

Clean Acres Newsletter

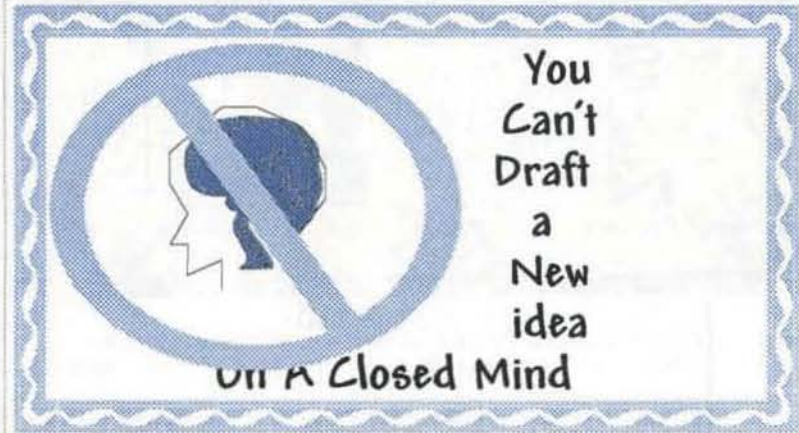
**One Day At A Time
Look!!! The fourth issue
of our Area Newsletter.
We just keep coming back!
Please join our TEAM!!!
Well here we go again!!!**

Fall

January 99'

Volume 3, Issue 1

DEAR MYSTERY SPONSOR



* Social acceptability does not equal recovery, yet I hear sponsees sharing about money, property and prestige. I need suggestions on redirecting sponsees to focus on their humility, Higher Power centeredness and spirituality.

A Recovering Sponsor

Dear Recovering Sponsor,

Sharing your experience, strength and hope as you guide, your sponsees through the Twenty-Four Spiritual Principles of Recovery can easily tap into your energy. All sponsors can find firm reinforcement by making reference to our literature, IT WORKS HOW AND WHY. The following information is directly from the Fifth Tradition.

NA's message is hope and freedom from active addiction. If we were to expose other ideas or pursue other goals, our focus would be blurred and our energies diminished. Therefore we must practice integrity.

Regardless of anyone's clean time, it helps to be reminded that if we won't use any drugs, we won't get loaded. Even though life may be painful, we CAN stay clean.

There are many distracting influences that can divert us from our primary purpose. Each time our focus is diverted, the addict seeking recovery loses out. Money, property and prestige distract attentions from the message of recovery. Money, literature and meeting spaces are tools we can use to help us carry the message; however, they should serve us, not rule us.

Remember the principles to apply that help us observe the Fifth Tradition include integrity, responsibility, unity and anonymity. An addict who forgets to stand for something will fall for anything! Get your sponsees to write on these principles so they can set about transforming them into their recovery. **Good Luck!**

Address your sponsor/sponsee questions with the Clean Acres Newsletter Permission Slip in this newsletter, which you need to sign, with your name or "anonymous" to:

D.M.S.; P.O. Box 1068; Exton, PA 19341

Keep coming back
One Day at a Time

OPENMINDEDNESS

Receptive to arguments or ideas. I hope that today I can stay teachable and open minded. Its like as soon as I get closed-minded to ideas and suggestions, I'm saying that I don't want to grow anymore. To shut myself off from others' experiences is to consciously stagnate myself.

Growth doesn't happen in a vacuum and when shit hits the fan I don't have the answers. I must look to others for ideas and suggestions. That, of course, doesn't mean that I ought to blindly accept anyone else's thoughts without weighing the pro's and cons, conferring with people I trust and PRAYING.

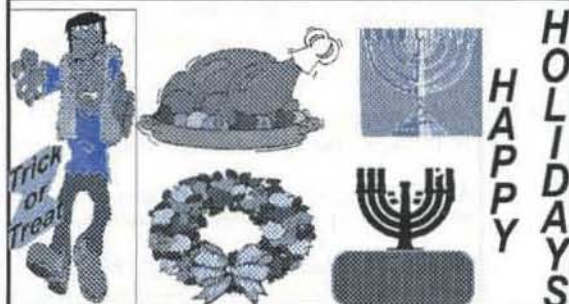
If I had all the answers, though, I don't know why I'd be alive, I'd be done already. I hate to think, too, that a closed-mind would prevent me from listening to the voices of reason and thus let me find more self-inflicted pain. It has happened before. I was just too stubborn to listen. Today I am much more eager to grow than to be right,

Who cares who's right anyway?

Jill H.

TABLE OF CONTENTS

<input type="checkbox"/> page	1
Thought of the Month	
Openmindedness	
Dear Mystery Sponsor	
...One Day at a Time	
HOLIDAY...	
<input type="checkbox"/> page	2
Clean Acres Meeting List	
<input type="checkbox"/> page	3
Step 3	
Tradition 3	
Editor's note	
<input type="checkbox"/> page	4
Poems	
Permission Slip	
Step arrows	
<input type="checkbox"/> page	5
Games/Puzzles	
<input type="checkbox"/> page	6
Answers to puzzles	
Announcements	
Anniversaries	
KEY PERSONNEL	



Disclaimer: The opinions expressed in the Clean Acres Newsletter. Are written by individuals and are their opinions or experience only. They are in no way a reflection of any member of the Newsletter

Clean Acres Meeting List



LOOK LISTEN



LISTEN

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

NA

There is no other book



(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 7:30-9:p.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; 12:00-1:30p.m.; Bus. Meet. 2nd Mon. 1:30p.m.

(C)POSITIVE CHANGE; Community Center, 9th Ave & Chestnut St., 8-9a.m.

(C)SURRENDER TO WIN; Hutchinson Church; side entrance; 825 E. Chestnut St.; 7:30-9:p.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; Episcopal Church; High St. next to 7-11 convenience store; 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)ALTERNATIVE LIFESTYLES; Community Center, 9th Ave & Chestnut St; 7-9p.m.

(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; 8-9p.m.

WEDNESDAY

(C)HOW & WHY IT WORKS; Atkinson Apts.; rear entrance Diamond Alley; 821 E. Chestnut St; 12:00-1:30p.m.; Bus. Meet. 2nd Mon. 1:30p.m.

(C)W.A.I.T. Group; 131 Harmony St; Old District Court Bldg. back entrance 7:30-9:p.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)HOW & WHY IT WORKS; Atkinson Apts.; rear entrance Diamond Alley; 821 E. Chestnut St; 12:00-1:30p.m.; Bus. Meet. 2nd Mon. 1:30p.m.

(C)POSITIVE CHANGE; 2nd Baptist, 9th & Merchant St., 8-9:30p.m.

(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; 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 7:30-9:p.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.

STEP THREE

EDITOR'S NOTE

"We made a decision to turn our will and our lives over to the care of GOD as we understood Him."

• Welcome to our current issue of the newsletter. I would like to personally thank all who participated in this success. Please come and join our team. We could not have come this far without all of you. You can help. Find out how? Call any of the Key Personnel on p6. *Next article due date is February 28, 1999 with signed permission slip. **Participate!!!** PLEASE! please, send submissions.*

Thanks!

- Essential to working the Third Step is our willingness to ALLOW the God of our understanding to work in our lives. We develop this willingness over time. The decision we make in Step Three requires that we move away from our self will. Addiction, self-centeredness at its worst, had us constantly trying to control our lives. This step asks us to relinquish that control. Even though we don't know how our lives will change as we work this step, we can learn to trust that our Higher Power will care for us. This decision is easy to make but much harder to live by.
- Once made, this decision it becomes a daily exercise. Although we do not become perfect, we do make profound changes. These changes are manifested in the way we live and how we now view the world. Taking time to think and PRAY, a solution to the problems created by addiction, resentment and control will be revealed to us. These solutions will be God-centered. Here is how we put this decision into practice. We continue our efforts to develop a personal relationship with a God of our understanding and give up our efforts at controlling everything around us. Working the remainder of the steps, going to as many meetings as possible, listening to the experience, strength and hope of other NA members, and working with our Sponsors are double strategies.
- Step Three does not free us from having to take action, but it does liberate us from excessive worry about the results. Our Higher Power will take care of our spiritual needs. We need to participate in our own lives; we can not simply sit back and expect God to do everything. We are responsible for our recovery.

THE ONLY REQUIREMENT FOR MEMBERSHIP IS THE DESIRE TO STOP USING.

- When new members come to an NA meeting, our sole interest is in their desire for freedom from active addiction and how we can help. Since the ONLY requirement for membership is a DESIRE to stop using, we as members have NO REASON TO JUDGE EACH OTHER. Desire, being an unmeasurable commodity, lives in the heart of each individual member. We can't judge the sole requirement for membership, we are encouraged to open wide the doors of our meetings to ANY addict who wishes to join. The Third Tradition helps NA grow by encouraging us to welcome others.
- This tradition is written simply and we know that when it talks about "a desire to stop using," it means DRUGS. NA is a program of recovery for drug addicts. Although addiction takes on a broader meaning for many of us as we continue in recovery, it's important to remember that we first came to NA because of our drug problems.
- Tradition Three asks us to set aside our self-righteousness. Since the only requirement for membership is a quality we cannot measure, the right to judge another's desire is denied us. The common denominator in NA is the disease of addiction. We are equally subject to it's devastation. We share an equal right recovery.
- The principles that support this tradition include tolerance, compassion, anonymity and humility to name a few. As we work through the 24 Spiritual Principles with our sponsor, we discover new strategies and behaviors to manifest the possession of this tradition in our lives. We then demonstrate outward signs to our fellow members and society as a whole

TRADITION THREE

Clean Acres Newsletter

one Day At A Time

Disclaimer: The opinions expressed in the Clean Acres Newsletter. Are written by individuals and are their opinions or experience only. They are in no way a reflection of any member of the Newsletter

Clean Acres Newsletter

POEMS

POSITIVELY NEGATIVE

We used for Joy & became Miserable
We used for Sociability & became Argumentative
We used for Sophistication & became Obnoxious
We used for Friendship & became Enemies
We used to help us sleep & awakened exhausted
We used to gain Strength & it made us Weaker
We used for Exhilaration & ended up Depressed
We used for "Medical Reasons"
& acquired health problems
We used to help us calm down
& ended up with the shakes
We used to get more Confidence & became Afraid
We used to make conversation flow more easily
& the words came out slurred and incoherent
We used to diminish our problems & saw them multiply
We used to make us feel HEAVENLY
& ended up feeling like HELL

Anonymous

The Step Three Prayer

"God, I am now willing to put my life into
Your care.

Align my will with yours and help me to recog-
nize and carry out Your will.

Open my heart so I may be a free and open chan-
nel for Your Love.

Take away my fears and doubts, that I may better
demonstrate Your presence in my life.

May Your will, not mine, be done."

NA WSO Literature Committee, 1987. p.43



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: _____

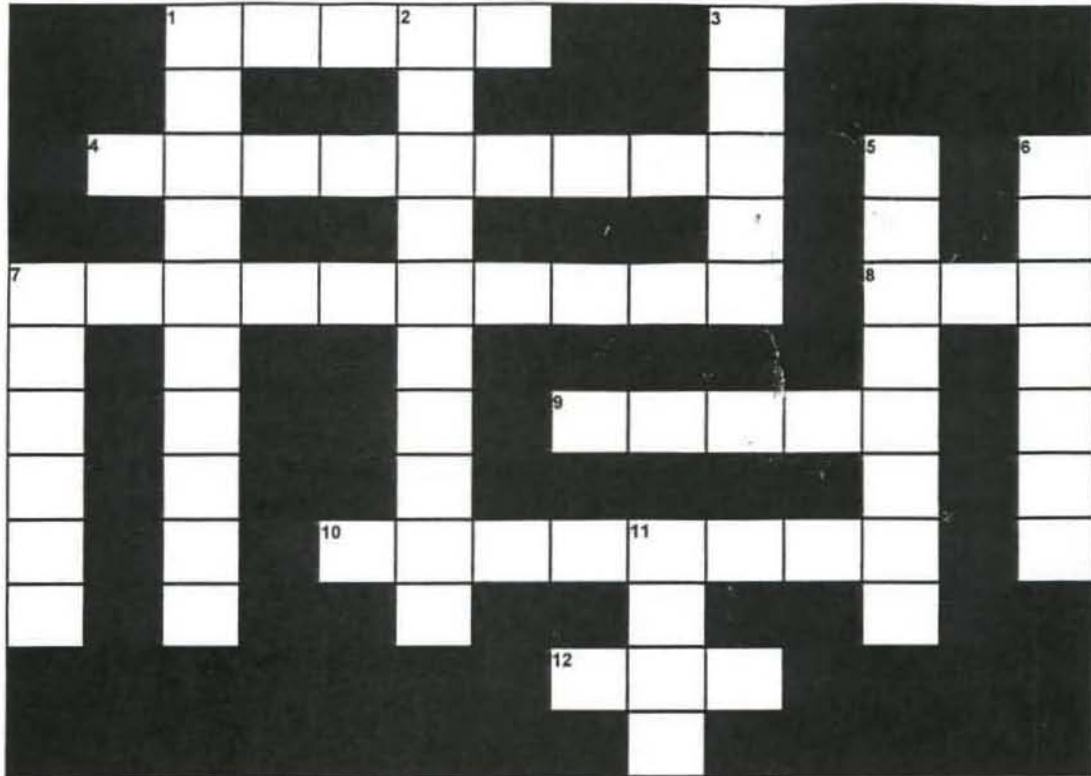
(Articles due for next issue February 28, 1999)

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

Send Articles to: Clean Acres Newsletter Subcommittee; P.O. Box 1068; Exton, PA 19341

Disclaimer: The opinions expressed in the Clean Acres Newsletter. Are written by individuals and are their opinions or experience only. They are in no way a reflection of any member of the Newsletter

Life On Life's Terms



Across

1. just for ...
4. Anonymous
7. tewnty-four spiritua
8. ...day at a time
8. ...is too many
9. most powerful vehicl
10. be part of the ...
12. meeting reception

Down

1. keep the fellowship
2. ultimate authority
3. The...have got to go
5. a...is never enough
6. ...makers make it
7. ...places and things
11. be...to yourself

ANNOUNCEMENTS:

Newsletter Subcommittee has openings. Please feel free to come and apply for a position. There is no clean time requirement for these positions. If interested please come on Sunday, November 15th at 5:30p.m. at Messiah Lutheran Church; 46 W. Lancaster Ave.; Downingtown, PA.

MEETING CHANGES: (Phila) Sunday 2-4pm JUST FOR TODAY GROUP now meets at 2827 Diamond St.

**** Monday, (West Chester) 7-8pm The H.O.W. Group has moved to The Episcopal Church next to 7-11 on High St across from old meeting place.**

Conventions: *February 12-14, 1999; MARLCNA XV; Pre-reg \$15.00; \$22.00 after 1/14/99 (includes Sat. night dance); Total Package \$47.00, \$54.00 aft. 1/14/99; Lancaster Host Resort \$72.00 per night, Reservations @ (717)299-5500 or fax (717)295-5112 & mention MARLCNA XV for special flat rate; *Speakers for workshops (2yrs clean), main (5yrs) & submit tape by 10/30/98 to MARLCNA XV, ATTN. Program, P.O. Box 4655; Reading, PA 19606.

*****ALL CLEAN ACRES SERVICE POSITIONS NEED TO BE FILLED FOR OUR AREA TO RUN SMOOTHLY.** Nominations for all co-chairs will be open for start date of 1/99. Please come to Area Service Meeting 3rd Sunday with your qualifications in writing & just one NA member to nominate you. To find out qualifications ask a GSR or an experienced member. We need participation in order to obtain the **Unity** in our Area that the (36) Spiritual Principals of Narcotics Anonymous litera-

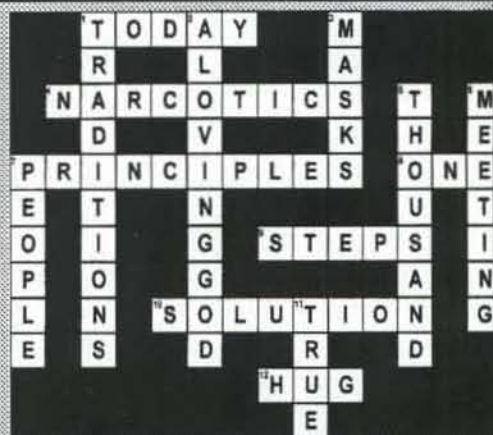
GPRCNA; Convention Center; Philadelphia, PA is finally being held. More information available from the Convention Committee representative; May 7-9, 1999.

Coatesville: There has been a rumor that there will be a Valentine's Day dance held at the Community Center.

KEY PERSONAL



LIFE ON LIFE'S TERMS (answers)



Clean Acres Newsletter

AA
AAA
PAY
ATTENTION
TO THE
NA
ANNOUNCER



editor/chair:
Cherlynn K.-T.
415-9221
typist/secretary:
Terri R.
873-9231
distribution mgr/treasurer:
Art P.
869-2111

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	6 yrs
Joe J.	June 16	3 yrs
David R.	July 1	2 yrs
Terry R.	August 10	2 yrs
Adam M.	December 31, 1996	
Keith M.	March 11, 1994	4 yrs
Frederick D.	September 3, 1996	2 yrs
John M.	April 17, 1989	9 yrs
Art P.	June 27, 1988	10yrs
Michele P.	September 29, 1986	12yrs
Cherlynn K.-T.	August 19, 1994	4 yrs
Starr H.	June 2, 1995	3 yrs
Donna Kay B.	August 16	8 yrs
Karen B.-R.	September 25, 1988	10 yrs



**WELCOME
1999**

Disclaimer: The opinions expressed in the Clean Acres Newsletter. Are written by individuals and are their opinions or experience only. They are in no way a reflection of any member of the Newsletter