

# THE INNER-CITY AREA NEWSLETTER



AUGUST 1993

ISSUE NO 5

## "WE CONTINUED TO TAKE PERSONAL INVENTORY"

The Inner City Area's Newsletter is a function of a subcommittee of the Inner City Area. The primary purpose of the newsletter is to provide a written message of recovery to addicts seeking recovery, to promote unity and to provide our members with news.

The opinions expressed herein are from the individual members of Narcotics Anonymous, and do not necessarily represent those of Narcotics Anonymous as a whole.

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WELCOME READERS...  
AND  
KEEP COMING BACK!!!

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# People

PLACES AND THINGS





STEP 10

"We continued to take personal inventory and when we were wrong, promptly admitted it."

This step continues to clear up the wreckage of my present so that I may live in the here and now without shame, guilt, or remorse. The 10th step is a daily maintenance step and I often have to use the corrective part of this step because I'm not perfect. There were times when I used to wait until the end of the day to write about all that happened, not justifying or rationalizing any behavior, just putting it down as it unfolded. (Be it good, bad, or indifferent.) Today, I do not wait until the end of the day to do a 10th step. As often as I need to write about what is going on with me, that's how often I do it. Many days go by with me having to use the corrective part of this step - "and when we were wrong, promptly admitted it."

Before coming to the fellowship of Narcotic Anonymous, I could harem someone either physically, mentally, or verbally and not worry about correcting or making amends to that person. Today, through having 9 other steps in my life, it is rather uncomfortable for me and to me, to hurt or do someone wrong and not promptly admit it.

Although promptly means right away, it still takes time for me to admit and accept when I'm wrong. It just doesn't take as much time as it used to. For example, there are days when I go to work and may get into an argument or disagreement with a coworker. This step tells me that if it was my fault and things got out of hand with me, I'm supposed to let the other person know that I was wrong for blowing up at him, snapping out, or whatever action I took.

"I apologize." The reason being that my conscience won't allow me to do anything else except apologize. Feelings for me usually are anger, resentments, and/or fear. Experiences have show me that those feelings will control me if I don't quickly, or when I become aware of a mistake that I have made, correct it. That is how the

10th step works in my life.

Love and Respect,  
Vashti P.

TRADITION 10

"Narcotics Anonymous has no opinion on outside issues; hence the N.A. name ought never be drawn into public controversy."

Can you imagine, if the whole N.A. family put their support behind a certain politician, political group, or cause. How many candidates would covet having such a large group support them (most of them!). It could affect the fellowship in many ways, mostly negative (bad publicity, retaliation, etc.). But, that's not to say that a positive outcome would be good either. We don't want to fall into the trap of thinking that we're controlling somebody or something, nobody owes us anything. The possibility of public controversy could jeopardize the overall standing of the fellowship as a whole, either good or bad. It's just one of the reasons "We have no opinion on outside issues." As the tradition states: "N.A. is a worldwide Fellowship, we are known and respected everywhere." This tradition specifically helps protect our reputation. A reputation that is founded in our 6th and 7th traditions of total independence, self-support and non-affiliation. I have gotten caught up in disagreement between people and was pressured on whose on whose "side" I was on. So much so that I wished I hadn't even gotten involved.

"In order to achieve our spiritual aim, Narcotics anonymous must be known and respected." When I first got into the fellowship, wondered how I could have gone on so long and not known anything about N.A. I compare it to "being a horse with blinders on." Now I see key chain everywhere, there are groups all over and I hear people talking the talk all the time. Our text stats "one of the most important things we

*(cont'd on next page!)*



can do to further our primary purpose is to let people know who, what and where we are." Whether it's through P.S.A.'s, bulletins, or just word of mouth, it's necessary that we continue to keep ourselves available to the addict who still suffers. We only keep what we have by giving it away.

Gordon H.

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## RECOVERY

### WHERE IS YOUR CHARACTER?

When we first came around, we had many thoughts of what was to come of our lives. We thought of a life without drugs and how we were going to make it through.

We stayed here for a while and started to see some of the benefits staying clean brought. Somewhere along the way we started to follow suggestions, we got a home group, found a sponsor, and started taking the steps. Complaisance with just taking steps and making meetings, we started looking for jobs, buying cars and going into service.

Only if we are honest about service in Narcotics Anonymous do we get anything out of it. Somewhere along the way we have people who come in and don't want to



do this. They look for the easy way to do everything and they forget they were at some point a newcomer as well. Buying the home groups literature, making area meetings and subcommittee meetings is no longer important and making excuses it easier than facing your responsibilities. Excuses rain from their mouth like water from the sky. They can't stay for the entire area or subcommittee meeting, wanting to pick up their home group's

literature and leave. Voting on motions or hearing motions come back to the home group is not to these people. This takes up too much time.

How soon we forget that someone was here for us when we first stumbled into the rooms. They brought literature, which helped us regain our sanity. Since 1953, when Narcotics Anonymous started, there has been someone to greet the newcomers with hugs and a warm smile. They had a desire to stop using, everything, not just the drugs. They begin to find themselves by helping someone else.

Is this our definition of character? No matter who's inventory you take, are you doing anything to help someone else find themselves. Doing whatever it takes to keep someone around and in the rooms of N.A.? Listening a minute longer or walking with someone who feels the need to have some kind of support? Or maybe you're one of the N.A. soldiers who forgot about other people's feelings?

We need more people aware of their character. Ready to expose themselves to be helped or help someone else. Opening ourselves to allow someone in and the garbage out. To make that extra minute for someone else. We have to have character for someone to assassinate it. We have to be a part of or use. If we are not part of the solution, we are part of the problem.

Walter D.

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#### NEWSLETTER PERMISSION SLIP

I give the Inner City Area Newsletter permission to print the enclosed original material. I understand that the Newsletter may edit at the discretion of the Committee.



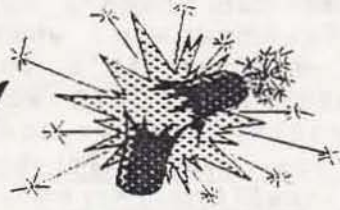
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*Clean Time Count Down*

5 4 3 2 1



Ellen P.	7-04	3 yrs	Kenneth J.	7-24	9 yrs
Yvette A.	7-10	3 yrs	Tanya	8-24	1 yr
Pat N.	7-13	3 yrs	Mikki	8-24	1 yr
Thersa L.	7-13	1 yr	Toni W.	8-25	1 yr
Jackie T.	7-22	3 yrs	Bill	8-29	9 mos
Carrie H.	7-23	2 yrs			

**PLUG INTO THE FELLOWSHIP**



SPOTLIGHT ON CLEANSHEET

We select, review, and write input for the inner city area newsletter. Our primary purpose is to carry the message in a written format. We accept input of original material from any addict wishing to share their experience, strength and hope with the fellowship. We promote unity by informing our readers of upcoming events in the fellowship.

Any addict wishing to get in service with our committee is more than welcome to submit their original material to the address on the back of this newsletter. We meet every 2nd Saturday where the Inner City Area meets. We welcome any member wishing to join our subcommittee.



**38th & Chestnut**

Celebrates their 13th Anniversary, Friday, August 13th, 1993  
Doors open 6:00 pm; Meeting starts 7:00 pm

EVENTS (cont'd)

Greater Camden Area Of N.A.

Celebrates their 1st Birthday, Saturday, August 14th, 1993  
From 9:00 am to 8 pm; 600 North 6th and Elm Streets  
D.J. and dancing, tennis, basketball, volleyball, water splashing

Pure and Simple Area

Presents their 3rd Annual Picnic, Saturday, August 14th, 1993  
Donation: \$4.00 For infor contact: Jene S. 822-9546  
Mike B. 579-7714  
Beth S. 538-1809  
Sue B. 343-0783

Principles Before Personalities

Celebrates their 6th Anniversary, Sunday, August 22nd, 1993  
Carver Center; Arch & Jacoby Street, Norristown, PA

New Way of Life

Celebrates their 4th Anniversary, Thursday, August 26th, 1993  
Doors open at 6:00; Meeting starts at 7:00; 25th & Thompson Sts

Montgomery County Area

Presents Shades and Shorts Boat Ride, Saturday, August 28th, 1993  
Liberty Belle; Admission \$20.00 plus parking; Boarding time: 11:00 pm  
Departure: 11:30 pm. For infor contact: Rhonda 279-7755  
Patrick 278-6722

Recovery on B and E

Celebrates their 2nd Anniversary, Tuesday, September 21st, 1993.  
Doors open at 6:00 pm; Meeting starts at 7:00 pm;  
Bethel Church; 1329 Erie Avenue (continued on pg. 6)

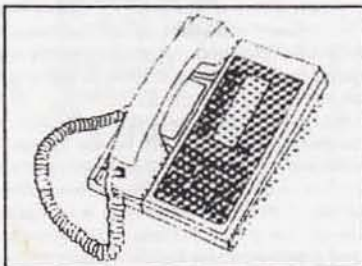
JUST FOR TODAY

The steps offer "a big change from a life dominated by guilt and remorse. Our futures are changed because we don't have to avoid those who we have harmed. As a result... we receive a new freedom that can end isolation."

Basic Text, p. 38

Just for today: The steps have freed me from regrets over my past. Today, I look forward to my new life recovery.

Just For Today Book, August 29th, p. 251



PHONELINE:  
PHILA & BUCKS  
COUNTY

215-934-3944



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**INNER CITY AREA'S NEWSLETTER**

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Laura N.  
(215)765-5255

The deadline for the next months issue is the 15th of the prior month.

Thank you for your support!

The **INNER CITY AREA'S NEWSLETTER**



**EVENTS (con't)**

**INTERIM FUND RAISING COMMITTEE**

**WE COME TOGETHER IN UNITY (Celebration of Life)**, Saturday, August 14, 1993  
10:00 am to 1:00 am at The Ford Recreation Center 7th & Snyder  
Contact: Neil W. (215) 389-2805 or Lynnette L. (215) 545-3949

**OUR SYMBOL**

Simplicity is the key to our symbol: it imitates the simplicity of our Fellowship. All sorts of occult and esoteric connotations can be found in its simple outlines, but foremost in the minds of the Fellowship are easily understood meanings and relationships.

The outer circle denotes a universal and total program that has room within it for all manifestations of the recovering person.

The square, whose lines are defined, is easily seen and understood, but there are other unseen parts of the symbol. The square base denotes Good will, the ground of both the Fellowship and the members of our society. Good will is best exemplified in service: proper service is "Doing the right thing for the right reason." When Good will supports and motivates both the individual and the Fellowship, we are fully whole and wholly free. Probably the last to be lost to freedom will be the stigma of being an addict.

It is the four pyramid sides that rise from the base in a three-dimensional figure that represent Self, Society, Service, and God. All rise to the point of Freedom. All parts are closely related to the needs and aims of the addict who is seeking recovery, and to the purpose of the Fellowship which is to make recovery available to all. The greater the base, (as we grow in unity in numbers and in fellowship) the broader the sides of the pyramid, and the higher the point of freedom.

