

TERRY:

Both NAMES ARE USED in these
- esp the Anniversary editions -!

① NARCO

&
② AA (Addicts Anonymous)

Believe NARCO referred
to the group that met at
Lexington & Addicts Anonymous
was used by cardholders of Lexington
& was used by groups formed
anywhere from Lexington - could be
wrong I'm still learning

Rich

Narcotics Anonymous

Serving Greater Cleveland Since 1963

1710 PROSPECT AVENUE • CLEVELAND, OHIO 44115

Telephone: 781-3773
24 Hour: 481-3512



THE DRUM BEAT



830 EAGLE AVENUE • CLEVELAND 15, OHIO

CAPTAIN AND MRS. EDWARD V. DIMOND - OFFICERS IN CHARGE

Meet.....Bob Kwadi



Bob Kwadi was born and raised in Cleveland and attended the local schools in this city. He worked on the railroads and later was employed by the Halle Bros. Department Store. He served in the U. S. Army in the South Pacific.

Bob is the relief man at this Center and tells us that he has gained his sobriety through the help of God and the Salvation Army. He has been in the program for 14 months and is a Soldier of the Salvation Army, enjoying a new way of life.

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JUST THINKING



If the world in which I live is a disagreeable place, I can try changing myself. If the people around me are unfriendly, I can try to be friendly. I can try putting on a smile in the presence of those who are storming; and speak a word of thankfulness in the conversation that is filled with complaint. Perhaps I can be a bit pleasant for the benefit of those who are down-hearted. This might change my world.

- The Young Soldier

O For a Faith

O for a faith impregnable
To ebb and flow of chance!
Not driftwood, lightly swept by waves
Of circumstance;

Not fickle dunes of time and tide
Shifting from right to wrong;
But towering rocks of sure defense,
Gibraltar-strong.

- Marie Weston

By the Captain

Congratulations to:

The new Soldiers of this Center. Tom Brennan, Mr. and Mrs. C. Cross, F. Taylor and R. Kwadi.



Frank Hutnik - upon his position as staff artist for Christian Enterprises, Inc.

Ray Schultis - whose years of experience in the field of correctional work has led to his appointment as lecturer at Western Reserve University.

The members of Narcotics Anonymous - for the publication of their first Newsletter.

Mrs. Captain Thompson - whose faithful service has been rewarded with her appointment as Veteran's Hospital and Armed Forces Director for the Salvation Army.

Our heartfelt thanks to:

Margaret Alice Alber - for the donation of songbooks in memory of her parents, Ernest and Isabelle Howle.

The Singleton Club - whose members presented a program of music and refreshments.

The Soldiers and members of this Center - for all they have contributed to the success of this program during the past year.

Alex Barnes - whose incisive thinking has stirred us to enlarged areas of activity.

Dr. Irving Resow - for our new motto for the New Year: Efficiency - simplification.

Mrs. Captain Dimond - for all her hard work editing this fine paper. Keep up the good work!

We extend our deepest sympathy to Mrs. Komareski on the loss of his father.

"Lo, I go with you always".

#1

THE CLEVELAND, OHIO N.A. NEWSLETTER

Red Shield Hotel 2304 E. 9th St. Cleveland, Ohio 44115
Telephone 781-3774 for information or help

1st Edition

Editorial

Through the great efforts of a social worker, N.A. has come to Cleveland, Ohio. Meetings are being held at the Red Shield Hotel, Wednesdays at 7:30 P.M. Thanks to Captain Dimond for coming up with a place to meet. Thus far the program has created a lot of interest. We have had a reporter from the Press, Student Nurses, a woman who has a lot to do with job training, plus many others visit the group. This is very encouraging, seeing that the Group is so new. We, the addicts that are part of this, hope that things will continue to get better, for we feel a group of this nature is necessary to maintain abstinence from "drugs".

Secretarial Scratchings

I am very grateful for the N.A. Program in Cleveland. God knows I need it and it will give me the chance to be active in something that I sincerely believe in.

We hope to have more news the next time this letter comes to press.

Sec. Marvin Stone

p.s. I hope that you will come to see us when you are in our city.

FLASH!
Weekly meetings are now being held at the House of Corrections.

Marvin Stone has decided to reveal his identity in the interests of getting the group started. YOUR IDENTITY WILL NOT BE REVEALED AT ANY TIME.

OUR 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.

(Adapted from Reinhold Niebuhr)

The Word from a new member.....

Help us to help ourselves - so that we will be there to help you.

Pat A.
Drug addiction is a serious problem. If you honestly want to be rid of your addiction and are willing to let some who have had this problem explain to you their way out attend a N.A. meeting

NARCOTIC ANONYMOUS MEETING ANNOUNCEMENT

Day: Every Wednesday Time: 7:30 - 10:00 P.M.
Place: 2304 E. 9th Street, 2nd Floor, Suite W

MEMBERSHIP OF N.A. GROUPS

Membership of our groups consists entirely of former addicts whose self-administration of addicting drugs has brought us to disaster. We learn from experience after withdrawal, that any further indulgence constitutes a totally undesirable and hopeless way of life.

We have come to believe that we have been trying to substitute our addiction phantasy for real achievements in life, and that our effort has been hopeless and absurd.

The first and most essential step is
HONESTY: Personal and intellectual.

We must realize that we are in the grip of a progressive **EMOTIONAL AND PHYSICAL** illness which, unless active treatment such as is afforded by the N.A. program is undertaken, steadily grows worse, never better.

The core of the technique by which N.A. has worked is spiritual.

IT IS SPIRITUAL, NOT RELIGIOUS

The membership embraces all creeds, all denominations, all faiths, and no faiths.

This universal belief depends for its effectiveness upon the absolute recognition of a power higher than man: The Creator, the Creative Spirit over all.

We make a decision to turn our will and our lives over to the care of God **AS WE UNDERSTAND HIM**. When this is sincerely done, and the further suggested steps carried out, we undergo a profound mental and emotional change common to religious experience.

We believe that faith without works is dead.

We believe that our permanent abstinence depends on our willingness to remain spiritually alive.

None of us claims perfect adherence to these principles or guides to progress and we claim spiritual progress rather than spiritual perfection.

OUR DESIRE

1. To further our study by expression in words and deeds our interpretations of the Thirteen Steps.
2. To acquaint our friends with our group therapy activities as prescribed by N.A.
3. To carry the N.A. message to other addicts who have a sincere and honest desire to know a better way of life.
4. To carry, upon request, the N.A. message to those who are in need, and who are unable to make meetings due to their locations or to shut-ins everywhere.
5. To acquaint the public to the various causes of human behavior found in the addicts, and the seriousness of the disease of addiction.

THE NEW MEMBER

The New Member is the most important person in our group.

He is not dependent on us, we are on him.

He is not an interruption to our work; he is its purpose.

He is favoring us when he calls on us for help.

If he brings up his Addiction problem it is our job to help him solve it.

He is deserving of the most courteous and attentive help.

He is a constant reminder of our problems.

He is the Life Blood of any group.

(Newsletter of Fellowship House
Chapter of N.A. New York City)

Except for the above all material on this page has been adapted from the pamphlet **OUR WAY OF LIFE: An Introduction to N.A.** We hope to have a supply of these pamphlets available for distribution soon.

REMEMBER: FOR HELP OR INFORMATION CALL 781-3774 Ask for Diamond.

DEED, SHIELD HOTEL SUITE W (2nd Floor) 2304 E. 9th STREET

THE CLEVELAND, OHIO NARCOTICS ANONYMOUS NEWSLETTER

DOWNTOWN GROUP

Julius N: Chairman

John C: Secretary

Red Shield Hotel 2304 E. 9th St. Meetings every Wednesday 7:30 - 9:30 P.M.

GROUP GOSSIP

Captain Dimond has agreed to serve as the Chairman of the Board of Directors. Joe German has agreed to be a member of the Board and several other nominations are pending.

Julius N. has been elected the Chairman and John C. has been elected the Secretary of THE DOWNTOWN GROUP.

A vote of thanks was extended to Marvin S. for his faithful work as the acting Secretary of the Cleveland N.A. Group.

John C. is taking saxophone lessons and hopes to be able to join The Mainliner's Combo which is to play for N.A. parties. To date the Combo consists of: Marvin S. Leader and Drums; Leroy J. Trumpet; Ray C. Organ; Ray S. Bass with Captain Dimond helping out on saxophone.

The Cooley Farms Group is continuing to meet and an article by M.L. of that group is to be found on the reverse side.

Several members of The Downtown Group, Leroy J. and Edith H., have been attending the meetings of the newly organized Lexington Group.

WORDS FROM THE WISE

I've been clean now for ten weeks and attend the N.A. meetings regularly. We have a good group at the Downtown meetings and I hope to see you soon.
R.K.

I know what it is to be sick. We have a good group here which is proving to be a real source of help to the sincere addict who wants to stay clean.
J.C.

I became addicted to narcotics 11 years ago. Thanks to N.A. I have been free from the use of drugs for 40 days now. I know I could not do this myself no matter how much I wanted to.
E.A.H.

SECRETARIAL SCRATCHINGS

Since the N.A. program was started here, progress has been slow but sure. From our 1st meeting, in which 3 addicts were present, we have grown to the point where we now have 3 groups meeting each week at 3 strategic locations throughout greater Cleveland.

Pat S., Captain Dimond and myself had the privilege of being on the radio with Har Morgan of KYW on one of his "Contact" broadcasts which was titled "Monkey On Your Back!". The subject of the program was narcotics and the other member of the panel was Dr. Daniel Casriel who spoke of the book he has written on the work with narcotic addicts that is being carried out at the resident rehabilitation center in Calif. called Synanon. Members of the radio audience telephoned in their questions which were answered over the air by the members of the panel. A number of new members were attracted to the group by the broadcast. A tape recording of the broadcast is available.

During one of our meetings we watched the WJW-TV telecast of the CBS program "The Business of Heroin" and the members requested that I write to Bert J. Reising, the TV-Radio Editor of the Plain Dealer commending him upon the program and the interest the paper showed in the problem narcotic addiction by giving the program lengthy write up. The letter was printed in the P.D. and resulted in some new people attending our meeting. A portion of the letter read: "From our group experience, felt the program was quite factual and presented a realistic picture of the situation in the U.S.A....All addicts who sincerely want to end their problem of addiction are invited to attend our meetings."

We have had several visits from Mr. Cooper who is associated with Mansfield Reformatory. He is very much interested in the narcotic problem and has many good ideas the way it should be handled.

Marvin S.
Acting Secretary



General Service Office

35th Anniversary International Convention

July 3-5, 1970—Miami Beach

January 6, 1970

Major Edward Dimond
The Salvation Army
Harbor Light Center
Cleveland, Ohio 44115

Dear Major Dimond,

During the weekend of July 3-5, 1970, the Fellowship of Alcoholics Anonymous will commemorate its 35th Anniversary at an International Convention in Miami Beach, Florida. We expect more than 10,000 A.A. members from all over the world to attend with their families and friends.

One of the important meetings on the Convention program will concern fellowships similar to A.A., one of which is Narcotics Anonymous. Knowing of your interest in the subject of alcoholism, and A.A. as a program of recovery for alcoholics, it is my pleasure on behalf of the Trustees of the General Service Board of Alcoholics Anonymous to invite you to participate in this panel presentation, and to discuss the program of Narcotics Anonymous.

There will be three panelists, with thirty minutes allotted to each. The session is scheduled for Friday, July 3, from 10:30 a.m.-12:30 p.m. Naturally, we would be pleased to have you attend as many other of the weekend sessions as your time permits.

We have always been fortunate in having speakers who have given freely of their time, but we do insist that they be our guests from the time they leave their home cities until their return.

We know your experience and ideas can contribute substantially to the success of this historic meeting of A.A., and we sincerely hope that you will let us hear from you soon with the good news that you can be with us next July in Miami Beach.

Sincerely yours,

John L. Norris
John L. Norris, M.D.
Chairman
General Service Board

JLN/ac

P.O. BOX 459, Grand Central Station, New York, N.Y. 10017 • Phone 212-686-1100

a brief account of the Army's efforts to bring aid and comfort to women drug addicts in New York City



Brigadier Dorothy Berry conducting an interview.

FROM CRISIS TO CRISIS

by Mrs. Brigadier John Troutt

FOR almost 20 years Brigadier Dorothy Berry has been available to drug addicts who live in or near New York City. More than likely when her phone rings, it's a woman who says, "I need help. Someone told me to call you." A few minutes later the brigadier will probably ask her to come down to her office.

Her caller may not get there for several days, especially if she's having trouble making her "connection" for each day's drug supply. Because the drug addict's whole world revolves around getting enough narcotics to carry her through the day.

Experience has taught Brigadier Berry that unless the woman wants to stop using drugs, it's a waste of breath trying to persuade her to seek aid. But the brigadier is there when she does ask for help.

Sometimes she makes arrangements for them to go to the hospital at Lexington, Kentucky. Or they may want to enter a city hospital for a shorter treatment. Some of them just want someone to talk to. Those who have recently "kicked" the habit don't know what to do with themselves. Their days are now a big void.

Previously all their time was taken up trying to get money for the day's drug needs and making sure nothing happened to their "connection" that would leave them "strapped" and without heroin (the drug most of them use.) And as soon as one day was taken care of, they had to start working on the next day's supply. Now they're at loose

ends. Their former companions are still using narcotics and they're trying to dodge them so they won't be tempted to get back on drugs.

It is this loneliness, plus the strong pull of the drug itself, that sometimes causes a woman who has been "clean" for months to start using drugs again.

Her best way to combat this loneliness is to quickly get busy at some purposeful endeavor and get a steady job. It isn't easy for them to find work. Brigadier Berry tries to help them find employment, but until this is accomplished, some of them stay around her office, running errands, trying to fill in the time.

THOSE who try to break the habit, without the help of God, often fail. But when the brigadier is asked, "How successful is your work with narcotics?" she replies: "You have to determine what you mean by success. If a woman for the first time in her life or for the first time in many years, stays off drugs—even if she 'slips' later, that was a measure of success."

She can point to many who have become Christians and are today free of drugs, leading useful lives. A converted prostitute says, "I'm taking my kids to Sunday school now so they'll get the breaks I didn't get."

The brigadier explains that studies show that while many drug addicts are prostitutes, they were first addicts and then prostitutes or criminal of-

fenders (perhaps thieves)—in order to get money for drugs.

One of the great helps to addicts is Narcotics Anonymous. Brigadier Berry has worked with NA since it first started back in 1947 when she provided a meeting place for the group—in a room at the Manhattan Men's Social Service Center. Since then she has attended hundreds of their meetings, sometimes visiting a parents' group the same evening.

The parents' group, known as CMCNA, adopted the name "Committee for Medical Control of Narcotics Addiction" from the name of a group of medical doctors well versed on the subject of narcotics.

While she doesn't consider herself an authority, Brigadier Berry believes that "geographical" cures (away from familiar surroundings) are not the answer. So many who think they are cured, begin to use drugs again when they get back to their home city. She thinks it is better to face the problem where the addict is living, unless she goes to another locality where she plans to stay for the rest of her life.

Upon request, the brigadier sends patients to the Lexington, Kentucky, hospital. Since 1948 they have always been met by Brigadier and Mrs. Peter Way, the local corps officers. In addition to saving them taxi fare, this is a great morale boost to them at a crucial time.

During a six months' period, the brigadier will have talked to 200 different addicts. Most of them are adults. Teen-agers seldom ask for help because they think they don't need it. The young addict looks at an older one and often says, "She's stupid to get hooked."

Some authorities have observed that it isn't until after teen-agers, themselves, have failed three times to "beat" the habit that they're convinced they can't outsmart it.

BRIGADIER BERRY'S concern for them, first as a person, then as an addict, quickly establishes rapport when they come to discuss their problems with her. She learned a long time ago that an addict who needs help needs it right then. "We try to help them from crisis to crisis," she says.

The person who is the greatest help to an addict is someone who has traveled the same way and has licked the habit. Rae, who was a professional dancer, became addicted and remained an addict for 10 years. But Rae is now the head of Narcotics Anonymous and a valued employee in the Narcotics Coordinator's office of the City Department of Health, with a record of 14 years of clean living. She is dedicated to the task of convincing others that they, too, can be "clean."

In her work with addicts, Brigadier Berry is guided by the following "thou shalt," composed by herself and Lt.-Colonel Mina Russell, head of the Eastern Territorial Social Welfare Department:

1. Always be available.
2. Be friendly, interested and helpful from the first contact.
3. Accept the addict as a human being who is trying to solve a problem.
4. Never be curious or prying for its own sake.
5. Never try to force a plan on the addict.
6. Be aware of all available resources.
7. Be familiar with the culture of the addict.
8. Be wise in making contacts with addict and family.
9. Maintain contact with the addict as long as possible.
10. Be aware that the addict will continually want to reassure herself of your sincerity.
11. Realize that the addict will only keep in touch and progress at her own pace.
12. Be sensitive to the voice of God for the significant moment when the power of God in Christ can be introduced to the addict as a resource.

THE brigadier has shed tears over some failures. Minnie was one. Minnie referred to shoplifting as her "trade." She became a regular visitor at Brigadier Berry's office, coming in to talk over her problems, and trying to keep busy when she was attempting to "kick the habit." When she

(Continued on page 14)

Crosses Are Ladders Which Reach To Heaven

ION
File NA

15 February, 1971

Albert B. Logan-Director
National Institute of Judicial Dynamics
2607 Conn. Ave, N.W.
Washington, D.C.

RE: Liaison between N.A. and A.A.

Dear Sir:

This will acknowledge several copies of your letter of January 27, 1971 to Major Davis, of our New York office, on the above subject, and your request for information from those receiving copies.

Narcotics Anonymous was started in Cleveland on November 6, 1963, sponsored by The Salvation Army Harbor Light Center.

The program was set up to aid drug addicts after they had completed their withdrawals and did not include any medical help being based upon the format of self help established by Alcoholics Anonymous.

At this time there were no other groups operating in Cleveland that were providing any service to this group as a group. The meetings were scheduled weekly and ran from 7:30 p.m. until they closed, often lasting until after midnight.

The group, under leadership of lay members continued to meet until October 1, 1970 at which time it was decided to discontinue holding meetings due to the numerous other groups now providing service in this area.

Any calls received for aid and information are now being referred to the "Together" group, a part of the Free Clinic which is sponsored in part by the Cleveland Foundation, their number being 721-1115.

Sincerely yours,

Edward V. Dimond
Major

cc: Brigadier Henderson
New York City

copy 117
Jan 23

PATRICIA PONDER'S

Words from the Charter woman member of the Downtown Group.

IN OR OUT OF LIMBO?

In our search for our Shangri-la we oft-times stumble and fall into the whirling, hazy world of drugs. We heed not and are aware not of our own souls crying out for help.

We are strangers even unto ourselves, masters of nothing save our selfpity, embellished by our egocentric personalities-thinking always of the tough breaks and all that has happened to us. We fail to realize or grasp our own faults except when they serve to enhance our own importance.

Frustration, persecution, desperation, complexes, passivity-because it's so much easier-complete the picture of a drug addict. The corridor of life is lonely and dark when you can not see yourself for what you really are and your only friend is the "needle" and the next "fix".

The misconception that the world revolves around you-meting out cruel blows directed at you alone-can lead only to disaster.

If you feel like you can run-away forever. STOP! Escape is a glass armor of protection, hiding nothing and breaking at the slightest misstep.

Our main purpose in N.A. is to help you. We offer the hand of understanding and a sincere desire to pull our faltering friends to their feet but-you must help yourselves also, for in doing this you help us-for we were there once too!

Pat S.

ANNOUNCEMENTS

The National Board of Narcotic Anonymous has been reorganized and is now to be called The National Advisory Council on Narcotics. For information contact the Office of Narcotics Coordinator, 325 Broadway-Room 425, New York, N.Y. 10007.

The Harbor Light Center in Los Angeles is taking preliminary steps to start a Chapter of N.A., following the lead of the Cleveland Harbor Light Center which is believed to be the first Salvation Army Center to sponsor a N.A. Group.

Congratulations to the following members of the New York Group on their anniversaries: Gloria, Rena, Campbell and Charlie.

MORRIS MUSES

We present a guest author from the Coole Farms Group.

THAT DAMNED CURIOSITY

Many a man has graduated, at the top of class, from school. Just to find himself wandering, experimen like a fool;

Searching for the happy medium, a utopia is his desire, He even scrapes the bottom and takes on the prostitutes for hire; He has drank with everybody, man, woman and child,

But discovers, to his dismay, that alcohol is much too mild;

He accidentally stumbles, the way it happens to a sage,

Into a strangely exciting party, Everyone is smoking gage;

All of the windows are closed, everybody is piping hot,

He, later discovers the reason, they keep the clouds of pot; He was gladly accepted, but that was just a start,

The other changes he goes through, play the most important part;

He became a heavy smoker, this, of his addict-career, in first,

He stopped at bars and drugstores, to quench his heavy thirst;

He ran into a buddy, who seemed to be feeling no pain,

This, supposed-to-be, friend of his, introduced him to cocaine.

He didn't give-up smoking, he tried them both a while,

He was really happy-go-lucky, always wearing a smile;

His buddy is now a contact man;

He moved up fast in the pack,

They're both in a lonely heaven, because they are now shooting smack.

They have to rob and steal even from the poor mans' cup,

Con the family and friends, anything, to keep the habit up;

Boosting, gambling and pimping on the side All games are theirs', When you have to risk your hide.

There is too much time in it, and, there are locks on the doors,

When you're caught using the heavy stuff and curiosity is yours.

Even if you, backwards, are forced to be Abstain the use of narcotics, quit befor you die.

1. We admit we are powerless over drugs—that our lives have become unmanageable.
2. Come to believe that a power greater than ourselves can return us to sanity.
3. Make a decision to turn our will and our lives over to the Care of God AS WE UNDERSTAND HIM.
4. Make a searching and fearless moral inventory of ourselves.
5. Admit to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Are entirely ready to have God remove all these defects of character.
7. Humbly ask HIM to remove our shortcomings.
8. Make a list of all persons we have harmed, and become willing to make amends to them all.
9. Make direct amends to such people wherever possible, except when to do so will injure them or others.
10. Continue to take personal inventory and when we are wrong, promptly admit it.
11. Seek through prayer and meditation to improve our conscious contact with GOD AS WE UNDERSTAND HIM, praying only for knowledge of His will for us and the power to carry that out.
12. Having a spiritual experience as the result of these steps, we try to carry this message to narcotic addicts, and practice these principles in all our affairs.

Drug addiction is a serious problem. If you honestly want to be rid of your addiction and are willing to let some who have had this problem explain to you their way out, attend a N. A. meeting—Open meeting Wednesday evening 8:30 P.M. and closed meeting Friday at the same time.

NARCOTICS ANONYMOUS

meetings are held on Wednesday evening, 8:00 p.m.

at the

RED SHIELD HOTEL

2304 E. 9th St., Cleve. 15, Ohio SUperior 1-3774

OUR WAY of LIFE

An Introduction

to N. A.

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

NARCOTICS ANONYMOUS

To Recovery

The first and most essential step is HONESTY. (Personal honesty, intellectual honesty.)

When we get to the place where we are ready to honestly admit that we are powerless to control our drug habits, we have taken one of the hardest yet one of the longest steps toward our recovery.

Many of us are reluctant to make this admission, feeling that it is the acknowledgement of a personal weakness. We attempt to substitute alcoholic beverages for our addiction, or we change to some compensatory occupation, feeling that our former jobs might have induced addiction, or we change our environment. Some of us never get through trying other and old ways that all lead to the same place—FAILURE.

Most of us do not like to admit that we are emotionally and mentally different from any of our fellows. Therefore, it is not surprising that our careers have been characterized by countless vain attempts to prove that we could administer drugs to ourselves without becoming addicted. The idea that somehow, some day, should we do this or that, we will be able to control and enjoy our drug-taking is the great obsession. (Narcotic Anonymous calls "needing ourselves.")

The persistence of this delusion is astonishing. Many pursue it into and through the gates of insanity and death.

There is no known hope of recovery until we are willing to concede to our innermost self that we are powerless in the face of habit-forming drugs.

This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed.

We must realize that we are in the grip of a progressive EMOTIONAL and PHYSICAL illness which, unless active treatment such as is afforded by the N.A. program is undertaken, steadily grows worse, never better.

We must realize that it is not the fourth or the tenth shot that brings our addiction back to life, but THE FIRST SHOT, or "joy pop," AFTER WITHDRAWAL; that does the damage.

It is of the utmost importance that we KNOW that the "joy pop"—the FIRST SHOT, CAPSULE or TABLET is the one to avoid if we wish to follow the path of abstinence.

Having achieved this state of intellectual humility, we are ready for the next step to recovery, we come to believe in a power greater than ourselves, or keep an open mind on the subject while we go on

The only requirement for N.A. membership is an honest desire to stay free of narcotics and sedatives. Experience has taught us that a return to any habit-forming drug after withdrawal has been accomplished, will be followed, just as surely as night follows day by a return to habit-forming drugs. We feel that each member's religious views, if any, are his own affair. While every shade of opinion is found among us, we take no position as a group upon controversial questions. No particular point of view is required of any member save his desire to stay free of narcotics. Our sole aim, is to show sick addicts who want to get well how they may do so.

These are really groups and not organizations. We have no constitution, no by-laws, no officers, no dues or assessments. Our groups are not chartered for profits or otherwise.

This treatment is primarily a DIRECTED way of life by which many have profited by, and we devote much of our spare time to passing our idea on recovery to others.

There is a symptom common to all who suffer from addiction to habit-forming drugs: We cannot start self-administration of drugs without developing physical dependence and a phenomenal craving; and once we take any habit-forming drug into our systems, something happens, both in the bodily and mental sense, which makes it virtually impossible for us to stop.

We, more than most people, lead a double life. A marked personality change takes place when we take drugs into our systems. We adopt characteristics and do things that would ordinarily revolt us. We vaguely remember certain episodes, are remorseful and, as fast as we can, push these memories far inside ourselves in the faint hope we never will see the light of day.

We understand that our real goal is a contented, efficient and useful life. Abstinence then will almost automatically follow.

We realize that many persons with addiction problems are above average in intellectual endowment, and that while indulging means failure, abstinence is likely to mean success.

We recognize that giving up habit-forming drugs is our own personal problem which PRIMARILY CONCERNS OURSELVES ALONE.

In giving up addiction they do not regard themselves as heroes or martyrs entitled to make unreasonable demands on their families and friends.

We appreciate the seriousness of our new of life and regard it as the most important thing in our lives.

We carefully follow a daily, self-imposed schedule which conscientiously carried through, aids in organizing a disciplined personality by developing new habits for old and bringing out a new rhythm of living.

OUR WAY OF LIFE
[Compiled by NARCOTICS ANONYMOUS with guidance and suggestions of the material contained in the A.A. pamphlet A WAY OF LIFE].

Addiction to alcohol, sedatives (phenobarbital, seconal, nembutal, luminal, chloral hydrate, amytal—the barbituric acid derivatives) and addiction to narcotics (morphine, codeine, heroin—any and all poppy derivatives) or the synthetics, such as demerol, methadon, etc., indicates that the victim has been unable or unwilling to adjust properly his personality in terms of the problems of living in a comfortable state of mind.

Before addiction, we were in a state of anxiety and pain we did not understand. The use of narcotics or sedatives SEEMED to remove these discomforts and give us some enjoyment of life.

After withdrawal of either, we have found the program of Narcotics Anonymous to be helpful to the eventual solution of the addict's basic problems.

Changes have been made in A.A.'s A WAY OF LIFE to suit the needs of narcotic addicts.

Narcotics Anonymous is an informal society of former addicts who aim to help fellow sufferers recover their health.

The purpose of this booklet is to show how many of us, who were once helpless addicts, have recovered from our malady. We have found a way of life which no longer compels us to use drugs. Narcotics Anonymous is the great reality which has expelled our obsession.

Banded together in groups, or sometimes alone, we aim to help fellow users recover health. Not being reformers, we offer our experience only to those who want it. There are no fees—N.A. is an avocation. Each member squares his debt of gratitude by helping other addicts to recover. In so doing he maintains his own freedom from the habit.

Narcotics Anonymous is patterned after Alcoholics Anonymous. We believe that alcoholism and addiction are basically the same and have found that the A.A. program can be applied to our problem. However, because there are differences in the two problems (alcoholism and addiction) we have had to modify the A.A. program to meet our own needs. Just as a member of the A.A. will tell you, "Only an ex-alcoholic can truly help the sick alcoholic" so we have learned that only an ex-addict can fully help the addict.

This approach to addiction is based upon our own experience, upon what we have learned from medicine and psychiatry, and upon spiritual dependency. It is a shattering sickness—physical, emotional and spiritual. How to expel the obsession that compels us to use narcotics against our will is the problem of every addict.

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The National Advisory Council on Narcotics, Inc., a group of civic minded citizens, sincerely interested in this problem, functions as the Board of Directors for Narcotics Anonymous. The function of the Board is to direct, guide, and coordinate Narcotic Anonymous groups.

Membership of N.A. Groups

Membership of our groups consists entirely of former addicts, whose self-administration of addicting drugs has brought us to disaster. We learn from experience that after withdrawal any further indulgence constitutes a totally undesirable and hopeless way of life.

We are completely sincere in our desire to stay free of addicting drugs for once and for all.

We recognize that the uses of narcotics or sedatives is a real problem for us; not merely a problem of dissipation, but a reaction to a dangerous and progressive illness.

We clearly understand that once we have been addicted, we can never again learn to control the use of drugs. We will forever remain sensitive to drugs and will never again be able to take them. We must learn to accept this fact if we are to conquer addiction.

We have come to believe that we have been trying to substitute our addiction phantasy for real achievements in life, and that our effort has been hopeless and absurd.

We have progressed so far that at all times and under all conditions drugs produce for us not happiness but unhappiness.

We agree with medical science that we are in the grip of a progressive illness. We have lost the power of choice in drugs. We have lost control. Our will power with regard to drugs is practically nonexistent. We have reached the state where the most powerful desire to stop using drugs is of absolutely no avail, alone.

We were, and in many cases still are people to whom stark reality and life as it actually is are unacceptable. To face life comfortably we require relief of our chronic emotional tension, and this relief was found in drugs. However, we have come to realize the futility, the danger and the destruction of this method. We understand that we must find another way properly to adjust ourselves to life if we are to survive.

We have learned to rid ourselves of fears, resentments, false prides, jealousies and emotional disturbances that have formerly been our enemies.

We have learned to be tolerant; we are beginning to live honestly and truthfully.

We believe that EASY DOES IT.

We believe in LIVE AND LET LIVE.

4

with the rest of the program. Any concept of this higher power is acceptable. The addict labeled as a skeptic or agnostic may choose to think of his inner self; others will have different conceptions. Whatever form is visualized, we must rely on it and, in our own way, pray to that power for strength.

The core of the technique by which NARCOTICS ANONYMOUS has worked, what often seems a miracle in the lives of men and women, is spiritual.

We repeat: It is not religious, but spiritual.

The membership embraces agnostic, Jew and Gentile, Protestant and Catholic; all creeds, all denominations, all faiths. We all make spiritual progress by translating this universal and central truth of our release from drugs into their own faith.

This belief is universal because it depends for its effectiveness— and depends absolutely—upon the recognition of a power higher than man; the Creator, the Creative Spirit over all.

After the acknowledgement of a belief in a Power higher than man, the next step is the making of a decision to relate ourselves personally to this Power.

We make a decision to turn our will and our lives over to the care of God as we understand Him. When this is sincerely done, and the further suggested steps carried out, we undergo a profound mental and emotional change common to religious experience.

Having had a spiritual experience as the result of these steps we try to carry this message to addicts, and to practice these principles in all our affairs.

We believe that faith without works is dead.

We believe that our permanent abstinence depends on our willingness to remain *spiritually alive*.

We believe that sincere prayer and meditation, mighty channels of spiritual vitality, lead us to the next great step, which is effective living.

We believe that spirituality itself is the reflection of Godliness into channels of human living.

None of us claims perfect adherence to these principles or guides to progress and we claim spiritual progress rather than spiritual perfection.

Following are the "Twelve Steps" we took, which are suggested as a program of recovery.

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We feel that we are living on borrowed time—24 hours a day, one day at a time; but that, by means of this program, we may continue happily to do so.

We know that we have returned from a region where, each year, thousands of people go through suffering, torment and death. Others in the prime of life, commit suicide, knowing of no other way out.

We are not reformers, for we laugh at legislating morals or cravings; we are not crusaders; we believe in Divine aid, yet we are not a religious group.

Ours is A NEW WAY OF LIFE; we have had a spiritual experience, yet we are by no means sanctimonious.

Many of us had tried the treatments of medicine and psychiatry but were not cured of the disease.

We have been prayed over by our ministers, priests, families, loved ones and friends, yet we continue to use drugs.

Many of us have been jailed innumerable times, but were soon out of hand again.

We had been warned by our employers, had been threatened, had been fired from job after job—yet did not part company with drugs.

Many had gone or had been sent to institution after institution, with the hope that at each new trial the cure would take place.

Many had been to so many institutions and had completed so many "cures" without any change for the better that we had finally been considered incurable and hopeless cases.

Yet

What we did not clearly understand was that we were in the grip of an underlying illness that expressed itself in distorted thinking and drug addiction.

That before we could recover we must experience a PERSONALITY CHANGE: One that would give us a new outlook on life, enable us to meet the demands of each day, and to adjust ourselves to each situation as it arises.

One in which we experience NO FEELING OF SELF PITY, NO RESENTMENT, NO REMORSE, NO FEAR.

To attain and to maintain this personality is the goal and also the experience of many members of NARCOTICS ANONYMOUS.

We are convinced that this marked personality change is possible only through a spiritual experience, usually brought about by the belief and faith in A HIGHER POWER.

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SPIRIT OF THE ARMY

(Continued from page 9)

me very deeply. I cannot tell you how much it has meant to me. Will you please extend my thanks to the other members of The Salvation Army? Very sincerely, John J. Pershing.

The other part of the record is a story told by Colonel Lee and recorded by his daughter, Mrs. Lt.-Colonel William J. Dart, which says:

"When General John J. Pershing was stationed at the Presidio, San Francisco, Cal., he frequently had to go to Fort Bliss on duty, leaving his family in the San Francisco quarters.

"On one such night, when the Presidio was shrouded in fog, a disastrous fire occurred, and it was only when the fog lifted in the morning that the shocking discovery was made that the fire had completely destroyed the General's home, and his family, wife and children, lost their lives.

"Colonel Lee, provincial officer on the West Coast, immediately sent to the General and on behalf of the Army offered an expression of deepest sympathy, and the assurance of the prayers of all Salvationists. (The above letter was General Pershing's personal reply.)

"Later, when The Salvation Army sought permission to serve as an organization in World War I, and Colonel William S. Barker approached General Pershing in France, the General spoke of his high regard for The Salvation Army, stating he had never forgotten the Army's expression of sympathy which had come to him in the time of deep grief and loss.

"The General then gave immediate clearance to the Army to serve the 'doughboys' and ordered that 'whatever the Army needed to carry on their work with the men of the armed forces should be given them.'

"So began the Army's work among American G.I.'s in France in World War I."

Desperate Prayer

He knelt in the large, empty church, not because he was particularly religious, but because he was at the end of his tether. As he knelt his mind wandered over the sequence of events which had led to his present desperate plight.

His marriage had got off to a bad start and he was not very popular with his in-laws. In order to start a business of his own he had borrowed money from four different banks. Now the business was breaking up, he was being pestered by his creditors and the banks were threatening legal action. Relationships at home had been getting worse and when at last it had become unendurable he had left and had travelled to London. Now in the church he prayed. "O God, if there is a God, help me."

Leaving the church he wandered along a few streets and saw, facing him, the headquarters of the Army's men's social service work. A phrase flashed into his mind, "The Army of the Helping Hand." He pushed open the door and entered.

The way back was not easy. First of all an officer had to see two bank managers, who were persuaded to wait for the money owed to them. For many weeks the burdened fellow held two jobs at the same time in order to earn more money; one was on night shift and the other was a part-time

READER,
Are You SAVED?

day task. Sleep was snatched in two brief periods every day. Each week money was sent to the Army headquarters, where officers gradually straightened out the financial muddle. Happiest recovery of all, the man returned to live with his wife.

The prayer, made in desperation and without a great deal of faith, has been fully answered. From *Saints in Soho*.

30TH CENTURY MIRACLES

(Continued from page 3)

... talk . . . talk. Major Hunter could have reminded him of Hamlet:

Thus conscience doth make cowards of us all;

And thus the native hue of resolution

Is sicklied o'er with the pale cast of thought,

And enterprises of great pith and moment

*With this regard their currents turn currey,
And lose the name of action.*

The major did not, for though poetry may be all very well in its way, it is hardly the thing for men with Barny's trouble. Instead of Hamlet Barny got the Bible: Matthew's "Come unto me all ye that labor and are heavy laden and I will give you rest."

It is all different now! Barny doesn't have to drink to drown his knowledge of his real self. He has an honest job; he stays "dry" and sometimes his sins, not very well but honestly and happily:

*What a Friend we have in Jesus,
All our sins and griefs to bear.*

COLONEL KEELER IN HEAVEN

(Continued from page 9)

he was admitted to the Long Service Order.

The first award of merit presented by the Christian Writers' Institute was given to Colonel Keeler in 1961 in recognition of his "devoted service in the ministry of Christian Journalism."

Less than 18 months ago Colonel and Mrs. Keeler visited Africa, spending several weeks inspecting Salvation Army facilities. Since then they have traveled extensively, presenting their findings in word and pictures in the interest of the Self-Denial missionary appeal.

Colonel Keeler is survived by the widow; one daughter, Mrs. June

WHY NOT BECOME
A SALVATIONIST?

• If you are an unattached Christian, why not become a soldier of The Salvation Army and do something for God and humanity? Apply to the nearest Salvation Army officer or write The Editor.

Adler; three sisters, Mrs. Brigadier Howard Chesham, Mrs. Brigadier Earl Lord and Mrs. Bert Graulich; and one brother, Henry D. Keeler.

A COLONEL'S CORNER

(Continued from page 2)

Carlyle used to say, "I never knew anything in all my life that gave me so much pleasure."

In the Tate Gallery, London, hangs one of Watt's most challenging pictures. It portrays a death chamber in which lies a sheeted figure on a low bier. Against the bier are piled articles symbolic of the interests and achievements of the dead man.

On the wall are written three short, crisp statements: "What I spent I had; what I saved I lost; what I gave I have." What can I list under each of these three categories to represent the investment of my life?

In spite of the help which a good story often gives to the collection, yet, George Elliot speaks the truth when saying: "Some people continue to give according to their means, others according to their meanness."

But the fact remains that while we make a living by what we get, we make a life by what we give.—W.G.H.

FRIDAY EVENING AT THE TEMPLE

(Continued from page 9)

Bernard Dittmer (song); Corps Officer Major Kenneth Lance of New Haven, Conn. (prayer); Divisional Secretary Major William Berry (song); and Divisional Youth Secretary Captain Charles Drummond (benediction). Major Norman Marshall, host divisional commander, made the announcements. Captain Mrs. Eva Allen officiated at the organ.

FROM CRISIS TO CRISIS

(Continued from page 5)

"Slipped," she always went back to shoplifting again. More than once, the brigadier had to say, "No, I don't want a TV, or a fur coat, or anything else."

She never gave up on Minnie, however, until the day a man across the hall from where Minnie lived smelled smoke. He knocked on her door and asked, "Is there something burning?" Minnie was "on the nod" (drowsy from heroin.) When she opened the door, she became enveloped in flames and later died at the hospital.

When asked if she kept a file of cured addicts, the brigadier said, "Oh, I wouldn't dare. Someone who has been 'clean' for years—that's different. But the ones like the addict who wrote to a friend: 'I can't believe it, and I know you can't, but I've been free of drugs 10 whole days! That seemed like the world to her, but I wouldn't dare to presume she was cured.'"

The important thing to Brigadier Berry is to be available when another crisis sends someone to her like a homing pigeon.

IN 1927 Dorothy Berry was commissioned to the staff of the New York School for Officers' Training. Following this, she was stationed in three corps and spent six years in the Field Department at territorial headquarters.

Since 1945 she has been the Eastern Territory's Director of the Correctional Services Bureau for Women. (Within the past few months the brigadier has been honorably retired and now works as consultant in the New York office.—Ed.). During the years she has acted as liaison between the addict in detention who wants hospitalization and the hospital. She has also cooperated with public and private agencies, working closely with the police, probation officers, parole boards, and others to help the narcotics addict.

Although a pioneer in this specialized field, the brigadier has shared her knowledge and experience with many through the years—at workshops, and in on-job training.

One of her greatest hopes is to have a Half Way house program for the rehabilitation of the addict.

Whatever her own future, she knows that Salvationists will continue to point addicts to Christ—their greatest help to a life of freedom from all sin, including the harmful use of narcotics.

"But always," she says, "we must go on helping them from crisis to crisis."

SPEAKING OF SPRING

(Continued from page 3)

goodness and truth and beauty wherever he finds it.

The hopeful thing about it all is that where there is that vigilance, that readiness to fight for the things that matter most, that willingness to use the means God has given us to attack the enemy wherever we may find him, even the desert will blossom like the rose and there will be gladness for mourning and beauty for ashes.

SIGNPOSTS ON LIFE'S WAY

(Continued from page 4)

"I have done with choosing my own way," he testified, "and trying to pick a path amid the jungle of reason." The Apostle Paul's ministry was the outcome of his unreserved acceptance of the revelation on the Damascus road. Along the winding ways of his earthly pilgrimage, he records such Divine revelation: "Night and day praying exceedingly that we might see your face. . . . Now God Himself and our Father, and our Lord Jesus Christ, direct our way unto you," he wrote to the Thessalonians (I Thessalonians 3:10, 11).

Whatever emergencies the future may conceal, life, when God-controlled, will be one of richest fellowship with an unfailing Guide and Friend. "He will be our Guide even unto death" (Psalm 48:14).

CANTICLE OF THE SUN

(Continued from page 7)

tribulation: blessed are they who peacefully share endure, for Thou, Oh Most High, will give them a crown.

Praised be my Lord for our sister, the death of the body, from which no man escapeth. . . . Blessed are those who die in Thy most holy will, for the second death shall have no power to do them harm.

Praise ye and bless the Lord, and give thanks to Him and serve Him with great humility.

A Reformer Insists On His Conscience Being Your Guide

9 March, 1965

Lt. Colonel Giles C. Barrett
Cleveland

RE: Narcotics Anonymous
Cleveland Group

My dear Colonel:

Enclosed you will find the material developed by the N.A. group which was sponsored by this Center. The group started late in 1963 and held weekly meetings for about one year. At the end of 1964 the year it was decided by the group to suspend their meetings as no new addicts were coming to the meetings.

Several of the members were able to improve their work and social conditions and the rest lost interest and stopped attending the meetings. We know that a number were returned to various institutions or jails and the rest dropped out of sight.

The Group was written up as part of a 3 part series on addiction written by Joan Hoch and appeared in the November Cleveland Press in 1963. The Press and the Plain Dealer both used information supplied by the group and invited the addicts to attend the weekly meetings.

I appeared twice with members of the group on the KKY Radio program Contact which was conducted by Harve "organ".

It may be that the group will resume holding meetings later in the spring of this year.

1965

Sincerely yours,

Edward V. Dimond
Captain

enc: As above



Bennett J. Cooper

File
Clare
N. A.

Bennett J. Cooper Appointed Commissioner of Corrections

"BENNETT J. COOPER, Ohio's new corrections commissioner, looks like a pro football tackle, talks like a psychologist and walks among inmates in the prison 'like a priest'."

That was the accolade given Bennett J. Cooper by a news service in late August when the former superintendent at Ohio State Reformatory in Mansfield was named commissioner of the Division of Correction by Martin A. Janis, Director, Department of Mental Hygiene and Correction.

Cooper, head of the Mansfield facility for four years, succeeds Maury C. Koblentz who retired July 13 after 16 years as Commissioner and 33

years as an employee of the State of Ohio.

Upon accepting the position, Cooper declared, "We in Corrections owe to the citizens of Ohio our efforts to return to society people who are able to function in that society. Underlying corrections is the assumption that people can change. People can and will change under proper circumstances. Therefore, it must be our charge to provide the circumstances and conditions to make that change possible."

That he is highly regarded in the correction field was the statement of Director Janis in making the appointment.



Bernard I. Barton

"During my eight years as Director of this Department, we have emphasized that persons appointed to any position must have the necessary knowledge and experience and, most important, an understanding of their fellow man.

"Society, today, needs individuals who believe in this basic philosophy and Ben Cooper is such a man. He has demonstrated a willingness for change, for innovation, and a capacity to work in cooperation with his employees. He is aware of his security responsibility but has not allowed it to override development of programs of a motivational nature.

"The foremost problem in the rehabilitation of inmates today is that we must develop a change in their attitude. This can only come from leadership that recognizes that basic to this success is a need to understand that human beings requiring help must be treated as equals."

The new commissioner holds a masters degree in psychology from Western Reserve University and has completed course work toward a doctorate degree. Following 10 years of supervisory and executive posts with the Cleveland Post Office, Cooper joined the Reformatory staff as director of psychological services in July, 1957, stepping up to the superintendency in 1966.

Appointment of Cooper brought these other favorable editorial comments from Ohio news media:

"Bennett J. Cooper clearly was the best choice—to assume the commissioner's job. Cooper has been tough enough to defuse potential riots by walking into a prison yard full of restless inmates and making it clear that rebellion is a waste of time"—DAYTON DAILY NEWS.

"The appointment of Bennett J. Cooper—opens the door to a new era in Ohio penology. Given money,