenity Prayer

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.



Third Step Prayer

God, take my will and my life,
Guide me in my recovery.
Show me how to live.

If you would like to join the Capital Area Literature Committee you may see any member of the committee. The CALRC meets at 9:30 am every 2nd and 4th Saturday of the month at Friendship Baptist Church on the corner of Broad and Perry Streets. (In the Basement). Sherman R. - Chairperson (609)920-8411, Robin F. - Vice Chairperson (609)-392-1591, Jennifer A. - Treasurer (609)977-6444, Joe J.609-227-1621 Naadira M (267)456-3151 Jamie G . You can submit your stories, poems or anniversary dates via email at : agclnewsletter@aol.com . All submissions should be received by the first Monday of each month. Receipt by this date does not guarantee that your submission will be in the next issue BUT IT WILL APPEAR IN THE NEWSLETTER upon approval of the committee. So look for it future issues of AGCL. ALL SUBMISSIONS MUST BE NA (RECOVERY) RELATED . OUR TENTH TRADITION STATES THAT NA HAS NO OPINION ON OUTSIDE ISSUES HENCE THE NA NAME OUGHT NEVER BE DRAWN INTO PUBLIC CONTROVERSY. . . . THANK YOU FOR YOUR CONTINUED SUPPORT. . . . In Loving Service The Capital Area Literature Review Committee.



A Gift Called Life



Old Timer Rick W.



1 What is your interpretation of the message of NA?

Well let me tell you, laughter.

The message of NA is "it is what it is". Your never alone we are in a place with a bunch of people just like yourself. We identify pretty much with everybody and we help each other stay clean and that is basically what it is you are never alone.

2 Why do you keep coming back to NA and what do you do to maintain your recover?

I don't know why I keep coming back, more laughter. For real I keep coming back because this place saved my life and I know without it I can end up some where I don't want to be. When I was out their running and ripping doing thing I didn't want to do that disease had me caught up, but in here it is arrested and I need this place so I can keep nurturing my spirit.

3 How do you keep an atmosphere of recovery in a meeting? Shut the F*?% Up!

4 Have you ever been in service in NA and if so how has service work help you in and out of the rooms?

Yes I've been in service, I have a home group and I'm in service in it. My home group is Saturday Night Alive. That meeting saved my life I been around 17teen years and at one time I say about when I had 10 years I stopped coming that is around the time detox close down. I took my service work to the community, I was couching football, basketball and baseball for 12years. I started couching with four years clean and I was doing it for about six years before I stopped coming around here. I had to get reconnected so one night I was helping a friend out and we went to a meeting and I picked the home group, Saturday Night Alive, as my home group. By me joining that home group helped me plug back in, I became the treasure of the group for six years and stay in service in the group since I've been back. I also make my home group faithfully.

5 Do you make yourself available for the new comer? Yes

6 How?

By me just being there I am a vision of hope. Sometimes I feel people are afraid to approach me. I don't know what it is if it's my demeanor or my size. I always listen to new comer share in meetings and if I could help them I approach them after the meeting to see could I share my experience with them. I try to give them hope if I can, and it's mostly to men.

7 Do you remember how you felt when you first came into NA?

When I first came in, I must say that I am not a first time winner. I came around in 89 I didn't give the program a chance I thought I was unique I didn't get high like some people did. I came in with a job, home, and a couple of nice cars so I didn't give the program a chance. But when I came back in March of 81, I stopped comparing and started identifying with peoples pain. Most of all I had to surrender to my disease and then once I surrendered and stop comparing I was on my way.

8 Do you still stay connected with your sponsor after all this time?

Absolutely! Me and my sponsor talk every day, every day.

9 How have sponsorship helped you?

It helped me a lot, and this is just for me. I don't like throwing all my stuff on the floor in a meeting that is why I have my sponsor. I have always been like this I really believe that is what my sponsor is for so a lot of times people see me in meeting and I am very quiet, that is just me.

10 Do you find that you got to work the steps daily and if not what is your life like?

Well right now I am on step six working with my sponsor. I work every step in my life, I found out that if I don't apply these steps my attitude changes. I lose focus that I have anger issues but when I'm working the steps I am more focused on the anger it lessens a lot. Me and my sponsor talk about step work ever day.

11 Do you still have trouble turning your will and your life over to the care of the God of your understanding?

No, Man I turn it over with the quickness, I call on my higher power anytime. When I take my will anything can happen and man I am not trying to go to jail. So when I find myself in certain situation I turn it over with the quickness to my high power and let him deal with it.



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Jennifer M . And Then There Were Twelve

Manageability in our lives was little to none. Our powerlessness had stopped at the beginning of Step One

We were insane and without a clue, but we found a Higher Power and came to believe in Step Two

I have an attitude of gratitude, and I know it is not all about me, I trust and believe in myself during a thorough Step Three

When we become stressed out, agitated, and headed for the door, Our sponsors were there to convince us to stay and try a Step Four

We will start to listen to our fellows and take pride in being alive, We take heed to advice and quickly begin the process of Step Five

Our character defects start breaking in half like sticks, as we practice what we preach and understand the meaning of Step Six

As we stop forgetting ourselves, and with other started forgiven, have faith instead of fear with the letting go of Step Seven

Our hearts are filled with joy and love instead of jealousy and hate, hope and relationships will grow stronger during an honest Step Eight

We have turn our lives around and it is working out for us just fine, we humble ourselves to say sorry a lot and truly mean it in Step Nine

I've become a big enough person to love someone else and I know this because when I feel that I'm wrong I promptly admit it; Thanks to Step Ten

Peace of mind with serenity put us in a place just like heaven. Meditation works and prayers are answered during Step Eleven

Spirits are high, temptation is low and I am happy with 'myself' Please carry the message and practice our principle through Step Twelve

SPOTLIGHTS

HOW DO YOU LIKE BEING IN NA OR COMING BACK TO NA?

I feel safe, and when I'm around positive people I feel great Karen

My name is Dianna J and I feel grateful to be back in recover. No matter what else is going on.

I'm blessed to be back. Not hanging around them old people I use with, not living the way I did and I'm clean. Frank S

It feels great being back one day at a time. Angila

I felt wonderful about being back, blessed. If not for NA I don't know what I would be doing. Myidee

I love it, this is really what I need seeing other people recover gives me the hope. Jamie

It feels great to be back. Out of that shell I was in . Danny G



A Gift Called Life



**HEAR YE! HEAR YE! CALLING FOR SERVICE
ALL CAPITAL AREA NA MEMBERS!!!!!!**

ADDICTS EXPERIENCE WITH SERVICE

Service Work in your Home Group

My name Marvin and I am an addict, I've been around seventeen years. I was a chairperson in this area in groups before I left and went to Virginia and stayed for seven years. Now I'm back and I was asked to chair again at Midday Miracles and this gives me a chance to give back what was so freely given to me. I also feel that if a newcomer gets involved with service it will help there recover as it has helped mine. I know that this program has helped me, so I want to give it back and by getting in service you might feel the same way.

With seventeen years I still give back because I'm still afraid of going back out there, I am just a handful away from relapse and I don't want it. So service work like chairing a meeting helps me in my recover, I can't speak enough how much getting involved in service has helped me. When I chair a meeting I get a whole hour and a half of giving back and I am a part of the group. Me being a chairperson helps me to practice being humble, were I stay in a state of not being in control. You will practice some spiritual principles in service work in your home group so get involved because what you learn in here you can take it into society and live it.

"ATTENTION" FYI

Capital Area of Narcotics Anonymous
Members

If you are interested in what's going with any committee or sub-committee in the area, their meetings are open and you can attend the meetings. If you have a home group, attend your home group's business meetings. The groups GSR has the written report from the previous Area Service Meeting which contains written reports from all committees. Check the Area Meetings list for days and times of those meetings. However, all committee meetings are not listed in the meeting list. The area committee and sub-committee members listed on Page 7 of AGCL you may contact one of the members for day and time of the meetings if it is not listed on the meeting list.

Service Work in Recovery (Bree H)

Service work is an essential element of Narcotics Anonymous. If addicts didn't take service commitments we wouldn't have meetings to attend! I think most of us know where we would be without our meetings. Not only do service commitments help keep our Fellowship alive, but they keep me alive too. As an addict we keep what we have by giving it away and service work is one way I can do that. It is a way to make sure that others get a chance to obtain what was so freely giving to me. I got involved in service very early in my recovery.

My first commitments was being coffee maker and door greeter. Even though these positions may seem small they are very important for maintaining an atmosphere of recovery, group unity and they helped me stay clean. It also made me feel good that my fellow group members had enough faith in me to elect me to any position. Those commitments have helped to teach me to show up even when I don't want to. I felt important to my home group and that helps convince me to keep coming back.

Since then I have taken several different commitments in a couple of different groups. I have chaired my home group for the past four months and even though it can be a lot of work, I enjoy it. In a month I will become the GSR of my home group and I am very excited to get involved with Area Service. This area has done so much for me and I want to support as best as I can. Service work is teaching me how to be responsible and dependable which is something I've never really done before. Those qualities have helped me to be a better friend, daughter, girlfriend, sister, sponsee, employee and etc. I am never to busy to be of service, I work full time, have a new house to take care of, responsibilities to friends and family but I am still committed to two home groups. I know if I'm too busy for service, I'm just to busy! My recovery has to come first or I will lose all the blessings God has given me. My service commitments have helped me to stay clean one day at a time and has also given me the opportunity to give back . What could be better than that? Get a commitment!



Newcomer (Lilly C.)

What made you decide to come into recovery?

I got high every day and didn't have to face reality. But it came to a point where getting high became reality and it was taking over my life. It finally dawned on me that I didn't have to live the way I was living.

Why do you want to stay clean?

Because if I continue using either I will go mentally insane or die. I don't want either of those options.

What do you find hard about staying clean?

Filling my time with things to do, also my emotions it's extremely hard to feel them without having to numb them.

Did you get a warm welcome when you attended your first NA meeting? Yes

What part of your recovery don't you understand?

The part where you hear that the obsession will go away.

Do you understand what the program of NA offers?

Yes, The program of NA offers me a chance to stay alive and live a life I actually want to live.

Do you know what a reservation is? Do you have any?

Yes, I do have reservation that I could drink again when I get 21, or maybe I'll find a way to use successfully once I get my life manageable again.

How do you see yourself changing since you have begun coming to meeting?

I am becoming more trusting in people and my real personality is coming out.

Have you found it easy to talk to other member in the fellowship?

It has become a little easier for me to talk to other members in the fellowship because they were very welcoming to me. Now after a while I became more comfortable as well.

What have you learn since you came to NA? That I can have fun with people without using.

Do you have a sponsor? Yes,

Was it hard to choose your sponsor? Not really, actually the first person I asked is my sponsor.

What did you look for in your sponsor? Someone who had a firm foundation.

There are three spiritual principle that are indispensable in recovery, they are honesty, open mindedness and willingness. How are you applying those in your life daily? I still struggle with applying the spiritual principles in my daily life. I feel this is due to not working the First Step in every part of my life.