

Clean Acres Newsletter

July 98'

Volume 2, Issue 2

KEEP COMING BACK
Look!!! The third issue of
our new Area Newsletter.
Let's keep up the
good work...
Now here we go!!!



DEAR MYSTERY SPONSOR

Question:

I have a problem giving out N.A. hugs. Some men want to give me kisses or say sly remarks while hugging me. I've stated time and time again how I don't like this behavior and not to do it again to the offenders. This works. However, a newcomer will come along with hidden agendas and steal a hug. I'm tired of telling men to stop hugging me. It was told to me that this "hugging is the N.A. way". How can I handle this?

The Child of N.A.

Response:

Dear Child of N.A.,

Only you decide what behaviors are acceptable in your life and prepare to participate in the process and outcome/consequences of those decisions. You've made a decision not to hug men. Fine. Tradition five makes a positive point in your favor on page 163 in *It Works How and Why*. "Members can do many things to further our willingness to help by taking turns greeting people at the door..." You decided how to greet people. You will hug women and not men. Some alternative options for greeting men in N.A.: A smile with a hello & nod of the head, keep your hands down at your sides, folded together at waist level, cross your arms, or around your waist. (As a last resort put your hand up in the "Halt!" sign.) If you sense a

hug coming your way, assert yourself and state, in a kind and loving way, "Welcome, men with the men, women with the women." You can extend your hand and initiate a friendly handshake. There is no place in our N.A. literature, which states you must give everyone a hug.

Somewhere in N.A.'s history, someone coined the phrase "Hugs not drugs" and so it became an ongoing behavior in our N. A. fellowship worldwide. It represents our unconditional love. We will love you until you learn to love yourself. So remember to stand for something or you will fall for anything. You have a principle, discuss it with your sponsor and demonstrate it in your behavior. All will know by your outward sign, you have this principle and it commands respect.

Address your sponsor/sponsee questions with the permission slip in this newsletter, which you need to sign, with your name or "anonymous" to:
D.M.S.; P.O. Box 316; Downingtown, PA 19335

THE HUNGER

I feel a hunger from deep within.
I feel a hunger from deep within,
That isn't satisfied from with out.
I have tried to find the perfect combination.
A little of this, some of that.
And still I come up short.
Feeling empty and lonely,
Despair and humiliation,
Anger and frustration.
I GIVE UP!
And finally a door opens.
I see the Light of a new day.
The Light fills all the places of emptiness.
I am whole and complete.
I am at peace. All is well.

Pankaj S.

Keep coming back,
we love you

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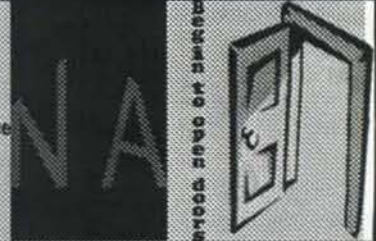
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Clean Acres Meeting List



Wisely take suggestions from others who experience similar trials & triumphs much like your own!



(C)Coatesville; (D)Downingtown; (E)Exton; (M)Malvern; (P)Phoenixville; (T)Toughkenamon; (W)West Chester

SUNDAY

(C) **SPIRITUAL AWAKENING**; 131 Harmony St.; Old District Court Bldg. back entrance; 10-11:30a.m.

(C) **W.A.I.T. Group**; 131 Harmony St.; Old District Court Bldg. back entrance 7:30-9p.m.; Bus. Meet. 2nd Wed. 9p.m.

(M) **GIVE IT AWAY**; 940 Malvern Institute; main bldg.; 8-9p.m.; Bus. Meet. 2nd Sun. 9p.m.

(W) **IT WORKS HOW & WHY**; St. Agnes Church; basement; Gay&New St.; 5-6:30p.m.; Bus. Meet. 2nd Sun. 6:30p.m.

MONDAY

(C) **HOW & WHY IT WORKS**; Atkinson Apts.; rear entrance Diamond Alley; 821 E. Chestnut St.; 12:30-1:30p.m.; Bus. Meet. 2nd Mon. 1:30p.m.

(C) **SURRENDER TO WIN**; Hutchinson Church; side entrance; 825 E. Chestnut St.; 7:30-9p.m.; Bus. Meet. 2nd Mon. 9p.m.

(M) **FREE AT LAST**; Shops at Great Valley; Malvern center; NR. Rte.29&Swedesford Rd. behind Wawa; 7-8p.m.; Bus. Meet. 2nd Mon. 8p.m.

(P) **I CAN'T WE CAN**; Help Counseling Building; 21 Gay St.; 7-8p.m.; Bus. Meet. 2nd Mon. 8p.m.

(W) **H.O.W. Group**; The Baptist Church; 221 S. High St.; 7-8p.m.; Bus. Meet. 2nd Mon. 8p.m.

(W) **LIFE OR DEATH Group**; Gaudenzia House; 1030 S. Concord Rd.; Nelson Center; 9-10p.m.

TUESDAY

(C) **HOPE ON THE HILL**; 131 Harmony St.; Old District Court Bldg.; back entrance; 8:15-9:30p.m.; Bus. Meet. 2nd Tues. 9:30p.m.

(D) **GOOD ORDERLY DIRECTION**; St. James Episcopal Church; 409 E. Lancaster Ave.; 8-9:30pm.; Bus. Meet. Tues. before area meeting 9:30p.m.

(E) **S.T.A.R. Group**; St. Paul's Episcopal Church; 901 E. Lincoln Hwy.; Bus. Rte. 30&202; 7:30-9pm; Bus. meeting 2nd Tues. 9p.m.

(T) **TUESDAY NIGHT ALTERNATIVES**; Bowling Green Institute; 495 Newark Rd.; Rte. 1; Toughkenamon exit, turn right 100 ft; 8-9:30p.m.

(W) **LIFE OR DEATH Group**; Gaudenzia House; 1030 S. Concord Rd.; Nelson Center; 8-9p.m.

WEDNESDAY

(C) **HOW & WHY IT WORKS**; Atkinson Apts.; rear entrance Diamond Alley; 821 E. Chestnut St.; 12:30-1:30p.m.; Bus. Meet. 2nd Mon. 1:30p.m.

(C) **W.A.I.T. Group**; 131 Harmony St.; Old District Court Bldg. back entrance 7:30-9p.m.; Bus. Meet. 2nd Wed. 9p.m.

(E) **JUST FOR TODAY**; St. Paul's Episcopal Church; 901 E. Lincoln Hwy; Bus. Rte. 30&202; 5:30-7p.m.; Bus. Meet. Wed. bef. area meeting;7p.m.

(W) **FIND&FEEL THE FREEDOM**; Care Center Bldg.; enter on Barnard St; Corner of Matlack; 7-8:30p.m.; Bus. Meet. 2nd Sat. 8:30p.m.

THURSDAY

(C) **NEW LIFE Group**; 131 Harmony St.; Old District Court Bldg.; back entrance 8:15-9:30p.m.; Bus. Meet. 2nd Thurs. 9p.m.

(M) **FREE AT LAST**; Shops at Great Valley; Malvern center; NR. Rte.29&Swedesford Rd. behind Wawa; 7-8p.m.; Bus. Meet. 2nd Mon. 8p.m.

(W) **EASY DOES IT Group**; St. Agnes Church; basement; Gay&New St.; 8-9:15p.m.; Bus. Meet. 2nd Thurs. 9p.m.

FRIDAY

(C) **RECOVERY IS A PROCESS**; VAMC; Bldg. 6A; 7:30-9p.m.

(D) **FOOTWORK Group**; Messiah Lutheran Church; 46 W. Lancaster Ave.; 8-9:30p.m.; Bus. Meet. 2nd Fri. 9:30p.m.

(W) **ANONYMOUS Group**; 307 Clubhouse; 7 N. Five Points Rd. & West Chester Pike; 11p.m.-12:30a.m.; **SMOKING** meeting; Bus. Meet. 2nd Fri. 10p.m.

SATURDAY

(C) **RECOVERY ON THE HILL**; 400 Oak St.; senior bldg. down stairs; 10-11:30a.m.; Bus. Meet. 3rd Sat. 11:30a.m.

(C) **COME GROW WITH US**; 131 Harmony St.; Old District Court Bldg.; back entrance 7:30-9p.m.; Bus. Meet. the Sat. before area meeting.

(M) **WAKE UP&SMELL THE RECOVERY**; Shops at Great Valley; Malvern Center; NR. Rte. 29 & Swedesford Rd. behind Wawa; 10:30-11:30am.

(W) **FIND&FEEL THE FREEDOM**; Care Center Bldg.; enter on Barnard St; Corner of Matlack; 7-8:30p.m.; Bus. Meet. 2nd Sat. 8:30p.m.

"poem page"



EDITORS NOTE

Welcome to our current issue of the newsletter. I would like to personally thank all who participated in the success. Please come and join us. We love you and we could not do this without you. To find out how you can help call numbers on p.6(KEY PERSONNEL).

I would like to apologize to the Area for losing Tradition3. Because of my own negligence the committee decided not to put

Gratitude Prayer

Even though I clutch my blanket and growl when the alarm rings
Each morning, Thank you Lord that I can hear.
There are those who are deaf.

Even though I keep my eyes tightly closed against the morning,
Light for as long as possible, Thank You Lord, that I can see.
There are those who are blind.

Even though I huddle in my bed and put off rising,
Thank You Lord, that I have the strength to rise.
These are many who are bedridden.

Even though the first hour of my day is hectic, when socks are lost,
Toast is burned and tempers are short,
Thank You Lord, for my family.
There are many who are lonely.

Even though our breakfast table never looks like the pictures in
The magazines and the menu is at times unbalanced.
Thank You, for the food we have.
There are many who are hungry

Even though the routine of my job is often monotonous,
Thank You Lord, for the opportunity to work.
There are many who have no job.

Even though I grumble and bemoan my fate from day to day,
And wish my circumstance were not so modest,
Thank You Lord, for the gift of life.

God's Light

I am the light that God shines through,
For He and I are one, not two.
I need not fear, nor fret, not plan,
He wants me where, and as I am.
And if I'll be relaxed and free,
He'll carry out his plan through me.

Written by Whitey H.
Submitted by Mike S.



Clean Acres Newsletter

WINNERS vs. LOSERS

THE WINNER IS ALWAYS PART OF THE ANSWER.

THE LOSER IS ALWAYS PART OF THE PROBLEM.

THE WINNER ALWAYS SAYS "LET ME DO IT FOR YOU."

THE LOSER SAYS "THAT'S NOT MY JOB."

THE WINNER SEES AN ANSWER FOR EVERY PROBLEM.

THE LOSER SEES A PROBLEM

FOR EVERY ANSWER.

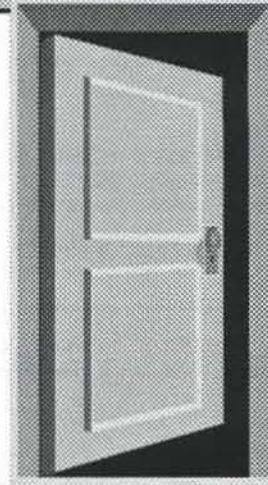
THE WINNER SAYS IT MAY BE DIFFICULT, BUT ITS POSSIBLE.

THE LOSER SAYS "IT MAY BE POSSIBLE, BUT ITS DIFFICULT."

BE A WINNER;
KEEP COMING BACK;

JUST FOR TODAY
YOU NEVER HAVE TO USE AGAIN!

FROM WEST/SOUTHWEST NEWSLETTER;
V3,NO.6(FEB, MARCH, APRIL 98.



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Clean Acres Newsletter

The Role of Public Information Subcommittee

The purpose of Public Information work in Narcotics Anonymous is to inform the public that N.A. exists and offers recovery from the disease of addiction. A Public Information subcommittee helps to ensure that information about our fellowship is accurate and is available to the public.

Our community relations contribute to the fellowship's growth and survival. N.A. cannot help addicts if they never hear of us, or if our reputation is such that addicts are advised to steer clear of us. The vast majority of still-suffering addicts hear of N.A. through such things as media reports and announcements, professional referral, or through direction given by their community at large. To fulfill our primary purpose, we will need to seek good, cooperative relations with the community around us.

Toward that end, a P.I. subcommittee has a variety of possible activities. Some of these include updating meeting schedules, responding to requests for information from the community, assisting the Hospitals and Institutions subcommittee, hanging informational posters, arranging public service announcements, and making presentations to groups in the community. The fellowship has a great deal of experience with these tasks, and performing them in harmony with the 12 Traditions. "A Guide to Public Information" is the World Service Conference approved handbook for conducting these activities. It illustrates many do's and don'ts based on previous subcommittee's hard won experience.

If you would like to participate in this form of service, Clean Acre's P.I. subcommittee meets from 6:00 to 7:00 p.m. on the third Sunday of each month at Messiah Lutheran Church in Downingtown. All are welcome!

Bob B.

*The contents of this article are extracted from "The Basic Public Information Guide" and "Public Information and the Traditions-World Service Board of Trustees Bulletin #25", both of which may be found at the WSO's website(www.wsoinc.com)



cut out this form and send with your submissions.

Steps are keys to move
onward and upward

CLEAN ACRES NEWSLETTER PERMISSION SLIP

By signing this slip I am giving the **Clean Acres Newsletter Subcommittee** permission to print the enclosed original material. I understand that the Newsletter Committee may edit this material at their own discretion. Please limit all material to **300 words or less** to be considered for publishing. This is for the consideration of others who may want to participate. *Thank you!*

NAME OF SUBMITTED WORK AND/OR ANNIVERSARY DATE: _____

SIGNATURE: _____

DATE: _____ *CONTACT NUMBER: _____ (*OPTIONAL)

Send Articles to: Clean Acres Newsletter Subcommittee; P.O. Box 316; Downingtown, PA 19335

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Clean Acres Newsletter

PUZZLE OF THE SUMMER

1. Which month has the fewest days? _____
2. Which month makes us think of shamrocks and leprechauns?

3. Which three months begin with the same letter?

4. During which month does spring begin? _____
5. Which month has the fewest letters in its name? _____
6. Which month has the most letters? _____
7. In which month is Mother's Day and Memorial Day celebrated?

8. In which month is Father's Day and Flag Day celebrated?

9. In which month always celebrates a holiday on a Thursday? What Holiday?

10. Which month comes after Independence Day and before Labor Day?

ANSWERS ON P.6

PUZZLED POET

FIT THE WORDS AT THE BOTTOM
INTO THE BLANKS AT THE
END OF EACH LINE TO
MAKE THE POEM RHYME.

ANSWERS ON P.6

As I looked upward toward the _ _ _ _
I wondered with a longing _ _ _ _ ,
How things might look from way up _ _ _ _ .
How would it feel if I could _ _ _ _ ?

Do you think birds wonder, _ _ _ _ ,
As they're soaring in the _ _ _ _ _
How it would be if they could _ _ _ _
People things like me and _ _ _ _ ?

fly too sky high
do you sigh blue

This is a key to the message below:

A=O	J=Q	S=P
B=F	K=C	T=H
C=K	L=R	U=I
D=M	M=D	V=X
E=Y	N=G	W=Z
F=B	O=A	X=V
G=N	P=S	Y=E
H=T	Q=J	Z=W
I=U	R=L	

Message:

Nyh O Psagpal ogm
ipy htyd, sryopy.

-----!

ANSWERS p.6



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ANNOUNCEMENTS: 27th WORLD CONVENTION OF NARCOTICS ANONYMOUS:

Date: September 3-6, 1998; **LOCATION:** San Jose, California:

* *Hey! Are you looking for other recovering addicts to go to the 27th World Convention of NA?* **Suggestion:** Ask around when you attend a meeting before, during breaks or after. Once the word is out, options may become available! **Just one more reason to come early and stay late.**

* **Convention: S.P.A.C.N.A. (South Phila Area Convention) DARE TO DREAM 3;**
Date: August 21-22, 1998; Location: Holiday Inn 10th&Packer; Rooms: \$89.00 per night;
Reservations: 1 (800) 424 - 0291 or 1 (215) 755 - 9500; Deadline: 7/31/98

JOB ANNOUNCEMENT (volunteer) Join the Newsletter Subcommittee in ASSEMBLY every quarter; **Details call editor.**



Khalif	April 25	12yrs
Danny R.	November 8, 1989	
Clarence S.	August 16	
John B.	July 27, 1992	
Pleasant	August 27, 1992	
Thurmond L.	July	6yrs
D. Hairston	July 4	8yrs
T. Paraway	January 18	
Scottie F.	March 11	Just for Toay
Joe J.	June 16	3yrs
David R.	July 1	2yrs
Terry R.	August 10	1 YR
Adam M.	December 31, 1996	
Keith M.	March 11, 1994	4yrs
Frederick D.	September 3, 1996	1 1/2yrs
John M.	April 17, 1989	
Art P.	June 27, 1988	10yrs
Michele P.	September 29, 1986	11 1/2yrs
Cherylyne K.T.	August 19, 1994	3 1/2yrs
Starr H.	June 2, 1995	3 yrs



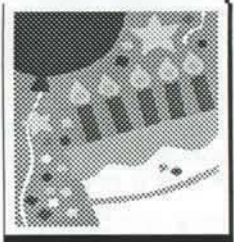
ANSWERS TO: PUZZLE OF THE SUMMER

- 1 February
- 2 March
- 3 January
- 4 March
- 5 May
- 6 September
- 7 May
- 8 June
- 9 November
(Thanksgiving)
- 10 August

one day at a time
Clean Acres Newsletter

KEY PERSONAL
 editor/chair
 Cherlyne K.-T.
 415-9221
 typist/secretary
 Terri R.
 873-9231
 distribution mgr.
 &
 treasurer
 Art P.
 869-2111

(cont. fr. p1)
 Step or Tradition 3 in this issue. someone please volunteer to write on Tradition 3. Thanks and good reading.



Solutions to: PUZZLED POET:
 sky; sigh; high; fly; too; blue; do; you

Solution to: Message:
 Get a Sponsor and use them, please!

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