

THE INNER-CITY AREA NEWSLETTER



DECEMBER 1993

"Self acceptance permits balance in our recovery."

ISSUE NO 11

"OUR COMMON WELFARE SHOULD COME FIRST,..."



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.

Permission to reprint from this publication is granted to all Narcotics Anonymous service boards and committees, provided they sight the source.

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

INSIDE

- 2 Recovery
- 3 Events
- 4 Clean Time
Countdown
Spotlite
- 5 Just For
Today



People

PLACES AND THINGS

EXPERIENCING DEATH IN RECOVERY

Experiencing the death of a close loved one was one of the most painful things I've ever felt. I lost my eighteen month old daughter on April 26th, 1993. I heard members share their loss of a love one in the meetings. I felt their pain, but at that time I hadn't experienced it. I didn't know that the day would come when I too would go through this. I didn't think it could happen to me.

If you stick and stay in the program, you too will some day share this experience. Knowing that I didn't have to use under any and all circumstances, you people, the God of my understanding and my family kept me strong. I can't bring her back and using just wasn't the answer. I love her and I miss her.

Remember, no matter what you go through or experience in life, life on life's terms, you can get through it. Allow yourself to feel and just don't use.

Yvette A.

THE DESIRE

A few months ago I carried a motion to the floor for the ICA. That motion was to start our own newspaper for ICA to keep our area in touch and in tune with N.A. related news. It took some work to get started and our first issue only had about 22 copies. Like any other addict, I didn't like that first issue and wasn't too pleased with it's appearance. Now after over 14 months of publication; our paper offers a sight for even more experienced members to behold.

What I'm trying to say is, there was a desire to do the work. Narcotics Anonymous has given me

something we call desire. Success doesn't come over night and for the things we want, we have to do the work. We (as individuals) must want to do the work, here in recovery or any other part of life on life's terms. From my personal experiences, I found that anytime I didn't have a desire to do something, I lost interest in it.

"The desire" to be a member of Narcotics Anonymous rest solely on the individual. You must want to stay here or you'll leave here, there is no middle of the road. All you need is the desire. The footwork will seem hard, but the rest will work itself out. God grant me the serenity to do your will.

**A Lifetime Member,
Walter D.**

LETTER TO MY CHILD

I have a burning desire to let you know that I am beginning to understand your pain, anger, and confusion. I am learning that the perfection I expected from you was the lacking I found in myself. I have expected you to excel and shine in the public's eye so every one would see how great a parent I was. If you performed badly in school, I took it personally and punished you instead of asking what I could do to help. You have been made to feel that unless you are "good," you are not worthy of my attention and love. I have taken it as an act of spite against me when you performed at a level "less than" my expectations.

The truth as I have begun to learn in my program is that my own character defects have been the negative factor in my life-not you, never you. You are not a negative anything. You have the right to create your own personality, which

**LETTER TO MY CHILD
(cont'd)**



will include your own character defects. Defects that are a part of the package that make up the whole. Unconditional acceptance is part of parenting, an important ingredient which I overlooked until I became involved in Narcotics Anonymous. NA has given me so much, not the least of which is the knowledge that I am in control of nothing outside of myself. I am learning to let go without being "gone." I am reminded that you are a human being, separate and apart from me. You haven't been an object for me to use power and control over although I have tried. I regret that you were my vessel through the pain, anger, and confusion in my life.

I have found a new way to live—the hope and fellowship offered by Narcotics Anonymous. I am working on me. I am becoming a better me and will have more to offer you.

I won't change immediately. I didn't get here overnight but I will continue to work on my recovery, one day at a time. Today I am willing to accept my own contributions to your pain. Today I understand the need to nurture without being overbearing. Today I can love you without expectations and I am learning better ways to show you.

Just for today, I am letting go.

L.D., Virginia

Reprinted from N.A.Way Magazine, July 1992

God Is Love 3rd Anniversary

Wednesday, Dec. 1st; Doors open 6pm
Meeting starts 7pm; Wayland Temple
Baptist Church 25th & Cecil B. Moore
Sts.

S.W.A.N.A. Area H & I Learning Day

Saturday, Dec 4th; 9am - 9pm;
Mother A.M.U.E. Church 9th &
Franklin Sts; Wilmington, DE 19805
For info: John 764-6947
Efai 888-2668
Garrett or Renee 633-4738

The Dream Is Alive Group 2nd Anniversary

Teusday, Dec. 7th; Doors open 4pm
Meeting starts 7pm; Athletic
Recreation Center; 26th & Masters
Sts.

**Just For Today Spiritual Foundation
& No More Runs Group 72 hr Marathon**

Dec. 24th-27th at 23rd & Jefferson
Sts.

Starlite Group 24hr Marathon

Dec 25th-26th; Doors open 7pm
Meeting starts 8pm; Pulaski &
Manhiem Sts.

**Together Our Unity Gathers Harmony
4th Anniversary**

Sunday Dec. 26th; Doors open 7pm,
Meeting starts 8pm; First Baptist
Church of Paschall, 71st & Yokum Sts

(cont'd pg. 5)

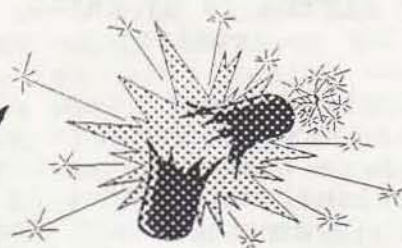
Clean Time Count Down

5

4

3

2



| | | |
|------------|-------|-------|
| Les J. | 11-08 | 3 yrs |
| Eric H. | 11-15 | 1 yr |
| Michael B. | 11-19 | 2 yrs |
| Wayne H. | 11-20 | 3 yrs |
| Joseph T. | 11-26 | 5 yrs |
| Lee | 11-26 | 5 yrs |
| Bill | 11-29 | 1 yr |
| Wayne A. | 12-05 | 4 yrs |
| Gilbert G. | 12-05 | 4 yrs |
| Mary L. | 12-08 | 1 yr |
| Pat B. | 12-18 | 2 yrs |
| Vernon W. | 12-28 | 4 yrs |

SPOTLIGHT ON THE MEETING LIST COMMITTEE

We are a few dedicated addicts, who try to keep an accurate account of where newcomers can find meetings in Pennsylvania, Delaware and New Jersey.

The Meeting List comes out about every three months. Inside you will find, What Is The Narcotics Anonymous Program, Just For Today, How It Works, and The Twelve Traditions, These pre-ambles are printed so a newcomer can have an idea of what goes on in a Narcotics Anonymous' meeting. There are meeting list codes in the front of the book so you will know what kind of meeting you are attending.

If you would like to find out more on what the Meeting List Committee is all about, we welcome any one who's willing to serve. Come on the second Saturday of the month to area. **Time: 10:00am; Place: 22nd & C.B. Moore Sts.**

Karen D., Chairperson

Sylvia, Co- Chairperson

Correction: In the article Interim Fundraising Committee (November issue), the amount given to Temple should read \$4,050.00. We apologize to the Interim Fundraising Committee and the fellowship for any inconvenience this error may have caused.

EVENTS
(cont'd)

Back Together Again 2nd Anniversary

Monday, January 3, 1994; Meeting starts 7pm
918 N. Broad Street, near Girard Avenue

2nd G.C.A.C. N.A.

January 28-30th, 1994 Hyatt Hotel, Cherry Hill, NJ

For registration:

Marty (609) 783-4216
Eric V. (609) 963-1241

-----*-----

"We use the tools available to us and develop the ability to survive our emotions."

Basic Text, p. 30

-----*-----

Just for today: I will not deny my feelings, I will practice honesty and surrender to life as it is. I will use the tools of this program to survive my emotions.

Just For Today Book, December 7th, pg. 357

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.



name of work: _____

signature: _____

date: _____

please enclose this form with work

All material becomes property of the **INNER CITY AREA'S NEWSLETTER**. All material must be original. For best results print neatly or type. Please enclose the permission slip with the original material. Please submit all articles to the address below or call the persons listed:

INNER CITY AREA'S NEWSLETTER

c/o Inner City Area
 P.O. Box 50374
 Philadelphia, Pa 19132

Dean W.
 (215)259-1003

Walter D.
 (215)276-0179

Laura N.
 (215)338-3040

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

Home Group

The dueling speaker meeting



The NA Way Magazine