

Visions of Hope



NEWSLETTER MISSION STATEMENT

This is the GNYRNA Newsletter. It's our mission to provide you with the voice of your fellow members. I am always looking for articles to put in the Newsletter. The Newsletter shall be a tool where members will get in touch with what their fellow members are feeling and better understand their Region as a

whole. The Newsletter will provide Unity amongst ourselves. 'As long as the ties that bind us together are stronger than those that will tear us apart all will be well.' Please make your submissions through our Regional Website. These articles are not the views of the GNYR.



A Vision for NA Service

All the efforts of Narcotics Anonymous are inspired by the primary purpose of our groups. Upon this common ground we stand committed.

- * Every addict in the world has the chance to experience our message in his or her own language and culture and find the opportunity for a new way of life.
- * Every member, inspired by the gift of recovery, experiences spiritual growth and fulfillment through service;
- * NA service bodies worldwide work together in a spirit of unity and cooperation to support the groups in carrying our message of recovery;
- * Narcotics Anonymous has universal recognition and rest as a viable program of recovery

Honesty, trust, and good will are the foundation of our service efforts, all of which rely upon the guidance of a loving Higher Power.

FROM THE GNYR NA NEWSLETTER CHAIR

Continued improvements shall be maintained to provide a newsletter that both informs as well as lends a voice of the Fellowship.

It cannot be stressed enough that articles are needed to be submitted. Every article will be considered and eventually



published. Writer's names will be held at the discretion of the author. The Anonymity of the author is held in strict confidence. Please email your articles to moonlight69raven@hotmail.com

I have really enjoyed working on the Newsletter. I hope you would reconsider me for another term.

REGIONAL SERVICE OFFICE

The state of the Office is good. We are still seeking new vendors to expand our greeting card selection as well as our bumper stickers.

HURRICANE IRENE

Due to Hurricane Irene the RSO took emergency measures to close the Office on Saturday, August 27, 2011, knowing that we had no expected pickup orders that day from Areas or Regions. We also decided to move the monthly Board Meeting to the following Friday. We apologize to anyone who did come to the Office that day to buy literature.

EXTERMINATION OF THE OFFICE

A cleaning company set off bombs within the office. After which, we found new pests. They travel into the suite.

RENEWING THE LEASE

We are in a quandary of whether to renew the lease or look into moving into a new location.

STATE AUDIT

The State is conducting an audit of the RSO from 2007 through 2009. They already walked through the Regional Service Office and are

requesting information from four standing directors and a former one.

REGIONAL DELEGATE

The North East Zonal Forum was held July 22, 2011, till July 24, 2011. This was a Zone-Wide Workshop that consisted of two presentations. The first was 'Fellowship Development.' A slide show of the growth of N.A., both nationally and global was shown. Large and small group discussions consisted of issues affecting N.A. growth and stability, racial prejudice, language, cultural diversity, rural/urban, why there were no meetings in Chinatown, poor communication, lack of service mentoring, and fellowship inventory.

There were concerns with a draft of a new service pamphlet pertaining to protecting anonymity on social medial sites; understanding privacy settings, do's and don'ts. One could email their comments to rd@newyorkna.org The deadline for comments to the draft in October 31, 2011.

Eastern Long Island Area was visited on August 7, 2011, addition to the New York City Area on August 21, 2011. At these Areas, issues pertaining to service system proposals and the approval draft of 'Living Clean: The Journey Continues' was discussed. Copies of the draft 'Social Media' was given.

On October 12, 2011, I assisted the Brooklyn Area RCM put an introduction service system workshop and gave out copies of the social media pamphlet.

Updating the Regional Registration form on the NAWs Website was expedited. There is a form for each Area to use. Each RCM was emailed a hard copy. Only two RCM's have returned a completed form.

The Conference Agenda Report (CAR) will be out in November. Issues to be voted on at the World Service Conference (WSC). Area's Group Conscious will be indicated on tally sheets. RCM's are instructed to distribute and collect a tally sheet from each your Areas Groups and return them to the Region.

Thank you all for electing me Delegate of the Region.

HELPLINE

The Helpline would like to extend their thanks to the Brooklyn Area RCM for his time and energy in helping us to optimize the use of the Onebox Reception. It has been from the very beginning he has provided us with a wealth of information and unyielding support.

The Helpline's current Vice Chair who has also been our Secretary has been nominated for the Position of Helpline Chair.

A Helpline Presentation has been scheduled in November in the Kings Bay Area. (Continued pg. 3)

(Continued from pg. 2)

Anyone who would like to have a Help Line Presentation in their Area, let us know.

The reoccurring computer issues specifically used for the Meeting List Website has been resolved by a donation of a monitor by a volunteer.

MEETING LIST WEBSITE

SITE STATUS

The site remains stable and accessible having a few minor changes.

NEW PROTOTYPE SEARCH

We are testing a new version of the map search that has been designed for speed and basic simplicity. It is far faster than the 'classic' search. If we decide to use it, it will become the first choice. Importantly, the current search would not go away. It would merely be set one click away.

The impetus for the experiment is that a number of complaints have been made that the search has been intimidating, too slow and bogs one down with unnecessary detail.

The new search is designed for maximum speed. Results come extremely quickly and are

far simpler. The URL for the test page is: <http://newyorkna.org/meetings/test-of-new-meeting-search/> Two sample choices appear at the top: enter and address, and search options, which are merely weekdays and formats.

Response is needed on this. Revisions can be made.

KEEPING IN SYNC WITH REGION

ACSs that are still maintaining separate printed meeting lists are encouraged to seriously reconsider this practice. Due to ACSs not being successful in keeping these separate lists in sync with the Regional List.

There are a few options that you can use; download a Microsoft Excel- Compatible file from the site. This can be inserted into other Microsoft software, such as Word or Access. It can also be inserted into page-layout programs like Quark Xpress.

The Website is happy to accommodate you in producing this lists. However, it depends upon your asking for our assistance.

MOTION TO CREATE A. NEW ADMIN POSITION

It is strongly advised to create the Webservant Administration Position off the table.

Unless a nominee for this position is presented and sent back to the Groups for vote, there will not be a Webservant.

I am not running for this position again. I am relinquishing my position December 31, 2011. If the new position will be created, I shall run for that, however, it would not be for two more RSCs.

HOSPITALS & INSTITUTIONS

The GNYR H&I Subcommittee met twice since the last RSC Meeting on July 9, 2011. There have been a total of 423 Presentations being held throughout the Region, a total of 129 open commitments and 35 members in training.

(Continued pg. 4)



(Continued pg. 3)

The Brooklyn Area H&I Sub Committee held a Learning Day on July 23, 2011. It was well attended and quite a few members from other Areas came out in a Spirit of Unity.

The GNYR Mobile H&I Panel and the GNYR Vice Chair has been going into Rikers Island on Mondays from 7:00 p.m. to 8:00 p.m. There has been some difficulty gaining access because of Rikers Island Supervision.

Area Chairperson's report their Areas are doing fairly well. The NYC Area Chair has not been attending the H&I Regional Meetings. H&I Regional Sub Committee has attempted to contact the NYC Area Chair without any response.

UPCOMING PROJECTS

Manhattan and New York City Areas will host a joint Learning Day on Saturday, October 15, 2011, at PS 194 located at 144 Street, between 7 & 8 Avenue from 12:00 p.m. till 4:00.



WHO IS AN OLD TIMER?

When I reached 20 Years of clean time and was following the suggestions of the NA Program seriously, keeping an open mind, I pondered a topic that interested me. When I celebrated my first year clean, was I already a veteran? When I celebrated two, three, five or ten years clean? Is an old timer the member with more than 40 years clean? I have wondered in silence about these and so many other questions, but I have never posed them in a group meeting, a private discussion, or with my sponsor.

Instead, I forgot this simple curiosity and continued on the road of recovery, applying the Twelve Steps daily. In what seemed like no time at all. I celebrated my 20th NA clean time birthday, and again this question and other doubts that I had laid to rest in my memories returned. I believe the time has arrived when others call me an 'older adult,' an 'old man.' In one of my NA home group meetings, an attendee referred to his older fellow members as 'these venerable senior citizens.' I don't remember if I laughed or

if I reacted seriously when I heard this strange expression, which of course lacked any connection with reality as far as I was concerned.

Following the NA Twelve-Step Program daily allows me to be a good example of living a dignified life to my daughters, and now my grandson, and to the person who took a risk in her own life to form a family with me, my wife. I can see all these matters passing by in the video of my life, and I still continue to make errors. I apologize to those I have failed because of my omissions or actions. All of this is very hard, but it is the reality, I am not an elder, but I recognize, with dignity, that I am an 'old man.' I am painfully aware that the monster of my defects occasionally breaks the chains, no matter how much I have chained it in the deepest part of my being; and when this happens, I am less desirable human being. These occasional situations affect me and hurt a lot, because after having traveled a considerable path in my life within the liberal limits of the NA Program, I get away from these limits----and the impact against the hard rock of

my reality is very strong. It hurts and takes my internal peace away. The only thing that brings me tranquility and helps me recover this internal peace is practicing Step Eleven, remembering that I am a human being simply and plainly, an addict in recovery.

So who is an old timer? It is my feeling that an old timer is not simply that addict in recovery who has spent several years attending NA Groups. It is the addict who understands the suggestions of the program with humility and optimism, and who realizes that he has to follow these suggestions to achieve his own freedom. So the first condition to become an old timer is to accept, 'We admitted we were powerless over our addiction, that our lives had become unmanageable' (Step One). From this step on, those who come to understand the freedom of our recovery program, opening our minds, listening with serenity, and adopting our steps, are on their way to becoming old timers.



TOPICS BEING DISCUSSED
WITHIN THE FELLOWSHIP AND
THE WSO

As many members are aware, we have chosen issue discussion topics (IDTs) in the past conference cycles to inspire discussion of particular issues and concerns raised by our members. The IDTs have also provided a way for us to gather ideas and input on these topics and even to help in the creation of new tools, such as the 'Building Strong Home Groups' worksheet and some of the service pamphlets.

The IDTs for the 2010-2012 conference cycle differ from previous cycles in that they are designed to familiarize members with some of the newest resources approved at the 2010 World Service Conference. Those new Pieces include: 'A Vision for NA Service,' 'In Times of Illness, Revised,' IP #24, 'Money Matters: Self-Support in NA,' IP #28, 'Funding NA Services.'

To help raise awareness of these new resources, we have developed session materials for regional delegates and other local trusted servants to conduct workshops in your communities. These materials are available online at www.na.org/?ID=2011_IDT

A VISION OF NA SERVICE

A Vision for NA Service, which was developed as part of the Service System Project, was unanimously

approved at WSC 2010 to replace the NA World Services Vision Statement. The main difference is that the vision has been expanded to apply to all NA services, beginning with the NA groups. Our hope is that this new vision statement will be an inspiration to all A members and to service bodies at all levels, and that it will encourage greater unity throughout NA.

The Vision IDT session gives members an opportunity to look closely at all the components of the vision statement and discuss how each of its points applies to their own personal roles and the roles of their groups and service bodies in working to achieve the aims set out in the vision.

IN TIMES OF ILLNESS,
REVISED

WSC 2010 also unanimously approved revision of the booklet, In Times of Illness. Like the original, the revised ITOI is divided into sections to assist members with specific illness-related challenges. Most of the original material is still included in the booklet, but has been expanded upon and rearranged. New sections in the booklet include: Mental Health Issues; Chronic illness; Terminal illness; Supporting members with an illness.

The booklet also has updated and expanded material in the sections devoted to members informing healthcare professionals about their

addiction, medication in recovery, and emergency care.

The IDT session for ITOI provides members with an opportunity to review each section of the revised booklet and discuss scenarios related to some of those sections. The discussion questions encourage members to draw upon the source material and their own personal experience to consider ways to approach illness, injury, medication, and supporting other members through illness-related challenges.

SELF SUPPORTING SESSIONS

The two new self-support information pamphlets (IPs) approved at the WSC 2010 are meant to address the fact that we consistently face challenges in funding the services we need to better carry our message. Self-support can be a difficult discussion topic in NA, as we often treat money like a dirty word. In many places, we rely on events, literature, and fundraisers, rather than individual contributions from members to pay for our services. We consistently hear in workshops that the best way to improve our level of contributions is through raising awareness, and our hope is that IP #24, 'Money Matters: Self Support in NA,' and IP #28, 'Funding NA Services' will help to do exactly that.



PLANNING BASIS FROM WSO

Our Fellowship is constantly growing. Gratefully, more members worldwide are finding recovery in NA. In our efforts to better carry the NA message to the still suffering addict, we have discovered the value of planning. Our first publication that addressed the importance of planning was the widely embraced Area Planning Tool. Our new service booklet, 'Planning Basics,' offers simplified and updated planning concepts. If you have not seen the booklet, please check it out at www.na.org/admin/include/spaw2/uploads/pdf/handbooks/Planning_Basics.pdf.

Our hope is that many NA communities, including those who had success with the Area Planning Tool, will be able to use 'Planning Basics' to make service delivery more effective. Service bodies can take these ideas and apply them to the creation of a new planning process, or to streamline existing practices. Soon after 'Planning Basics' was published, the regional delegate from the Carolina Region sent an email to the World Board, stating that he would "like to stake claim as being the first RSC to use it." The region added to their policy entitled 'Why Plan.'

WHY PLAN?

Quite simply, planning makes our services more effective; it helps us work toward a common goal. A

Vision of NA Service reminds us that we strive to work together in the spirit of unity and cooperation to support the groups in carrying the message of recovery.

We share a common purpose: to better carry the message of recovery. Planning for NA Services asks us to think ahead, take time to prepare, and develop action plans to reach identified goals. Opportunities for planning begin with the identification of issues that affect our ability to provide consistently effective services.

One of the key components discussed in 'Planning Basics' is clear communication and use of the planning calendar. When members are asked to participate in planning, they can see how planning affects all our services. Reviewing current calendars ensures that planning efforts are not in conflict with other ongoing activities. Once dates are identified the word can be spread to as many members as possible.

In 'Planning Basics,' we emphasize the importance of scanning, or gathering information, at the beginning of the planning process. We are all united in our desire to carry our message to addicts, but to do this effectively, we need information. We provide ideas to assist you in scanning your NA service community, as well as the larger community where you live. Our goal is to adapt to meet the needs of our NA groups, while taking into account changes that

happen around us in the world. Planning, at this stage, involves every member----those involved in service, those who used to be of service, and all interested members.

'Planning Basics' describes a process that can be effectively done in four planning meetings that emphasizes the importance of a 'feedback loop.' The first planning meeting focuses on scanning, while the second and third are geared toward developing goals, approaches, and action plans. For our member who have been involved in service and are familiar with the Area Planning Tool, these are not new ideas. In this process, the fourth meeting is focused on monitoring and evaluation, which we also call the feedback loop. This is a vital step that is often neglected. In this stage of planning, we ask ourselves if our goals are met and our plans are accomplishing what we intended. If we forego evaluating our action plans, how do we know if we are on track?

Feel free to share your experience with planning in your NA service communities.

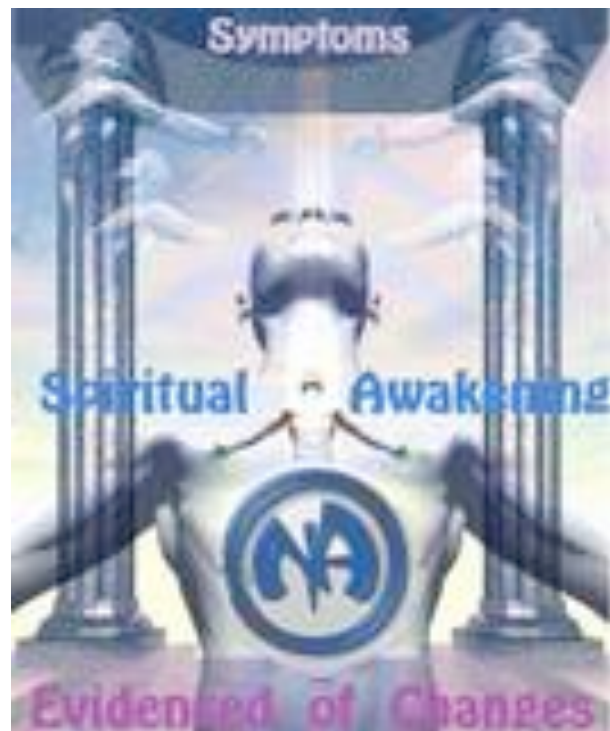


SOCIAL MEDIAL SERVICE PAMPHLET

At the 2010 World Service Conference, there was a substantial discussion about the topic of social networking sites and the challenges we face in applying our principles when interacting with one another and the general public in online forums. The service pamphlet isn't intended to encourage or discourage use of these sites, but simply offers

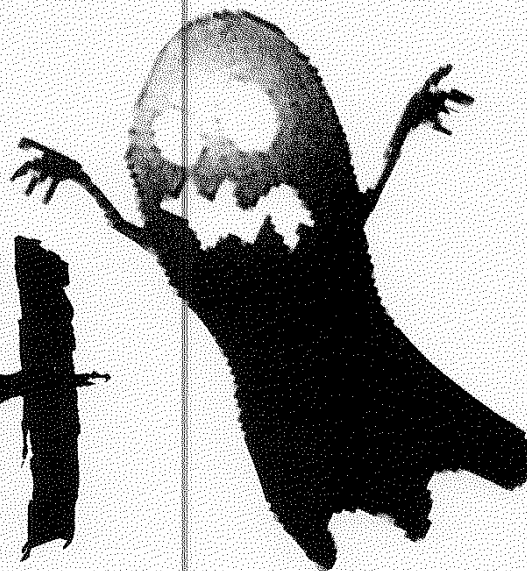
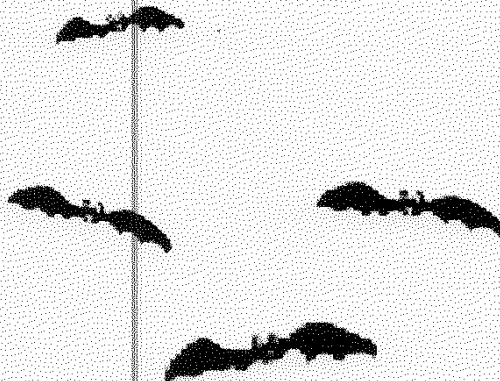
some thoughts on how (and why) member can protect our own and others' anonymity in these settings. We have offered some suggestions for 'best practices and hope that this resource will be useful to members.

In keeping with the conference's wishes, the draft service pamphlet is being reviewed by conference participants for a 90-day period. Once the 90-day period ends (approximately 31 October), we will make any final revisions based on input we receive before the piece is made available.



NYC AREA NA E&A PRESENTS:
Narcotics Anonymous 58th

BIRTHDAY
BASH
MONSTER
MASH



Saturday, October 29th 6:00-11:00 pm

Robert F. Wagner Middle School

220 East 76th Street (Btwn 2nd & 3rd Ave)

\$10 Advance Tickets / \$15 At the Door

Comedy Show / Meeting / Dancing / Food



FOR MORE INFORMATION CONTACT:

Darrell R: (347) 742-5502 / Maria C: (917) 656-7451 / Tara R: (508) 292-2331



GNYRNA NEWSLETTER
154 CHRISTOPHER STREET, 1A
NEW YORK CITY, NY 10014

Addressee Name
4321 First Street
Anytown, State 54321