

THE INNER-CITY AREA NEWSLETTER



JANUARY 1994

"Self acceptance permits balance in our recovery."

ISSUE NO 12

"WE ADMITTED THAT WE WERE POWERLESS..."

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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PHONELINE
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STEP ONE

"We admitted that we were powerless over our addiction, that our lives had become unmanageable"

How and why we arrived at Narcotics Anonymous is maybe not so important as being here. I believe none of us are proud of the years we used. We were so deeply entangled in our addiction we thought escape to be impossible. Every time we took a fresh breath (stopped using for a short time) the tentacles of our addiction would tighten about us restricting even the slightest breath. We were helpless and powerless prey, trapped in the grip of a constricting snake. Sometimes we even enticed others into this trap. Sometimes they escaped only to leave us to watch ourselves die.

Nothing we did was right. If we did manage to accomplish something good it wasn't long before we screwed that up. No matter how we started out in life, good families or bad, rich or poor, we all ended up slaves to our disease. Puppets to be jerked, twisted and manipulated in any fashion our disease saw fit.

I arrived at N.A. and began to listen, even though I believed what I heard, I still harbored the reservation that I could someday safely use without the pain and chaos. I thank the addicts who were here when I arrived for showing me the way to my Higher Power. Through my search for His will, I discovered there was no way to safely use. We either use and die (or something worse) or we recover.

Only through trial and error do we learn to be consistent in our quest for a positive lifestyle. If at the end of the day we find ourselves still helpless, powerless and unmanageable, take the time to thank our Higher Power that we stayed clean.

**Keep It Simple,
Dean W.**

TRADITION ONE

"Our common welfare should come first; personal recovery depends on N.A. unity."

Prior to being introduced to a recovery process, looking out for me was a priority and this was before I ever put a chemical into my body. Bottom line, if it didn't benefit me there was no need for it. Yet, the paradox of all my "self-centeredness," especially as a result of my active addiction, left me not knowing me, not liking me, and no longer having the desire to want to even live with me. So, look where me, got me. Thus, I wish I could say getting clean assisted me in changing my "me concept," but that is a lie.

Just being clean didn't promote change in me, that still left me with an unchanged me. "ME" became "Miserable Existence" without the chemicals. So change became necessary and I was introduced to Narcotics Anonymous who said in it's first tradition that I no longer have to be a "me" because the program offers a "we concept." Anything that an addict can't accomplish alone, can be accomplished together through guidance, support, faith, honesty, open-mindedness, and willingness.

Consequently, as another addict cares and shares for another addict, the process of change occurs. Letting go of the disease of me and receiving the healing process of we. So, the first tradition to me simply says from one recovering addict to another there's no me without you and there's no you without me. "Goodbye me, hello we." I know today that NA could exist without me, I can die without NA. I couldn't have a personal recovery process without the NA fellowship to be a part of it.

**Respectfully submitted,
A Grateful Addict**

FIRST CONCEPT

In keeping with the ninth tradition, our groups have joined as a body of one to carry a message of recovery to addicts still suffering.

This is done by electing representatives to voice their groups conscience. These representatives meet at whatever time is decided to do some special job they have been assigned. This is what may be called area, regional, or world service.

One group alone couldn't afford the monies it cost for these services. We join together to make sub-committees and services affordable, the paper, phonenumber, H and I, unity and literature.

The first concept simply says that we can't afford to help a suffering addict as a single group, we need Help. Thank God for unity and a new way of life.

Walter D.

THE HUMILITY CHECKLIST

It seems to me that humility is one of the key ingredients in working the steps and applying the traditions. I'd like to share the following checklist, which was put together to remind those of us who are interested where we are with humility.

1.) Do I go to meetings on time and make myself available to visit with new people before and after the meeting? Yes__No__Sometimes__

2.) We are here on a matter of life and death. Do I show respect to the group by taking my personal conversations outside during a meeting? Yes__No__Sometimes__

3.) Am I quiet and respectful around the entrance doors so as not to disturb the meeting? Yes__No__Sometimes__

4.) Do I enter a recovery

meeting in progress with respect so as not to disturb the atmosphere of recovery in any way? Yes__No__Sometimes__

5.) Have I ever started a meeting off with a topic and asked for input only to leave the meeting before it was over? Yes__No__Sometimes__

6.) Do I have a habit of coming into a meeting late, asking what the topic is, then jumping in to share only to leave the meeting early? Yes__No__Sometimes__

7.) Am I one who, by habit, always turns to see who has just come into a meeting? Yes__No__Sometimes__

8.) Do I have the overwhelming obsession to share at all the meetings I attend simply to hear myself talk? Yes__No__Sometimes__

9.) Do I normally share too long each time I share, knowing that many other addicts have a need to share? Yes__No__Sometimes__

10.) Do I ramble on and over share consistently in an effort to inflate my ego or get attention? Yes__No__Sometimes__

11.) Do I feel the need to share the same event over and over at different meetings to give myself the maximum attention? Yes__No__Sometimes__

12.) Do I realize the impact any inconsiderate behavior has on a newcomer during a meeting? Yes__No__Sometimes__

Suggestion: For best results, go over these questions with your sponsor.

Reprinted from NA Magazine, September 1993

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EVENTS (cont'd)

A Day of Sharing II

Friday, Jan. 22nd; 12 noon til 1:30am; Meeting 12pm-8pm
Dance starts at 9:00; 22nd & Chestnut Sts. Donation \$5.00

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

Jan. 28-30th; Hyatt Hotel Rt 70, Cherry Hill, NJ

For infor:

Rusty J. (609) 858-3083
Debbie M. (609) 541-3486
Eric V. (609) 963-1241
Marty B. (609) 783-4216

Mid-Atlantic Regional Learning Conference X

Feb. 4-6th; The Inn at Reading, Wyomissing, PA

For infor:

Cindy P. (215) 582-2767
LouAnn J. (215) 375-9724
Paulette W. (215) 372-3671
24-hr Helpline (215) 374-5944

Progress in Recovery 5th Anniversary

Tuesday, Feb. 22nd; Doors open 7:30pm; Meeting starts 8pm
Our Lady of Hope, 19th & Tioga Sts. Enter on 19th Street

Conference Agenda Report Workshop

Three Convenient Locations; Sat., Feb 19th, BWM Church Hall
9220 Old Bustleton Avenue; Sat., Feb 26th, United Methodist Church,
480 Green Lane, Sun., Mar. 13th, J.Ford Rec Ctr. 7th & Synder Ave.,
All meetings 12pm to 5pm

Spiritual Brunch Sponsored by Schuylkill Valley Area

Sunday, Jan. 16th, 12:00 Noon; Two speakers, all you can eat buffet
\$14.00 per person; D'Angelo's Summit Caterers, 5091 Umbria Street

For infor: Dru: 635-3046
Neil: 843-3599

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"Narcotics Anonymous offers addicts a program of recovery that is more than just a life without drugs. Not only is this way of life better than the hell we lived, it is better than any life that we have ever known."

Basic Text, p. 103

Just for today: I've recovered something I never had, something I never imagined possible: the life of a recovering addict. Thank you, Higher Power, in more than words can say.

Just For Today Book, January 7th, p.7

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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**



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