

RRAGS To RECOVERY NEWSLETTER



Table of Contents

Statement of Purpose.....	1
From the Archives.....	2
NA World News.....	3
Calendar Submission form.....	4
Literature Updates.....	5
Calendar of Events.....	6
Calendar (Cont.).....	7
Word Search.....	7
Submission Article.....	8

Get Involved!

The Newsletter portion of the Digital Information Subcommittee could use your help and experience. No clean time requirements to be of service. We meet the hour before Area Service Committee the First Sunday of Every Month.

The purpose of the Rock River Area Group Services (RRAGS) Committee is to be supportive of its member groups and their primary purpose. RRAGS accomplishes this task by linking the groups within the area, helping groups deal with their basic situations and needs, providing services as directed by its member groups, providing services within its communities, and by encouraging the growth of the fellowship of Narcotics Anonymous.

The primary purpose of the RRAGS' Area Newsletter Subcommittee is to carry the message to addicts by informing the public that NA exists in the Rock River Area and that NA offers a method of recovery from the disease of addiction. The Secondary purpose of the RRAGS' Area Newsletter Subcommittee is to improve communication among RRAGS subcommittees, RRAGS and its member groups and RRAGS' member groups and their members.

FROM THE ARCHIVES

DAILY - STEP ONE

"We admitted we were powerless over our addiction; that our lives had become unmanageable."

This step means exactly what it says. It is simple in form and meaning. The total achievement of overcoming our disease in practice is most difficult and elusive, but ADMITTING powerlessness over the disease and the recognition of the devastation caused by it is a simple, humbling disclosure. To look for more depth of definition in Step One is to demean the other eleven steps, for if indeed Step One and the practice of it is a total surrender to God's Will and the elimination of ego, there is no need for 12 Steps or 12 Traditions. The other 23 NA principles are not then of equal value, but exist only to support the validity of Step One.

Admitting powerlessness over any situation or life circumstance, is often impeded by a burning desire on the part of our ego (or lower self) demanding to be in

ANNOUNCEMENT

The Hospitals and Institutions Subcommittee needs your help! We need men and women to volunteer to go into the Jails and carry the message of recovery thru Narcotics Anonymous! There are limited clean time requirements, background checks, and volunteers must not currently be on probation or parole. For more information attend the H&I Subcommittee Meeting held the one hour before Area on the First Sunday of the month. See with website for details on when and where area meets at <http://rragsna.org/ascrotation.html>. Or e-mail the committee at hi.chair@rragsna.org

control. Our addiction has us almost unconsciously ruled by a mind-set of extreme separateness and attack, a condition of mental isolation in which we look upon the world through condemning eyes, paranoia, judgement, and anger. This condition throws us into a state of war with the world and into a state of war with ourselves. It cripples our spiritual growth with guilt and fear of the world around us.

Yes, we are powerless over our addiction; our lives are unmanageable. We cannot make it alone. Left to our own devices, we will be trapped forever. Not by anything outside of ourselves, but by the encircling wall of our own false beliefs. We live in and for the lies and fantasies that tell us things are not really as they are. The Truth is, things are NOT as we see them, nor as we fantasize them. The only meaningful choice we have is not between the forms outside of us but between different ways of thinking.

What this says is that while we will never know complete and absolute recovery from addiction, we still have two choices: To move toward that state of ultimate and total recovery; or pursue the insanity of our disease and be forced to continue the cycle of pain. Our every thought and action should be based on FAITH, TRUST, LOVE, and FORGIVENESS. Should we falter or slip along the way, we mustn't give up the journey.

Our disease and our ego are one in the same. The longer we stay clean, the clearer it becomes that we addicts are not as unique within the human race as we would like to believe. We simply pursue our self-destruction with more enthusiasm. The consequences of practicing our defects and being in denial of them are more immediate and apparent for us than for "normal" people. It is this very curse however, that blesses us, for it is the catalyst that drives us back to the Steps when inertia and apathy would let us slip away into self-centered complacency. We are on a journey without distance to a goal that has never changed. That goal is to be at one with God, as we understand Him, as stated in the 11th Step. The method given to us is the steps of Narcotics Anonymous. The vehicle to carry us will be love and forgiveness toward ourselves and all others. Like all journeys, this one begins with the First Step.

-- -- Anonymous

NARCOTICS ANONYMOUS

ROCK RIVER AREA R.R.A.G.S.

"Spanish speaking NA members needed!

RRAGS PR Subcommittee would like to meet with you to discuss the possibility of forming a Spanish language NA meeting.

For more information please contact

**Eric D. (815-997-2335)
or Rob K. (815-315-2303)**

WCNA-33

20–23 August 2009

Barcelona, Spain

We are excited about the opportunity to hold a world convention in Europe for the first time since 1995. We want to thank the European delegates for canceling the European Convention (ECCNA) in 2009 to allow the focus for the fellowship to be on WCNA-33. This is a unique opportunity for us in so many ways and one that will not happen again for close to twenty years. Please come and join!

The local support committee met with members from all over the country. The point person is Iñigo C, the former RD, and he is joined by Javier P, John R, Manolo R, Nicolas J, Pablos V, Rafael H, Soraya P, and Toby G. We plan to start our PR efforts for the convention early and tie it into a more general NA PR effort with the local committee. We are going to see what we can all do to more successfully carry the message to the addict who still suffers.

We are diligently working at trying to open registration for this event in October rather than in December as in the past. And we need your help. NA members are typically not very good at pre-registering, for a variety of reasons. Given our recent history at WCNA-32 and the expense of the facilities in Barcelona, it is not prudent, or possible, for us to plan for people who "might" attend. That means spending unnecessary fellowship funds in case someone shows up. Instead, we are going to plan the best celebration of recovery possible for those who have indicated that

they do plan to attend by pre-registering. We have been forced to move to this approach and really need your help to encourage members to pre-register.

Registration prices have been increased to move us closer to covering the actual costs per participant at a world convention. There are activities happening every day, in addition to meetings, which are included in registration. We plan to wait until after the first of the year to offer tickets to events like the comedy show and concert when we know who the entertainment will be. As in the past, seats will be assigned based on when you register.

We are also offering a range of hotels throughout the city on our website. Barcelona is a beautiful, charming city that is a popular tourist destination, so the city really has a huge variety of hotels and other accommodations that cater to tourists. It is inexpensive and very easy to get around the city by taxi, metro, and bus. We will also have a link on our website to some of the less expensive accommodations that will not deal with groups such as ours but are easily accessed through the Internet.

We want this to be an event that can bring together the remarkable diversity in our fellowship. Please help us by letting people know about it and encouraging them to pre-register.

-- -- **NA WORLD SERVICES NEWS**
VOLUME EIGHT | ISSUE ONE | SEPT 2008

Did You Know?

You can view the Basic Text, All the IPs and Most Other NA Literature right from our Area's Website!

Visit <http://rragsna.org/naliterature.html>

You can download and print it too!

NARCOTICS ANONYMOUS

ROCK RIVER AREA R.R.A.G.S.

Does Your Group Need Something Added to the Website Calendar of Events or Put into this Newsletter? Please use the form below and have your Group Service Representative submit it at the Area Service Committee!

Digital Information Calendar Request

Event Type:

Group Area Convention Subcommittee Regional

Name: _____

Event Title: _____

Event Description: _____

Event Frequency:

One Time

Date: _____ Start Time _____ End Time: _____

Repeating

Start Date: _____

Start Time _____ End Time: _____

How Repeated: _____

(Please describe: i.e., Last Monday of month; 3rd Tuesday of month; Friday before Area, etc.)

End Date: _____

Additional Information:

Flyer (Please attach copy or email copy to Digital Info @ webservant@rragsna.org)

Contact Information:

Submitted By: _____

Submitted On: _____ **Phone:** _____

NARCOTICS ANONYMOUS

ROCK RIVER AREA R.R.A.G.S.

Narcotics Anonymous Product News Flash

September 2008, Issue 7

NA

COMING SOON



Basic Text Commemorative Edition

Celebrate the Basic Text's 25th anniversary—and the Sixth Edition release—with this hand-numbered, limited version. The handsome deep blue and purple leatherette cover, punctuated by a debossed NA logo and silver lettering, opens to a stunning title page where a three-dimensional rendering of the NA logo is accompanied by those familiar words: *...that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live.*

Sixth Edition Basic Text other formats

The Large-Print, Line-Numbered, and CD-ROM Sixth Edition will be published at a later date; please visit our website for update.

New Products	ITEM No / PRICE
SIXTH EDITION BASIC TEXT Approved at WSC 2008 to replace the Fifth Edition; 6X9" format in hard and softcover	AVAILABLE 1 OCT 2008 1101 / \$11.00 1102 / \$11.00
ROMAN NUMERAL BRONZE MEDALLIONS Traditional bronze and biplate finishes in 18 months, 1 thru 50 years, and eternity	AVAILABLE 1 OCT 2008 43XX / \$2.75 53XX / \$12.13
BASIC TEXT COMMEMORATIVE EDITION Celebrate the Basic Text's 25th anniversary—and the Sixth Edition release—with this hand-numbered limited version	AVAILABLE LATE NOVEMBER 2008 1103 / \$25.00
TRI-PLATE ROMAN NUMERAL MEDALLIONS A choice of color combinations of these three-color paint design will be offered late this year; these specialty medallions will be priced at \$20 each and \$16 (in-quantity) for 25 or more pieces	AVAILABLE LATE 2008 \$20.00 PER UNIT ITEM NO. WILL SOON BE AVAILABLE
THREE NEW SERVICE PAMPHLETS Three topics of service pamphlets series, drawn from collective experiences of groups and trusted servants, entitled <i>An Introduction to NA Meetings, Leadership, and The Benefits of Service</i>	AVAILABLE LATE 2008 ITEM NO. & PRICE WILL SOON BE AVAILABLE



Sixth Edition Basic Text

This new edition reflects the international diversity and strength of our NA Fellowship. It includes ten chapters on "Our Program" and a new section of recovery experience from NA members called "Our Members Share." It includes abstracts of each personal story.

Three New Service Pamphlets

The Benefits of Service

This pamphlet touches on a few of the ways that service benefits each of us as individuals, and how our efforts benefit NA as a whole.

Leadership

Our Fourth Concept highlights the importance of effective leadership for quality NA services. This pamphlet addresses how our principles are applied in service.

An Introduction to NA Meetings

Revised based on fellowship input, this piece offers a welcoming introduction to NA meetings.

RRCNA Area Events through Jan 2009

Friday, January 09, 2009
9:30p -11:45p Game Night
at Westside at Family
326 College Ave.

Friday, January 16, 2009
9:30p -11:45p Game Night
at Westside at Family
326 College Ave.

Monday, January 12, 2008
7:15p -9:00p RRCNA-18
Funding & Entertainment Committee
Freedom to Grow
4430 Manchester Dr.

Friday, January 23, 2009
9:30p -11:45p Game Night
at Westside at Family
326 College Ave.

Tuesday, January 13, 2008
7:15p -9:00p RRCNA-18
Serenity Keepers Committee
Freedom to Grow
4430 Manchester Dr.

Tuesday, January 27, 2008
6:30p -8:00p RRCNA-18
Arts & Graphics and Programming
Subcommittees
Awakenings
1300 11st, Rockford

Tuesday, January 13, 2008
6:30p -8:00p RRCNA-18
Arts & Graphics and Programming
Subcommittees
Awakenings
1300 11st, Rockford

Tuesday, January 27, 2009
6:00p -7:00p Speaker Meeting
at Freedom To Grow
4430 Manchester Dr.

NARCOTICS ANONYMOUS

ROCK RIVER AREA R.R.A.G.S.

RRCNA Area Events through Jan 2009

Wednesday, January 28, 2009
 12:00p - 1:00p Speaker Meeting -
 at Freedom To Grow
 4430 Manchester Dr.

Friday, January 30, 2008
 9:30p - 11:45p Game Night
 at Westside at Family
 326 College Ave.

Saturday, January 31, 2008
 7:00p - 8:00p Speaker Meeting
 New You
 565 N. Turner
 Freeport, IL

Friday, January 30, 2008
 6:00p - 9:00p RRCNA-18
 Convention Committee
 Awakenings Board Room
 1300 11st, Rockford

We are looking for submissions to this newsletter. If you would like to submit a personal story or have found something in NAWS Newsletter that would go well with our newsletter, please please please submit it. Submissions can be made via e-mail to webservant@rragsna.org or can be turned in at the Area Service Committee the first Sunday of every month.

Narcotics Anonymous
 Find A Word

P	R	E	S	T	O	S	U	P	R	I	N	C	I	P	L	E	S	F	T	
S	A	E	U	N	M	A	N	A	G	E	A	B	L	E	P	F	H	O	U	
L	P	M	S	R	M	M	D	P	D	J	E	M	R	E	S	T	O	R	E	
D	R	I	P	R	E	E	A	D	M	I	T	T	E	D	P	R	R	G	Q	
K	O	A	R	N	D	N	P	L	I	F	A	I	T	H	L	U	T	I	W	
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A	N	O	M	S	U	R	R	E	N	D	E	R	Y	T	O	F	K	M	N	
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- | | |
|------------------|--------------------|
| 1. Abstinence | 19. Humility |
| 2. Addiction | 20. Inventory |
| 3. Admitted | 21. Isolation |
| 4. Amends | 22. Meditation |
| 5. Awakening | 23. Openmindedness |
| 6. Change | 24. Patience |
| 7. Character | 25. Perseverance |
| 8. Communication | 26. Powerless |
| 9. Compassion | 27. Principles |
| 10. Courage | 28. Promptly |
| 11. Decision | 29. Restore |
| 12. Faith | 30. Shortcomings |
| 13. Fearless | 31. Spiritual |
| 14. Forgiveness | 32. Surrender |
| 15. Forgiveness | 33. Trust |
| 16. Freedom | 34. Unmanageable |
| 17. Gifts | 35. Willingness |
| 18. Honesty | |

NARCOTICS ANONYMOUS

ROCK RIVER AREA R.R.A.G.S.

Our Freedom, Our Responsibility

Most of us came into Narcotics Anonymous with no clear sense at all of what “freedom” meant. The only freedom we really understood or wanted was the freedom to be left alone to pursue our self destruction without interference. Of course, NA changed all of that. Staying clean, working steps, getting involved, and building relationships with others and a Higher Power all have had a part in changing how we see freedom today.

Recovery starts with the freedom not to use, and the freedom to change progresses to the freedom to live our dreams. As the Ninth Step essay in our Basic Text tells us, “In time many miracles will occur.” Indeed, each of us who has been clean for any appreciable period of time, has seen those miracles unfold in his or her life. Where once we were afraid to leave our house or our neighborhood, now we travel and cross borders without fear. We have the freedom to build healthy relationships, to make choices, and to live comfortably.

Through NA we are given the ability to create lives of meaning. We are the makers of our lives, not just the “takers” of what is given to us. Freedom is a gift that we cherish.

We show that we cherish that gift by being of service. Just as the “miracles” about which the Ninth Step essay speaks are the result of the work we’ve done in the eight steps before it, most of us come to understand that the price of freedom is responsibility. Many of us were “drafted” into NA service when we were relatively new in the program because someone,

often our sponsor, told us it is what we “have” to do. We let ourselves be dragged to group business meetings and service committees. When we participated we were taken out of isolation and we learned to care. We may have even taken a position and served to the best of our ability because we felt we owed that much to NA.

Over time, we come to see that we owe it to ourselves as well. Being of service to others is a part of our Twelfth Step work, and the spirit of service comes to infuse all areas of our lives. We know we have to give it away to keep it.

What’s more, we *want* to serve. This is our fellowship and it feels good to take responsibility for its well-being. We have been given a precious gift and we must look after it. Though many of us got clean in places where there were plenty of NA meetings and literature, the health of NA rests with us, now and in the future. We have had an evolution; initially, we may have just done what we were told to do—willing, if inexperienced, worker bees—but we become self-motivated trusted servants. We have developed a sense of self-worth through being productive, giving members of the NA community in which we live, work, play, and recover. We come to understand that responsibility is not a burden; it’s just as much of a gift as freedom. We are citizens of a worldwide NA community and it’s a privilege to contribute however we can. The questions that follow invite us to talk about that understanding—how we put it into practice and how we can help others reach it. We have a responsibility to protect our freedoms. Those of us who are active participants have made a transition from seeing responsibility as something we have to do to something we want to do.

Discussion Questions

1. How do I exercise my sense of responsibility in NA?
2. How can we help inspire others to become willing to share

that responsibility?

It’s worth taking some time to reflect together or individually on our collective future: What would the fellowship look like if we all reached this point and took responsibility to make sure that others have an opportunity to experience our way of life—that no addict need die without having heard the message of NA?

-- -- Fellowship Issue Discussions - 2008-2010

Narcotics Anonymous
Find A Word

