



A Gift Called Life

agclnewsletter@aol.com

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

August 2008

CAPITAL AREA of NEW JERSEY

Issue No. 22

Step Ten

By: Howard T (Capital Area)

"We continued to take personal inventory and when we were wrong promptly admitted it"

AGCL: First Howard, I would like to know what area are you from and what is your interpretation of the NA program?

Howard: My name is Howard T. and I am from the Capital Area. My interpretation of the NA program is life saving capability, new skills, and a new way of life. It is like if you have cancer you got to keep that chemo coming and NA is my chemo so I got to keep coming.

AGCL: Ok Howard, tell me a little about the Tenth Step and how you work it in your life?

Howard: I am the first one to feel when I've wrong when someone. It is a feeling that I get, a uncomfortable feeling I get when I'm wrong. Promptly admitting when I am wrong is the biggest part because I was always able to say I'm sorry about something. For me to admit right away alleviated a lot of things. I had this theory about the popsicle stick. I grew up in the projects where if you put something on my shoulder and tell another person my size to knock my mother off the cliff and me knowing that my mom is home in the kitchen I would fight all day. So my life became a big story of fighting for nothing, rumors, he said, she said and all other kinds of things. So now having a Tenth Step is a since of relief knowing that I can look at myself and admit when I am wrong. The Tenth Step inventory lets me build every day and it's for me to get better. I don't like what I see all the time, so there for, it force me to mold myself to be a better man in a lot of areas.

I got this since of responsibility from this program in the Tenth Step. I always had a problem with money and by taking my inventory I learned that I really got to be open because

my wife has a better sense of responsibility and I learned from her. Building off of her I learn how to do the right thing with money. I found this out by doing an inventory on myself and staying open to change.

AGCL: How do you apply the Tenth Step in your life when in service?

Howard: I get to look at myself, knowing that I must remain humble and the Tenth Step helps me. Like I said before all my life I wanted to be right and I used to fight to be right. By taking my inventory I've learn that I can be wrong and I keep a humble state of mind. That doesn't make me know less than a man to admit my wrongs.

AGCL: How do you use the Tenth Step on your job?

Howard: I have twenty years clean and I must say I got this time by doing step work and fellowshiping. One thing I try not to do is stay in other people business. If I'm steady working on myself by doing an inventory on myself and looking at my own defects and things I don't like I learn not to be so hard on other people and pass judgment plus I mind my own business on the job.

AGCL: How do you apply this step when working with your sponsees?

Howard: I sponsor a lot of people and I don't force no step work on anyone. What I do is keep looking at me, doing work on myself, keeping my step work up. I've work all twelve step and not just one time. I learned from doing my inventory that I got to let people grow in their own time. I know by doing and inventory that its not what I want out of my sponsee its what God wants. God put these sponsee in my life for a certain time to help them out and if one wants to leave and find another sponsor it's ok.

AGCL: What step do you feel is the most important?

Howard: I feel all the steps are important. The step I like to stay on is the Fourth Step its similar to Tenth Step but on another level. The Fourth Step asks me to write things down and take a look at me. I was always able to look at someone else. By working the Tenth Step it helps me look at me also and its easy for me to admit when I'm wrong. I don't just say that I am wrong I do something about it. When I know I'm dead wrong I stop my action not later but right away this is how I work this step.

AGCL: Thanks for sharing.

Howard: Thanks for letting me share.

Step Ten

The Tenth Step can help us correct our living problems and prevent their recurrence. We examine our actions during the day. Some of us write about our feelings, explaining how we felt and what we might have played in any problem which occurred. Did we cause someone harm? Do we need to admit that we were wrong? If we find difficulties, we make an effort to take care of them. When these things are left undone, they have a way of festering.



Stepping out of the box



I am trying to step out of my box.

As I sit here unable to sleep again, I figure that I can get some of this out of my head and share it with another addict.

I thought I could share a little of my experience strength and hope with some of my brothers and sisters in recovery.

I want to start by saying that I am addict named Darra. I live in Wichita KS. and I have been here for years. I hate this place they call doo da. I always have. The only good things that have come about because of my being here is Narcotics Anonymous and my husband.

Now, I fully believe that if I were living anywhere in the world, I still would have been introduced to both. I hated myself for many years thinking that I was worthless and hoping that I could die sooner than later. I tried a few times unsuccessfully to take my life in so many ways, and thankfully I wasn't successful. I wanted to find something to make me right inside. I tried reading, music, sex, church, psychiatrists, it didn't matter. I still wasn't happy.

I recently started to look at a few things in my life that I wanted to change. Especially for the better. I have obviously GROWN in recovery. I have always been self conscious about my size anyway. Recently it has gotten much worse. I went to my doctor at the encouragement of others and of course a lot of rationalization, and justification, and cried I need help to lose this weight. I am so unhappy. I just wanted to crawl in a hole. My doctor gave me Speed to try to lose the weight. She monitored the amount I was to take and I talked this over with my sponsor and my Higher Power, and the people who are important in my life.

I made a wrong choice. I made a decision to try this medication and I turned into that same person I was before I quit

using. I never abused the medication, I never got high. I just turned into the SUPER B—— again towards the most important people in my life.

I ended up throwing the speed out and calling my sponsor and talking with her as soon as I could.

I still wanted to change myself and I had developed new habits that were healthy as well. I still over eat. I have been really trying to figure out what void I have to fill with dope or food or sex or shopping or what ever!

The main thing that I wanted to get across to people is that in recovery we still make mistakes and learn from them, thank heavens! Where would we all be without the mistakes we have made in our lives.

Today, I am a clean grateful recovering addict . I thank my Higher Power and Narcotics Anonymous for my life. I am so glad that Jimmy K. helped get this wonderful thing going for addicts.

I have experienced loss, return ,love, life, abandonment, growth, backward stepping, and all kinds of things that I would never have experienced in this life without Narcotics Anonymous! Thank you for giving me my life back!!!!!!

Love Darra K.



3

Copied with permission from the **Mid-America Region of Narcotics Anonymous Newsletter in Kansas**. Thanks for helping us to keep the message going.





A Gift Called Life

Page 4

CAPITAL AREA

NEW JERSEY

Service in Recovery By Dennis C

My name is Dennis an I am an addict, clean by God's grace and this fellowship. I do service work because it was so freely given to me and someone was here to keep the doors open for me. I've been doing service work now for about seven years, I have been faithfully opening the doors now for seven years and setting up the meeting and making coffee so that the suffering addict has somewhere to come. I also don't want to use, if I use I can't carry this message. I do service work because it keeps me clean and I can keep the doors opening for someone else. I must tell you that when I used almost seven years ago I tried to give the keys back, but a recovering addict told me to keep the keys and open the doors because this might keep you clean. I did, to this day and I am so grateful this addict saw something in me, because I was tired and the disease was running crazy in me. I was living in insanity. I am so grateful that guys kept telling me to keep coming more will be revealed, just stay clean because every day you stay clean is a successful day. I am coming up on seven years in sixteen days and that is a miracle right there I didn't even think that I could get a day. Today I am not uncle no more or crack head I'm a productive member of society today, I'm somebody today. I do service work because it also helps me on the outside. I can do good in the meeting for an hour and a half but what about the other twenty two an a half hours, how am I living? Come to my house and I will show you. Whatever I do in here I do when I leave here.

Step work helps me in service work also sponsorship. I get to look at me on a deep level learn my defects and my short comings to better serve. To the new comer keep coming it is a meeting before the meeting and one after the meeting, come early and stay late, get into some kind of service work cleaning up after a meeting or making coffee it helps. It don't cost nothing to become a member, welcome to a new way of life.

Playing volleyball it ups my ego.
Danny



I go out play softball, go to the movies and I have money to do things. Ken

Being able to enjoy myself without a drug in my body.
Ed

By being myself around people like myself. I don't have to put on a mask, so every day is fun. Frank C.

I hang out with my home group in Princeton and we play hide and seek after the meeting also we play poker and have clean fun. Robin

SPOTLIGHTS

WHAT DO YOU FIND FUN IN RECOVERY?

I find networking with the people real fun.
Chocolate

The process
Elise W

What I find fun about recovery is the spirituality of the people. Also the activities that we have because it brings all of us together as a family and I enjoy it.
Olivia

Everyone is so out going spiritually and I have so much fun being clean. Kevin

The activity that we have, like the one today out here in the park and where are you. Readus

Everybody is nice to me. In Princeton we play hide and seek and man hunt at the Fountain we have clean fun. We eat a lot and we don't have to worry about who has to drive home we all are clean.
Melissa

Please Note: Due to space restriction you may not see your spotlight at the time of submission but we intend to print them ALL. So look for it in future issues of A GIFT CALLED LIFE. Thank you for your continued support. THE CAPITAL AREA LRC.



A Gift Called Life

Page 6

CAPITAL AREA

NEW JERSEY



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

"New Comer Kevin T" Clean Time Almost Four Months

AGCL: How do you like being in recovery?

Kevin: I thank God for being here, it is better than using. I wouldn't give it up for nothing.

AGCL: How is recovery working out for you in these last almost four months?

Kevin: I'm about to go job hunting and I'm not using.

AGCL: What is the different between now and almost four months ago?

Kevin: I am more focused and its all about loving myself today.

AGCL: Do you have a sponsor yet?

Kevin: Not yet I'm working on getting one.

AGCL: How many meetings do you make a week?

Kevin: I make at least seven meetings a week.

AGCL: What about you feels different today?

Kevin: My spirit, it feels great like its awakening.

AGCL: Thanks for sharing.

Kevin: Thanks for letting me share.

"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.

Vets in Recovery "Frank R"

My name is Frank R an I am a recovering addict and an Vietnam Vet from 1968, I am 61years old soon will be 62 on Oct. 31. I got clean in 1993, I'm working on my sixteenth year.

I was fortunate enough to get introduced to NA through the prison system, I served two five year bids running concurrent. When I got out I was paroled to the V.A. system and the V.A. system sent me to the program of Narcotics Anonymous. That was one of the best things that's every happen to me. I didn't want to go when I first got out because I had just got out and I didn't want to be locked up again, but since I was mandated I went on and did it and it has been a blessing from my God.

I have found that there are a lot of vets inside of the prison system, many, many Vets that don't have the communication with Narcotics Anonymous as they should. Here at this Vets Campus that I'm at there are a lot of vets walking around here that are in need who have a problem with addiction but they heard about NA and I see a great many of them coming to meetings, but where they stand with their belief in it I don't know, but as long as they keep coming it will have a positive effect on them.

We have recovering Vets who are on H&I who come in and carry the message to other Vets about recovery and other recovering addicts. If an addict has 6 months clean they can bring in a meeting to other addict. I praise the God of my understanding for introducing me to the program of Narcotics Anonymous. I must say it's hell to get clean and stay clean, and it's going to take a lot of work because of life on life terms is going to come at you out here. Its not what goes down in the rooms of NA its what you do when you leave the rooms, out in the world facing life. To thy own self be true. It is an everyday challenge. Sometimes I walk it a day at a time other times it's a minute at a time. I'm going into sixteen years clean and at any given moment I could lose all of it if I fall victim to a lot of the things I think about in those moments of weakness. That is why NA is so important because it gives me the tools and you can find people to network with to help you stay clean.

I am not a first time winner. I had to travel the road of jails and institutions to get to where I am now. I know that, that cunning disease is waiting and is getting stronger by the day, by the minute and I can't fight it alone. Don't you try to handle it alone get a network, sponsor and a home group. If you are a Vet there are places that can give you help so come on out to the rooms we are there.



An Addicted Experience With Faith

My name is Sylvia and I am an addict. The program of Narcotics Anonymous has taught me that I should have faith and also to take my recovery on the outside of the rooms, this is my story.

I used to work for a hospital as a secretary and I decided that I needed to go out into the world and help someone who was less fortunate than I. Not that I have all this money, I just thought that I could help someone so I felt that I would step out on faith. It's a program that I found out about where I could become a foster parent to disadvantaged children so I applied and I got the position but one of the condition was that I could only work part time. In doing so I had to step out on faith and quit my full time job and work part time. Once that happened I was put in charge of these kids and became a mentoring mother which was kind of rewarding but the children were really troubled kids, and I did the best I could. One of the boys stayed with me for about a year, he gave me a hard time while he lived with me. The rewarding part about it is that even though he gave me a hard time when he was living with me when he left he always came back and he still comes. That lets me know that with all of the morals I tried to instill in him, some found there way down into his heart and he lets me know that he appreciates what I did for him.

I don't have him anymore and right now I'm not technically in the program, but I am still working part time. I don't have a mentoring job right now so I'm really stepping out on faith doing what I have to do putting one foot in front of the other to keep my head above the water. I now have to really put my faith in my God because I'm only working part time and sometimes I don't know where I will get the money to pay my bills. Sometimes my disease tries to tell me I'm not going to make it I'm going to get put out of my house and lose all that I have. What I am doing now is trusting in the God of my understanding to bring me through and that is what I've been doing for the past two months. The miracle is that all my bills have been paid, I don't want for nothing, if I put it down on paper I couldn't explain to you how because it doesn't add up to me. So that lets me know that all I have to do is continue doing what I'm doing, treat people right, come to meetings, and do what I got to do for my recovery. As long as I am doing the right things I know that my God is going to provide for me. God is really taking care of me and my faith is growing more and more every day thank God.

Meetings help me a lot when I'm going through something I can come to an meeting and most of the time I can identify my situation with someone else's experience. What I hear I can take and work on myself. So I'm going to keep coming and trust that my God has me in the care of.





A Gift Called Life

Page 2

CAPITAL AREA

NEW JERSEY

Tradition Ten

Kalane W. "Capital Area"

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

AGCL: What is an outside issue?

Kalane: According to NA an outside issue is anything outside of our message of hope, that any addict can lose the desire to use and find a new way to live. Anything outside of that Narcotics Anonymous considers and outside issue. Mainly politics and religions there are many other but I going to keep it simple.

AGCL: It's said Narcotics Anonymous should stay out of outside issues does that goes for the individuals also?

Kalane: Basically, Tradition Ten talks about NA as a whole. I personally have and opinion on stuff. I can speak my opinion on who I want the president to be and who I don't want the president to be. That's my opinion, I can't speak for NA. NA has no opinion on such issue.

AGCL: What would happen if we decided to take on outside issues?

Kalane: That would dilute our message and would ruin our reputation. We would not be able to do what we are here to do. One addict to another carry the message. We would be in here talking about other issues beside recovery.

AGCL: How does Narcotics Anonymous interact with society if we have no opinion on outside issue?

Kalane: Narcotics Anonymous as a whole is not involved with outside

issues. Personally after a meeting I can go and get involved in an outside issue on my own. Hopefully, nobody stop me and ask me to speak on anything about recovery or Narcotics Anonymous, I keep my opinion out of it.

AGCL: How do we get our message out to society then?

Kalane: It is not to say that we can't spread our message out we have Public Information and Hospital and Institutions who goes out an carry the message. Public Information takes literature in places like the library but we let them know that we have no opinion on no outside issues. We still want the public to know that we are here, we are not trying to hide. At the same time we don't want to get involved in outside issues we have our own message and that is the most important thing.

AGCL: What are some of the spiritual principles that our in this Tradition?

Kalane: Unity, Surrender, Integrity and Humility are some.

AGCL: How does and individual keep from bringing outside issue into the meeting?

Kalane: Basically no one can tell me what I can share in an meeting if it effects my recover. Now on that same note by doing Step Work and Traditions, I should have enough integrity to able to filter out what

I'm thinking and going though. I should ask myself is what I'm about to share is out of my experience, strength and hope or am I sharing to separate the group. Why am I sharing to look good or whatever? I should monitor myself, actually I should do a Tenth Step before I bring stuff into the meeting. There was a situation were someone share behind a person and the next week that person came back with that resentment. Now if they could have talk with their sponsor are someone else and got over the resentment then we would not come into a meeting trying to tear the meeting apart. So I feel that lots of times we should inventory what we are going into a meeting to share.

AGCL: Do you have anything else you would like to add?

Kalane: That this is a good Tradition and I feel that this Tradition was made to keep politics out of our meetings. Many times we meet in a church and that church would love to get us in their and control us so it is a good thing that we are fully self supporting we pay our own way we just want to meet in their building for one and a half hours.

AGCL: Thanks for sharing Kalane.

Kalane: Thanks for letting me share.

A Gift Called Life



WORD SEARCH - see how many you can find!

F	D	X	S	N	O	I	T	I	D	A	R	T	Q	L	
S	A	T	T	I	T	U	D	E	S	B	N	M	U	S	CAMPOUT
A	Z	I	V	E	B	M	L	K	I	L	S	Q	P	C	UNITY
U	N	I	T	Y	R	B	A	V	Y	U	P	I	L	K	RELATIONSHIPS
Q	C	M	L	H	P	U	U	R	W	S	H	Q	R	X	SPIRITUAL
K	U	R	X	A	J	B	T	P	M	S	I	O	N	Q	SURRENDER
M	W	A	I	G	N	L	I	E	N	D	W	G	L	T	FAITH
E	C	I	V	R	E	S	R	O	P	P	M	J	R	R	FEAR
I	M	G	R	O	M	S	I	F	E	P	N	Q	D	U	GRIEF
A	N	Z	B	L	Y	T	P	T	D	J	I	S	E	S	GRATITUDE
Q	O	L	T	D	A	J	S	P	O	N	S	O	R	T	EXPERIENCE
A	I	H	E	L	C	L	C	M	T	E	A	L	P	H	ACTION
C	T	A	E	X	P	E	R	I	E	N	C	E	A	U	ATTITUDES
T	N	R	M	B	D	I	F	K	L	P	M	U	H	Q	TRUST
I	E	W	J	I	P	E	L	M	N	A	T	U	V	B	SERVICE
O	V	X	U	C	I	E	D	U	T	I	T	A	R	G	TRADITIONS
N	N	A	L	R	N	J	S	Q	M	R	F	J	E	O	CONVENTION
L	O	H	G	P	S	D	W	M	G	D	J	E	P	K	STEPWORK
A	C	A	M	P	O	U	T	R	V	M	S	C	A	Q	SPONSOR
A	K	C	Q	P	J	S	U	R	R	E	N	D	E	R	

CAPITAL AREA SERVICE SUB-COMMITTEES

CAPITAL AREA CONVENTION COMMITTEE	
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FUNDRAISING SUB-COMMITTEE	
Kim H. - Chair. 732-278-9428	Cindy F. - V. Chair 609-775-6479

HOSPITALS & INSTUTIONS
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OUTREACH
Needs Supports

CAPITAL AREA CONVENTION PROGRAMMING SUB- COMMITTEE	
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Kevin A. (609) 954-6389	

CAPITAL AREA ACTIVITIES SUB-COMMITTEE	
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ARTS and GRAPHICS	
Readus E Chairperson 475-5094 Wallace W Vice chair 477-9239	

PUBLIC INFORMATION
We are in need of support and trusted servants
Be a part of the NA Help-line!

HOTEL & HOSPITALITY

Lee I- Chair Phyllis A Vice Chair
609-448-3422 609-371-8431

**We are in need of support and trusted
servants**

WEB-SITE
James www.capitalareaofna.org CHECK OUT OUR WEB SITE

H & I - IS IN DESPERATE NEED OF SUPPORT	
They meet every 3rd Sunday at the Ewing Township Police Station at 6:00 pm.	
For more information call the H & I Chairperson listed above	

WE CELEBRATE CLEAN TIME!

JULY

Fatima A	7-1-06	2yrs
Mafiea'yah	7-11-89	19yrs
Nate	7-12-91	17yrs
Carman H.	7-26-08(5-26-08)	30days
Dorian T.	7-26-07	1yr
Charlotte C.	7-28-07	1yr

AUGUST

Frank W.	8-02-08(6-02-08)	60 days
Harry N.	8-2-08(12-2-07)	9mons.
Kevin A	8-02-06	2yr
Jim N.	8-5-07	1yr
Roy H.	8-11-88	20yrs
Lucy P.	8-14-05	3yrs
Kim H	8-14-94	14yrs
Dennis C	8-18-01	7 yrs
Richard H	8-26-08	9mon
Katrina J.	8-28-08	9mon

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

Stop and Surrender is having a 21 Counties Speaker Jam
Time: August 16, 2008 11am -9pm
East Tower Community Room 1 Kingsbury Square

Capital Area Convention Fundraising Committee Presents
Family and friends Day Picnic/Volleyball Tournament 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.