

A Gift Called Life



agclnewsletter@aol.com

February 2007

NEW JERSEY

Issue No. 5

One Addict's Experience with Step Four

Kevin F.
Interviewed by Robin F.

"We made a searching a fearless moral inventory of ourselves"

AGCL: Kevin, You have gone over Step Four with a sponsor, correct?

Kevin F: Yes.

AGCL: Do I have to work a step four or could I pass over it and go through the rest of the steps?

Kevin F: I would not suggest this. This is not my experience, the steps are in order for a reason. I am glad I didn't pass over this step and try to work the rest of the steps. I would have surely robbed myself of the freedom and awareness that I received as a result of doing a step four.

AGCL: Should I come into NA and go right to step four? IF not why?

Kevin F: I would not suggest that anyone new go right into a step four without having done the three previous steps with a sponsor. Step four will open up some old and deep wounds and reveal some issues that may cause some emotional pain and if a person is not spiritually ready it may run them out of here.

AGCL: What does the inventory process mean to you? How step four help you and how did you change after working this step.

Kevin F: The process of finally getting the courage to look at not just what I did but why I did it. Step four introduced me to me and helped me to see what I needed to change and also what I needed to keep, My assets. Step four helped me to look at the why's. I no longer have to question myself why I feel about this, why I feel this way about people and why I am the person I am today. This is a self-awareness step it doesn't mean that you are ready to change anything, but after doing step four I can no longer justify my sick behaviors.

AGCL: I always heard that there is a lot of fear in doing a step four. Did you have a fear about working this step? What was the fear about?

Kevin F: My first fourth step, I had some fear because it was taught to us those who didn't do this step would relapse. I had a fear of using again. With my second fourth step I had more of a desire to change and become a better person. It's very hard to change when you don't know what you need to change about yourself. When I became aware of the fact that my issue and my enemy was me, my desire to work this step was far greater than my fear. I became tired of myself and I realized that people can choose to leave me, but I have to be with me forever.

AGCL: How did you feel about your 4th step during and after you completed it with your sponsor.

Kevin F: At first I was insecure, embarrassed, ashamed about some of the things that God had revealed about me in step four. I procrastinated about doing a step five and I projected how my sponsor would look at me. All this was my diseased thinking trying to get in the way of the spiritual growth I was about to receive.

AGCL: What were some of the defective patterns that you discovered in doing step four.

Kevin F: Self-centered fear was at the core of my decisions of either letting go of something or someone. I allowed fear to keep me stuck. Procrastination, always saying the I will either stop or start something on Monday.

AGCL: How hard was it to change your patterns after discovering what they were?

Kevin F: It was very hard to change anything or myself by myself. When I stopped isolating and thinking that I could change me the process became less stressful and less painful. When I allowed this power greater than myself, the group, the steps, a sponsor and my God to change the patterns I started to see the evidence that even though things were still happening I started to react differently.

AGCL: How many fourth steps have you done since you came to NA? If you did more than one was there much more to be found out the second time you did the step?

Kevin F: I've been clean for 19 years in Narcotics Anonymous and since I've been here I have done 4 fourth steps. Each time I did the step more was revealed. I learned more about myself each time. I also found out that when I thought I had changed and dealt with a certain issue in reality I had only stuffed it and was still living in the problem only substituting one drug for another.

AGCL: Describe the freedom you felt after doing this step.

Kevin F: It was a key to open the door to my self-imposed prison and to look at the issues and patterns that caused me to use drugs in the beginning. It made me look at me with the representative and the masks, to let the skeletons out of the closet and realize that it's ok to just be me not too good or too bad but just me. To be okay in my own skin is a freedom that sometimes I can't explain in words. It's spiritual, you can't get it through sex, money or property, but from doing the work on yourself, this freedom isn't free, but the benefits of the labor is beyond my wildest dreams, Thank God for Step Four.

AGCL: Thanks Kevin for sharing your experience, strength and hope with us on Step Four.

Kevin F: Thanks for letting me share.

Note: Basic Text Pg. 27

We have been experts at self-deception and rationalization. By writing our inventory, we can overcome these obstacles. A written inventory will unlock parts of our subconscious that remain hidden when we simply think about or talk about who we are. Once it's all down on paper, it is much easier to see and much harder to deny our true nature. Honest self-assessment is one of the keys to our new way of life.



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RECOVERY IN THE CAPITAL AREA

NEW JERSEY

One Addict's Experience with Tradition Four

Wendell E.,
Interviewed by Arnold T.

"Each group should be autonomous except in matters affecting other groups or NA as a whole"

AGCL: Wendell, Can you tell us what does the fourth tradition mean to you?

Wendell E: The fourth tradition means a few things to me. First it means that groups are allowed to conduct their day to day functions without the approval of another group or NA so long as they are not in violation of any of our traditions. Autonomy in relationship to this tradition allows our groups to be diverse in their approach and efforts to carry out their primary purpose. Which is to carry the message to the addict who still suffers.

AGCL: Why is it important for groups to respect tradition four?

Wendell E: The importance of groups respecting the fourth tradition is one of our greatest concerns. In that everything we do carry's a message we are reminded that it ought to be a message of recovery. When groups get away from the traditions that can spell trouble for not only that group but NA as a whole. Although this tradition ensures that groups are allowed to have their own formats, have their meeting open to the public or closed for addicts or those who think that they may have a problem with drugs. We must always remember that when groups get away from their primary purpose, they usually struggle for support and ultimately fold. This can be disastrous, for when meetings fold addicts die!

AGCL: How can a group affect NA as a whole?

Wendell E: A group can affect NA as a whole when carrying the

message is not their primary purpose and by violating traditions because they don't understand that just because they are autonomous and have the right to run their meetings the way they see fit. Their actions still affect the greater whole, the fellowship.

AGCL: What does "autonomy" mean to you? How do you feel that autonomy helps NA keep going?

Wendell E: Autonomy means diversity to me. This allows our fellowship and program to experience a variety of thoughts and ideas from the diversity of our members.

AGCL: What spiritual principles do you get from tradition four?

Wendell E: The spiritual principle that comes to mind with this tradition is open mindedness.

AGCL: How does this tradition help you outside of NA?

Wendell E: This tradition helps me outside of NA in that I'm better able to respect the views and opinions of other people who may not see things the same way that I do.

AGCL: How do you apply the principles of this tradition when you're in a NA meeting?

Wendell E: When I'm in another meeting whether it's the area that I'm from or one that I may be visiting. I'm reminded that other groups may conduct their meetings differently from what I may be use

to and that I must keep an open mind and be open to new ideas.

AGCL: What is the function of the group?

Wendell E: The groups function and purpose is to carry the message to the addict who still suffers as well as the addict seeking recovery.

AGCL: Describe a time when you tried to dictate to another group or tried to force your opinion on others; or a time when that was done to you.

Wendell W: I've witnessed a group invite a speaker who they thought was in our fellowship who actually wasn't. That is a direct violation of our traditions and it affected that group for that particular meeting, and could have had even more trouble down the road had not experienced members step in and made that group aware of what they had done.

AGCL: Wendell, Thank you so much for sharing your experience, Strength and hope on Tradition Four.

Wendell E: Thanks for letting me share.

Note: Basic Text Pg. 64

Each Group does have autonomy except when their actions affect other groups or NA as a whole. Like group conscience, autonomy can be a two-edged sword. Group autonomy has been used to justify violation of traditions. If a contradiction exists we have moved away from our principles. If we check to make sure that our actions are clearly within the bounds of our traditions, if we do not dictate to other groups or force anything upon them, and if we consider the consequence of are action ahead of time , then all will be well.



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RECOVERY IN THE CAPITAL AREA

NEW JERSEY

An Old Timer's Experience With Recovery in the Capital Area



Truly Blessed Addict
Rick C.
Interviewed by Robin F.

AGCL: What is your interpretation of the message of NA?

Rick C: Cut and dry. NA is a message of hope and a promise of freedom.

AGCL: Why do you keep coming to NA meetings? What do you do to maintain your clean time?

Rick C: To maintain my spiritual condition and practice unity something most people lack due to personality. To maintain my clean time I give what was so freely given to me. Simple!

AGCL: How do you help to keep an atmosphere of recovery in meetings?

Rick C: First the serenity prayer has to take place in order to make an effort to be at a certain level of peace in any meeting. The atmosphere is our most valuable asset.

AGCL: Have you ever been in service in the program and if so how has service work helped you outside the rooms of NA? In what ways do you give back what was so freely given to you.

Rick C: Yes I've served on several levels of service, from chairperson of meetings to chairperson on area level to convention levels.

It gives me the ability to be productive and responsible which entails attraction.

AGCL: Do you make yourself available to newcomers who look to

you to help them understand the program or do you separate yourself from the newcomer because of your clean time? How do you give back to the newcomer?

Rick C: I am an advocate for the newcomer. I fan the flame of desire not discourage them or damper it.

AGCL: Do you remember how you felt when you were new to NA? Explain for the newcomer and tell them what is was that kept you coming back.

Rick C: I was excited and felt like I've accomplished a new feeling by accumulating days into weeks in to months into years! What keeps me coming back is that I never want to for get the pain that I felt on the last day of active addiction.

AGCL: Do you still stay connected with your sponsor on a regular basis? Why is that still important?

Rick C: Yes, at least 3-4 time a week just to stay connected and filled with enthusiasm. Without it I will soon forget.

AGCL: In the realm of sponsor and sponsee, how has sponsorship helped you?

Rick C: It taught me how to have healthy relationships which is important.

AGCL: After having gone through the step process more than once, what difference do you see from

first that you worked the steps? Is writing on the steps all that you have to do in this process?

Rick C: A change in my attitude, Ideas, and behaviors.

AGCL: Do you find the you have to work the steps on a daily basis? When you don't work the program, what is your life like on a daily basis?

Rick C: Writing on the steps is **NOT** all you do, That's only a book report. Now it's time to live the principles within the steps although it is suggested to work the steps in all your affairs my experience is that it's not realistic. When I don't work them I face a rough road.

AGCL: Do you still have difficult turning your will and life over to the God of your Understanding?

Rick C: No, I trust God to do for me what I cannot do for myself. And when it don't turn out like I Think I know it's his will being done in my best interest.

AGCL: Thanks Rick for sharing your experience, strength and hope.

Rick C: Thanks for letting me share.





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RECOVERY IN THE CAPITAL AREA

NEW JERSEY

A Newcomer's Experience With Recovery in the Capital

AGCL: Sylvia, share with us your clean time.

Sylvia S: I have 113 days

AGCL: Is this your first experience with NA? If yes describe your experience since you've been a member. If no, what are you doing different than your previous experience.

Sylvia S: This is my first experience. It has been a true revelation, a new birth of life.

AGCL: What was it that made you feel that you needed to seek help?

Sylvia S: My life was unmanageable, I felt helpless and hopeless. I felt beat down and unworthy of my true spirits love and blessings.

AGCL: What attracted you to Narcotics Anonymous and what keeps you coming back?

Sylvia S: Seeing the changes in others who are near and dear to me. The way they walk and the way they talk. What keeps me coming back is fear of reverting back to my old ways.

Sylvia S.
Interviewed by Naadira M.

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

Sylvia S: Yes I did.

AGCL: Have you reached out to other members of NA for their experience strength and hope? Have you found that easy?

Sylvia S: Yes and yes. I find it easy to talk to others even if I don't agree with all that they might say.

AGCL: There are three things that are indispensable to recovery the are honesty, open-mindedness, and willingness. How are you applying these principles in your life today?

Sylvia S: I keep my recovery honest by telling on my disease. My open-mindedness comes from my willingness to listen to others. My willingness kicks in when I accept the things I cannot change and surrender my will to my higher power.

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

THE NEWCOMER IS
THE MOST IMPORTANT PERSON AT ANY MEETING
BECAUSE WE CAN ONLY KEEP WHAT WE HAVE BY GIVING
IT AWAY

Sylvia S: Yes, reservations are second guesses. Saving a thought or act for another time. I have them at times but they are not drug related. Thank God.

AGCL: What are a few of the NA slogans that have stuck with you and play a major part in your recovery.

Sylvia S: Keep it simple. I must not complicate the program. One day at a time. I only have to worry about today not tomorrow or yesterday. And God's will not mine be done. I am not the one that is in control. I have to surrender to my higher power.

AGCL: What have you learned since you came to NA?

Sylvia S: That this is a simple program if I don't complicate it. Today I choose not to complicate my life.

AGCL: Sylvia, thank you for sharing. Keep coming back we need you.

Sylvia S: Thanks for letting me share.

*This interview was done in December Sylvia has accumulated more clean time by the time this interview went into print.

My recovery means coming to meetings, being around people like myself who suffer from the disease of addiction. We as addicts NOT I can do many things together, working 12 steps in the Basic Text, It Works How and Why or the pamphlets mean together WE can, alone I cannot. We came, and after time, we came to believe. One disease, One program (NA) and the fellowship can do for me what I cannot do for myself. The fellowship makes all things possible as long as I stay plugged in.

Tom S.

NA has changed my life. Before NA I had no way and today through NA I live without the use of drugs.

Kathy T.

Narcotics Anonymous has changed my life. I love myself today. I don't feel ashamed anymore. I believe in me and this program so much.

Iredine E.

NA showed me how to get clean, stay clean and live in the real world.

Bob E.



NA took my will and my life guided me through the storms and showed me how to live.

Andy H.

NA has given me an opportunity to live and give back what was so freely given to me.

Marie S.

NA has given me a life. Showed me how to live that life and how to share that life with others.

Bennett W.

Narcotics Anonymous has truly changed my life in a way I can never fully express. So I continue to show up and support the newcomer and the area.

Garland B.

Recovery is a means of discovering myself through the 12 steps of NA. Because of recovery I am able to live without drugs, especially when I thought it was the only way to live. Recovery is my life. Through the 12 steps. The fellowship however depends entirely on whom you choose to entertain or allow into your life through this process of recovery.

Cecile M.

I was lost, confused and wanted to die before I found NA. Now I know there's a better way to live. Without Drugs. That way is the NA way.

Kristin V.

I am truly grateful that I only wake n' bake to this God given program. Just for today, one day at a time from this day forward.

Robin F.

Narcotics Anonymous saved my life and showed me that I can survive and live a productive life. Also that it is possible to live clean and enjoy life to the fullest. Thank you.

Tom C.

Recovery is the best thing that has happened to my life and for my life. This process has given me hope for the future and I know that the best has yet to come. So I keep coming!

Sylvia R.

NA has not only taught me how to live without drugs. It has taught me how to live. I am thankful for NA groups and services.

Rob L.

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.



PEACE OF MIND

Thank you for the misery
I'm grateful for the pain.
I feel it to it's end now
And anticipate the gain.

Sadness is a part of life
I didn't want to know.
But now I see the positive
And I know that I will grow.

The hole inside is filling in
With lessons of the day
Gods plan to love myself
Has always been the way.

The chaos and insanity,
I'm leaving it behind.
Today I choose a better life
I'm seeking peace of mind.

Jo
09/03/06

HAVE YOU EVER

Have you ever been in a crowd, but felt all alone?
Have you ever been in your room, but didn't feel at home?
Have you ever shared you heart, then had it taken away?
Have you ever given yourself, and then lost yourself the same day?
Have you ever gave your word, but it didn't hold true?
Have you ever had a love, this life took from you?
Have you ever shown a smile, but inside you wanted to cry?
Have you ever said you love life, but inside you wanted to die?
Have you ever laughed at a joke, but you knew it was the worst?
Have you ever thought you were blessed, but in reality you were cursed?
Have you ever shook a hand, but hated it's owner?
Have you ever sworn loyalty, but you knew you were a loner?
Have you ever said I love you, but the truth it was not that?
Have you ever wanted to run, but instead you fell and sat?
Have you ever sold something, and you knew it was not yours?
Have you ever closed life's windows, then couldn't find life's doors?
Have you ever given freely, but in your head you wanted back?
Have you ever claimed independence but you were really one of the pack?
Have you ever said you slept good, but in reality your eyes wouldn't close?
Have you ever said I swear, but in the mirror your nose grows?
Have you ever felt pity, but to the world you showed your hate?
Have you ever claimed perfection, but in the end you knew it was fate?
I have, so I do know, exactly how you feel,
But there are still thing I wonder, HAVE YOU EVER and are they real?

Jeffrey M.

WHY AM I HERE

In pain , misery and suffering is how I had lived , I felt worthy of nothing and had nothing to give
I had fought with my all - almost beaten to death, I had relinquished my spirit til nothing was left
Beaten into submission—I said God help me NOW, I want to stop using but I don't know how
He said I hear you my child and help is on the way, You must go to a place—It is called NA
I am scared and afraid God what will they do, They will give you their love until you learn to love you.
If you say so God - I will go and see, But I doubt that anyone could love someone like me
See God I've been a liar, a cheater, a thief and a whore
He said I know, but everyone's the same when you walk through the door
You may not have done all of the very same things, But you have all suffered the pain that your disease brings
Go to them NOW and do what they say, There are a few *MUSTS* for you to live *This* way
When I got there, I saw people I'd seen in streets but hadn't recently seen
They were glowing and shining. They said they were clean
They were reading and writing and sharing their lives, And not one of them had that lost look in there eyes
They said they didn't come here that way there's some things I must do
I had to live 12 steps and Traditions and 12 concepts too
I said Wow! can I do this it sounds like a lot, They said do what we do If you want what we've got.
They said get a sponsor to guide you through these things and reap all the benefits that this the program brings
I asked, if I do this will I not have pain anymore, They said that's not a promise , but we'll help you endure.
They had slogans and cliches all kinds of stuff they would say, but the most important thing I heard was Just for Today
If I just don't use, One Day at a Time, The freedom they had could also be mine.
I'm taking their suggestions, and I know I'm in good care
I'm clean today by God, 12 steps, making meetings and a whole lot of prayer
I owe NA my life for showing me a simple way
To be happy joyous and free JUST FOR TODAY!

Naadira M. 1/21/07



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RECOVERY IN THE CAPITAL AREA

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AREA

ADDICTS EXPERIENCE WITH SERVICE

H & I

I attended my first CASC was in May 2006. It was suggested by Outreach that I attend Area to represent my Home Group. I was attending to support the Hightstown Group. I did not have any knowledge of Area or its service structure. As I was sitting there listening they began to hold elections. All of a sudden I was nominated for Area Secretary. I was petrified and wanted to decline, but NA has taught me to do whatever it takes, to stay clean, connected and to give back what was so freely given to me. I had been out of work for 4 years and did not have very much confidence in my ability to hold the position. I was voted in and began my experience serving at Area level.

Through service, attending meetings, and working the steps, I have remained clean and developed some awesome friendships. Serving NA at Capital Area level has helped me of have more knowledge of The Twelve Traditions, and has built my confidence and given me the ability to re-enter the workforce. I am really enjoying my experience serving at Area and intend to continue, possibly in other sub-committees when my term as Secretary is complete. I love NA and its members. I want to thank all the people who have encouraged me to get involved in all levels of service and who have given me continual support and guidance in the process as I learn to grow and live the NA way.

Thanks for allowing me to serve!

Holly L.
CASC-Secretary

H & I to me was an opportunity to do one of the things that NA had taught me and that was to give back what was so freely given to me. I was able to go to a facility or treatment center and carry a NA meeting to people, some who had never heard of recovery or freedom from addiction, some who had just came back after a relapse. There were some who never knew that addiction was a disease and that it was possible to stop using drugs and find a new way to live. I was able to carry literature on recovery and relapse to people who needed it and other wise would never receive it. It felt good to see the joy and feel the love and be welcomed by the patients of the facilities and treatment centers that I carried the meetings to.

H & I also helped me realize that I could have empathy for people and want to help people them on their road of recovery. I was also able to share my experience, strength and hope in this process, with others, letting them know that no matter what, they never have to use drugs again. Letting them know that there is help, one addict, helping another addict, who is better equipped to do this than another recovering addict. It also helped me to be thankful for the person that I am today and to remember where I came from, also to realize that but for the grace of God there go I, and that I am not exempt from using drugs.

Maryann K.

FILL IN THE BLANKS

WE MUST KNOW THE LITERATURE IN ORDER TO LIVE THIS PROGRAM answers found in Basic Text

1. We did not choose to become _____. We suffer from a disease that expresses itself in ways that are _____ and that makes _____ and _____ difficult. (Who's an addict)
2. A _____ happens when two or more _____ gather together to _____ each other _____. (What is the NA Program)
3. Our meetings are a process of _____, and _____. (What is the NA Program)
4. Old friends, places and ideas are often a threat to our recovery. We need to change our _____, and _____. (Why are we Here)
5. We are people with the _____ who must abstain from _____ in order to recover. (How it works)
6. When we came to NA we were _____ and _____ bankrupt. We had hurt for so long we are _____ to go to any length to _____. (How it works)
7. When we _____ our _____ and our inability to _____ our own lives we open the _____. (Step One)
8. Through our _____ to _____ we were actually creating our own _____. (Why are we Here)
9. The _____ of our program is the _____ that we of ourselves do not have _____ over _____. When we can _____ this fact, we have completed the first part of _____. (Step One)
10. The _____ does not say that we turned our will and our lives over to the care of God. It says we make a _____ to turn our will and our lives over to God as we _____. (Step Three)



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RECOVERY IN THE CAPITAL AREA

NEW JERSEY

WHY I GIVE BACK TO NARCOTICS ANONYMOUS

By: James W. Capital Area Vice Chair

My name is James W. I'm a addict, I have been clean for 15 years, I can say that I did not want to want to be clean, that I did not want to go to meetings, and I did not want to be labeled as an addict. I did not want to do anything but stop hurting in side, so for the first few years, I made 1 or 2 meetings a week, and was not a real good supporter of NA or my home group, so my butt was always on fire. If I did not get paid for it, I had no use for it, but we have a saying keep coming back and more will be revealed and that is the truth. After I started going to more meetings and I met more people things started to happen in my life. There was more information coming

my way and that information began to allow changes in my life that gave me a better quality of life. Today I'm thankful for NA & I'm happy to give back by giving an addict a ride to or from a meeting when I can, or by helping set up the meeting place, making coffee, being the group hugger at the door to welcome everyone to the meeting. I get to meet more people, and more things come my way. I know today, that when I just came to a meeting, put in my dollar, or whatever I could, I was short changing my self & NA. There is much more to be done, there committees such as H&I, PI, Activities, Policy, Convention, Outreach, Etc. these committees

help to round NA out. They help with life after the meeting, but there is always to few people, doing most of the work. If NA has done anything at all that is good in your life, then please contact one of these committees & get involved, when we talk about giving back what was freely given to us, service is a part of this, without these functions it would be very different, please do your part, NA needs more people to help with service to Narcotics Anonymous & the addict who still suffers. Thanks for letting me share.



CAPITAL AREA SERVICE SUB-COMMITTEES

CAPITAL AREA CONVENTION COMMITTEE

We would like to thank everyone for their support in preparing for our upcoming 11th convention.
In Loving Service,
James T. Chairperson

HOSPITALS & INSTUTIONS

Chairperson
Sean G. - 609 -290-2358

We are in need of support and trusted servants

CAPITAL AREA PROGRAMMING SUB-COMMITTEE

Lorain M.-Chair Roy H.-V. Chair
609-456-3645 609-977-7302

We are looking for speakers for the Capital Area's 11th Convention
March 9-11, 2007

CAPITAL AREA ACTIVITIES SUB-COMMITTEE

Van.-Chair Sylvia .-V. Chair
609-456-3645 609-000-0000

We are in need of support and trusted servants

PUBLIC INFORMATION

Dennis C.-Chair Joe J.-V. Chair
609-394-3325 609-510-7277

We are in need of support and trusted servants

Be a part of the NA Help-line!

HOTEL & HOSPITALITY

Vernal S.-Chair Elizabeth C.-V. Chair
609-481-5111 609-599-9691

We are in need of support and trusted servants

WEB-SITE

Rodney H. 609 -933-9354
www.capitalareaofna.org

CAPITAL AREA LITERATURE REVIEW COMMITTEE

Naadira M. Arnold T. Teresa H. Jennifer A. Kenya T.
Sherman R. Robin F. Barbara S.

ANY MEMBER IF YOU WOULD LIKE TO JOIN THE LRC

MY GRATITUDE SPEAKS WHEN I CARE AND WHEN I SHARE WITH OTHERS THE NA WAY

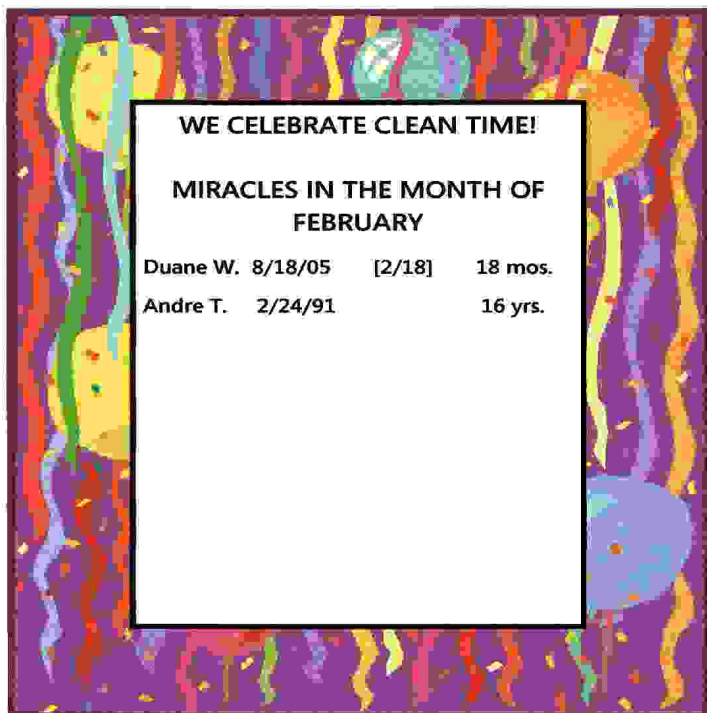
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RECOVERY IN THE CAPITAL AREA

agclnewsletter@aol.com



WE CELEBRATE CLEAN TIME!

MIRACLES IN THE MONTH OF FEBRUARY

Duane W.	8/18/05	[2/18]	18 mos.
Andre T.	2/24/91		16 yrs.

OUTREACH

GROUPS IN NEED OF SUPPORT

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. Mon. 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 (G/L,TDOS)

Hightstown Group - First Presbyterian Church Main St. (Hightstown)
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 (Ewing)
Local 175 Union Hall, 42 Artie Parkway 7:00 pm - 8:30 (St/D/IWHW)
Smoking

CAPITAL AREA EVENTS CALENDAR

DATE	EVENT	PLACE	TIME
2/16	Mid-Day Miracles Anniversary (at Friendship Baptist Church)	111 Perry St.	11:30 am - 1:30p
2/16	Serenity Social Game Night and Topic Meetings	Ham. & Chest.	7:00 pm - 3:00 am
2/24	Basketball Tournament Speaker Jam	Donnelly Homes Rec. Center	12:00 pm - 9:00 pm

(The Cost for this function is \$7 for adults and \$2 for children)

UPCOMING CONVENTIONS IN NEW JERSEY

New Jersey: 16 February 2007 - 18 February 2007; Celebrating Recovery IV;
Sheraton Newark Airport, 128 Frontage Road Newark, 800.325.3535; 973.424.0752;
201.876.9133; Event Registration: 973.242.5393; CONVENTION VICE-
CHAIRPERSON: Greater Newark Area Convention Committee; Box 3412;
NEWARK, NJ 07103;

New Jersey: 2 March 2007 - 4 March 2007; Cape Atlantic Area Convention Pearl of
Recovery XVII; Clarion Hotel & Convention Center, 6821 Black Horse Pike; West
Atlantic City, NJ 08234 West Atlantic City, 609.272.0200; 609.335.1548: Joe McL;
856.265-6439; Kyle; 609.335.3650: John C; Cape Atlantic Area; web:
www.pearlofrecovery.com;

New Jersey: 9 March 2007 - 11 March 2007; Capital Area Convention Road to
Recovery XI; Holiday Inn, 399 Monmouth St; East Windsor, NJ East Windsor,
609.448.7000; Speaker Tape Information: ; speaker tape submission deadline:
2/11/2007; Capital Area ; Convention Committee; Box 2464; Trenton, NJ 08607

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 3rd and 4th Saturday of the month at Friendship Baptist Church on the corner of Broad and Perry Streets. (In the Basement). Naadira M.-Chairperson (267)456-3151, Arnold T. - Vice Chairperson (609)668-7077, Jennifer A. - Treasurer (609)977-6444, Teresa H. - Secretary (609)540-9235. 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

MY GRATITUDE SPEAKS WHEN I CARE AND WHEN I SHARE WITH OTHERS THE NA WAY