

A
"CLEAN
AND
SERENE"
MAGAZINE

UNIVERSAL
PIROGRAM

GOD
FREEDOM

SERVICE

N.A.

GOODWILL

SOCIETY

REALTY
276-2703

N.A. HOT LINES

MESSAGE
OF
RECOVERY

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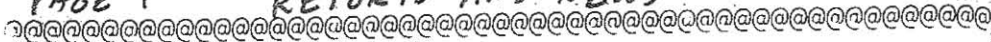
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CLEAN SHEET

MARCH 1982

ISSUE
#4



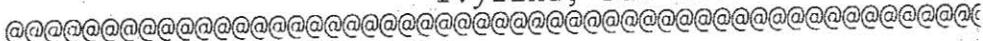


MONTHLY NEWSLETTER

Well, after a year of trying to get to this point, we finally seem to be on the verge of becoming a monthly newsletter. The major roadblock thus far has been funding...we've only been able to publish once every 3 months or so, whenever enough members could come through with input, money and/or accessibility to making copies. Then, last month at the Area Service meeting, the Philadelphia Literature Review Committee requested and was granted a monthly allowance of \$50.00 to be used for the printing costs of the newsletter. We weren't able to receive the allowance this month, because our Area does not have any money left over for the Committees, but we do have hope. We have been receiving a generous amount of input by local members, particularly from the Northeast and Hulmeville sections of the Area. We thank you for your willingness and efforts...this is your Newsletter, and without your input, we have no message to carry.

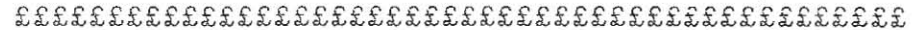
Now that we are a monthly instrument in carrying the message, we would like to remind you to keep the pens writing, and send your input on in, so we can pass it along to the rest of the area. Experiences you've had staying clean, Just for today, Personal Stories, Poetry, any news from your home group and anything else you feel would benefit the Newcomer in his/her daily recovery is what we mean when we talk about input. Don't hang on to it, give it away. Send all input to:

NEWSLETTER
75 MacFarland Ave.
Ivyland, Pa. 18974



STORIES LITERATURE CONFERENCE SUCCESSFUL

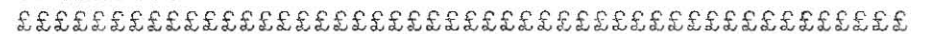
On the weekend of Jan. 15th, 16th, & 17th a World Literature Conference was held in Ivyland to review, edit and submit stories for Our Basic Text on Recovery. Members from all over the Philadelphia Area, New Jersey, New York City, Kansas, Georgia, Ohio and Williamsport/Harrisburgh Area showed up to give support to the effort. Going into the conference there were over 120 stories to work with. Group Conscience made every effort



STORIES CONFERENCE(cont)

to include as wide a cross-section of drug addict as possible, so that none would be excluded, and so that the still-suffering addict would be able to identify. Categories of types of addict were broken up into types of use, point of surrender, point in recovery, age, race, occupation, location and sex. After reviewing all of the stories that we had on hand, every category was checked, and those that were not filled became our job to find addicts who fit them. Calls were made around the country and the world in an attempt to fill the still-missing categories. Of the 45 Stories that came out of the Conference, we hope and pray that each and every still-suffering addict who reads them will be able to identify with at least one. These Stories are currently in the mail to members throughout the Fellowship to read and approve.

The spirit of a Higher Power was present and very strong throughout the conference. The Literature Sub-Committee of the W;S;C. wishes to express a deep-felt gratitude to members of the Philadelphia Area who participated and gave their selfless service to help write Our Book. Gratitude was also expressed towards the Phila. A.S.C. for their contribution financially. Throughout the effort to compile a basic text on our experience in recovery through N.A., Philadelphia has been a strong and constant contributor.



HISTORY OF N.A.

Work on compiling the History of N.A. was begun during the Stories Conference and is now in full swing. The current History, as it stands, has many gaps. For instance, the first time that N.A.'s existence outside of California is mentioned is in 1977. It is commonly known that N.A. first started up in Philadelphia much earlier than that. Any member who has any information concerning N.A.'s beginnings in Philadelphia,

N.A. HISTORY(cont.)

or anything about the growth of N.A. in Philadelphia, please send it in today. We want our history to be as complete and inclusive as possible. The type of input that would be most useful would be copies of Group Conscience Minutes, Individual Accounts of events (the starting of new meetings and their growth), and anything else that you feel would help fill in the gaps. *Don't hang onto*

it, give it away, today!

Send to:

N.A. HISTORY
75 MacFarland Ave.
Ivyland, Pa. 18974

AREA SERVICES REPORT

The following is a summary of the major items of business discussed at the last 3 ASC meetings:

TREASURY - Our area came to the decision to form a Finance Com.-Dutch was elected Chairman of this com., & is establishing an area budget.

HOT LINE - Needs more women's phone #'s

LIT. REV. COM. - Conducted a serv. man. rev. workshop at Jim B.'s house. Reported that they're working on a monthly newsletter.

NO MINATIONS TO BOARD OF TRUSTEES - 3 members from the area were nom. to Board. They are: George R., Joe C., & sRay T.

SIZE OF AREA - The rapid growth of our area is beginning to show the need to split the area into smaller areas. It's up to the groups in segments of the area to decide, when they feel ready, to do this. Allentown has led the way, and is now doing well as their own area. Who's next?...Bucks County, perhaps? Only time will tell.

EGO EDGES GOD OUT - LET GO, LET GOD - JUST FOR TODAY

NEW SERVICE MANUAL

At the Mid-South-Regional Service Conference in Memphis, Tenn., held in November, the Policy Sub-Committee of the W.S.C. met and drew up a proposed revision to the 3rd Edition of the Service Manual of Narcotics Anonymous. If you're unsure of what a Service Manual is, the following is a brief history of the Service Manual: Beginning with the N.A. Tree, printed in 1975, the growth of the Fellowship created a need to define the relationship of the groups in areas and newly forming regions. The 2nd Edition, printed in 1976, evolved to help structure the areas' relationship to the region and a newly formed service structure. The third edition, printed in 1979, was developed as N.A. became a world-wide fellowship.

Now, it has become necessary to further define our service structure on the regional and world levels. The increases in members, funds and needs of our Fellowship have made it necessary to improve both our accountability and communication. Our Fellowship has grown phenomenally since the third edition of the Service Manual was written. More and more members are becoming involved in service-work; going to any and all lengths to carry the message to the addict who still suffers. The time has come to bring our service structure up to date so that it can meet our growing demands. We're on the verge of coming into our own as a way out of the hell of addiction.

So, it is now that we need to become prepared for unlimited growth. We need to be able to keep the door open to any and all addicts seeking recovery through N.A. That's what this proposed revision to the 3rd Edition of the Service Manual is about.

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AREA FINANCES

At our most recent Area Services meeting, it was discovered that our area is really hurting, financially. We are actually in the hole. What the area needs money for is to carry the message through its various committees to the addict who still suffers. These committees are: Public Information (Posters, Newspapers,

Mailing, Television, Radio, etc.)

Hospitals & Institutions

Hot Line

Literature Review (New Literature - Pamphlets, Work on Book, Newsletter, etc.)

Unfortunately, due to our lack of funds, none of these committees were able to receive any funds from the area. One of the problems seems to be that our area consists of 80 Groups (largest in N.A.), and only 21 Groups made contributions to the Area this month. That's only one-fourth of our meetings supporting the entire Area. If your Group has any money left over after paying the rent, buying literature and supplies, please try to remember your Area, and the addict who still suffers. Don't sit on it - give it away.

REGIONAL SERVICES REPORT

The Mid-Atlantic Regional Service Committee met in Passaic, N.J. on Jan. 23rd, despite treacherous driving conditions amidst a full-blown snow blizzard. The large attendance by members from all over the region was just another example of members going to any and all lengths for their recovery. Areas represented at the meeting were; Philadelphia, Washington-Baltimore, New Jersey, Virginia and 3 new areas, Allentown, New York City, and Tidewater, Va. The following items were discussed:

New Treasurer was elected - Steve H. (N.J.)
New R.S.C. Alt. was elected - John F. (Phil)

Our congratulations and prayers go out to both

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REGIONAL REPORT (cont.)

newly elected trusted servants.

Discussion on establishing a Finance Committee took place

Service Manual Revision was discussed -

A workshop was set up to go over revisions in more detail.

The urgent need for input for the N;A; History was announced. Anyone having any knowledge from experience, or access to any old minutes is asked to send input to: HISTORY:

75 MacFarland Ave.

Ivyland, Pa. 18974

or call - 215-322-1552

The need to nominate a member or members from our Region to the Board of Trustees was discussed - It was requested to take this back to the Area for recommendations.

Thanks to the North Jersey Area of N;A. for being excellent hosts of the RSC. Lots of food, dance and good fellowship took place after the meeting.

Philadelphia will host the next Regional Services Meeting on March 6th at 2:00, at Grace Episcopal Church, Main St. in Hulmeville, Pa. (Same address as the Sunday Night Hulmeville Step Meeting).

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REGIONAL IN PHILADELPHIA

The R.S.C met on Mar. 6th in Hulmeville, and the following are the major items of bus. at the meeting: 2 new areas were welcomed to the Mid-Atlantic Region, they are Connecticut and Harrisburgh. Our region now consists of 12 Areas.

Service Manual revision was discussed - it was decided to delay vote on it until next month so that members and groups may have more time to find out what the changes are about and what they mean.

Workshops were held in ALLENTOWN, WASH D.C., AND PHILA. AREAS THIS MONTH.

STORIES - POETRY - EXPERIENCES IN RECOVERY

A DAY IN THE LIFE

Arise to a new day, a voice echoes fear,
But deep down inside, another sound is clear.

It stirs from the soul, ignoring doubtful head
It feels strong yet gentle, I'll follow it instead

It lifts me from the mattress
And leads me to the door
Of another day free from, the hell I knew before

I follow it outside
Into a troubled world
It guides me and protects me
My cleanliness unspoiled

Returning home at the end of
Another working day
A weary head says, "Rest now,"
It says, "GO to N.A."

We have a minor conflict
Willful Head & Voice Within
I turn it over and wind up
At my regular nightly Meetin'

ANONYMOUS

!!

WHERE THERE IS

Where there is FAITH there is LOVE
Where there is LOVE there is PEACE
Where there is PEACE there is GOD
Where there is GOD there is NO NEED

A MEDITATION

Once inspired by a sparrow: Free, soaring, gracefully.
I reflected on how it would be to be free.
Free from wants, desires and defects of my spirit.
When suddenly; It came to me;
Freedom springs from within my clean soul;
Simply being quiet, still and listening...
Denise T. (Del.-N.A.)

LIFE'S PATH

IT'S ALL ABOUT WONDERING WHICH WAY TO GO
AS WE SIT BEHIND THESE WALLS
THE SUN SHINES OUT THE DAY JUST CRAWLS
IT HURTS TO THINK OF WHAT WE'VE DONE
FOR LIFE OUT THERE IS SO MUCH FUN
I N PRISON YOU'RE TAUGHT TO GROW UP FAST
'Cause if yop don't you may not last
And one learns of many things
Like stealing cars and diamond rings
All of us just hope and pray
That when we're out, we're out to stay
There's people who follow the Lord in faith
To help them out and keep them safe
SOME WHO SATAN TAKES THEIR HANDS
WINDS UP DEAD OR HERE THEY'LL LAND
NOW THIS FEELING WILL COME TO ONE AND ALL
TAKE IT STRAIGHT FOR THE CROOKED SHALL FALL
AND WHEN AGAIN IT COMES PASSING MY WAY
I'LL TAKE IT STRAIGHT AND OUT THERE I'LL STAY!
Chuck M. (Reality - N;A;)

We make a living by what we get--
We make a life by what we give Anonymus
I CAN'T HE CAN _ I THINK I'LL LET HIM!!
HUGS; NOT DRUGS!!!

UP FROM THE PIT; OUR ASCENT

The human paradox; people crying for help in silence. The alienated, drowning in the sea of humanity. The extroverted, acting out their cheerful masquerade. There are many people that need companionship and love but cannot express the need. Life has left these people with an inadequacy for helping themselves to happiness and fulfillment.

Some seek help, working hard through therapy and tears. Others, like myself, sought escape through alcohol and drugs. You take the high road I'll take the low road. This low road, unknown to me, was not the way to sustain life. My problems tripled. I catapulted through 3 extremes; introversion, alienation & finally extroverted phoniness. My addiction gripped me like an angry animal of prey, thrashing me and tossing me about like a lonely marionette. Unable to bear this painful agony, disillusioned & totally devoid of life or hope, I attempted to take my own life.

But God had other plans. He had seen me thru 1 overdose & was not about to let me escape his purpose for me through suicide. Although I lived, I continued in my addiction to alcohol & drugs. I progressed to the point where I became subhuman. I was in fact the village idiot. Sleeping in the woods, creeping around the neighborhood late at night, I was a hopeless spectre, a soul doomed to wander a nether world living on dust, the walking dead. No friends, no family to speak of, no self-respect, a shell of a person whom others feared and hated. I chose all that, not caring, thinking everybody had a place & I had found mine.

Then the bottom, and no place to go. It was end it all now, or face your problems and get help. This zombie had a spark of life left, a spark of hope. I looked up from the deep dark pit and saw a small glimmer of light at the top.. I asked the light, "Please help me?!" That was the beginning, asking for help, then I started the long & hard process of growing up. Facing my addiction & taking my medicine. I found others as I started to climb upward towards the light,

UP FROM THE PIT (cont.)

we helped each other. Occasionally one of us would slip back down, but someone would throw them a rope & the climb would begin again...

We are all climbing still. I've found companionship, love and happiness through recovery. I found a way, God-given, to sustain my life & hope-fully someday we all will reach the light!!

Phil S. (Hulmeville N.A.)

LIFT US UP FROM DESPAIR

Rise from that deep cold pit, which has smothered Your sight.....Your number's being held It's oh so bright, can you see?

Exalt from your past that lies deceitful all those Years....Appearance of a queen and inside a maid You can change, can you feel?

Move upward in space & time, time that remains to Come & go...Stand still is for only you, I guess Have you even spoke, can you talk?

From a distance the force arrives, It's unknown To many who live in a dream People who refuse to come meet at peace Isn't the taste a sweeter one, than the one you know?

You're on that elevator that has an endless stop Endless to those who remain to survive, For life is here today as it was yesterday Lift us up, so we can stay on the steps...

April S

GOING UP? GET OFF THE ELEVATOR AND TAKE THE STEPS

GOD GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE THE COURAGE TO CHANGE THE THINGS I CAN AND THE WISDOM TO KNOW THE DIFFERENCE!

IT WORKS!!

When I apply the principles of this program to my life I may not get immediate results but I do get change for the better in my life. The other week I was really slacking off on my morning meditation & daily prayers. The result was that thinking stinking, selfishness and using dreams set in. I began to meditate daily, pray, and read the literature again & I dreamt I was at an N.A. Convention being asked to speak!

This and many other dramatic examples show the miraculous way in which the program has worked to give me a new life. The life I have today results from the on-going use of Spiritual principles in my living. "In reality our goal is emotional calmness & serenity, not mere physical abstinence," to quote from the White pamphlet.

The people who have what I want exhibit this calmness in the midst of the storm and the glowing love for others. This doesn't mean that we will be calm at all times, but I want to strive for adequacy along these lines. The 12 Steps of N.A. were custom designed to provide me with a necessary spiritual awakening which I need if I am to stay clean. I feel they are designed to be lived as a way of life & growth to avoid a way of doubt and rot. So, it would be insane to not work the program since it provides the personality change that I as a person with the disease of addiction must have if I am to remain clean & serene. New ideas replace the old ideas & new experiences grow for me out of following through with the new ideas such as; unselfishness, dependance on a Higher Power, Being honest & willingness, with openmindedness, & personal inventory, becoming entirely ready, making amends & promptly admitting it when I'm wrong. Of course, the real reason for this is so I can be of help to others.

My old way I hurt people, lacked Goodwill, and had it in for myself. The N.A. way is the way of Goodwill, Freedom, Service, Teamwork, & I achieve these by working the program. God wants me to be happy, joyous and free, but I create my own misery. The bottom line is staying clean even if my ass falls off!!

AN ANONYMOUS ATLANTA ADDICT

GROOVIN' ON STEP NINE

I had been clean for a year and a half already. My sanity had returned, I had become a productive person. I was making meetings every night, making conventions & service conferences & helping the suffering addict on a regular basis. However, the past continued to plague me, day & night.

I came from an exceptionally good & loving family who suffered tremendously through my addiction. After years of turmoil, they finally disowned me.

Just before I came to N.A., I moved 900 miles away from my family, and 3 years in total had gone by since I had seen them. After taking my 4th & 5th steps, I consulted my sponsor who had agreed with me that the time had come to go see my family and make amends to them. Having not been around me during my recovery to see me grow, my family was quite pessimistic to say the least. But they consented to see me. Words cannot say or possibly express how scared I was. I knew that

I was going to have to level with them completely about the past. I knew that they had a totally negative image about me.

After continuous prayer & meditation, my higher power gave me the courage and guidance to carry out this difficult task. After a 3 hour gut level talk in which I spilled my guts, a glow came across their faces. They became excited to be in the same room with me, for the first time in over a decade and welcomed me to stay for a while. All of a sudden, our relationship had taken on a meaning that it never had before.

After my using had gotten out of hand, my parents stopped believing in God and refused to ever talk about Him again. But now, they all of a sudden rekindled their belief in Him and spoke about Him freely. It was a wonderful experience. Not only did I bring happiness back into the family, that I almost succeeded in destroying years ago, but I also rectified my past. Due to the beauty of step nine, I will never have to allow the past to plague me again!

Glenn R. (MACON N.A.)

ANNOUNCEMENTS

Delaware's "1st ANNUAL SPRING STOMP!"

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LENAPÉ WILDERNESS MEETING

FOR THOSE INTERESTED IN
TAKING A MEETING IN THE GREAT
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A DIFFERENT NATURAL SETTING
EACH MONTH.

1st Meeting - SUN. APRIL 18TH 5:45a.m.
@ LAKE NOXIMIXON
MEET @ "COUNTRY PLACE REST." RT. 313
"563"

We of the Phila. Area Lit. Review Committee would like to express our gratitude to all who contributed to making this Newsletter possible. This includes all the members of N.A., in Philadelphia and from other parts of the country, who contributed input, along with those who helped to raise funds for the Newsletter, and those who contributed their time and energy. THANKS!!

If your input did not make it into this issue, please don't get discouraged. There is limited space, but keep the faith. More issues are coming. So keep on writing. Without your input, we have nothing to fill in these blank pages with. This is, as always, your Newsletter.

Send any input to: NEWSLETTER
75 MacFARLAND AVE.
IYLAND, PA.
18974.

The Phila. Area Lit. Review Committee will be meeting every Tuesday Night at 8:00 P.M. at the above address. We will be working on this Newsletter, along with any other literature-work that needs done. Any member is welcome to come help and contribute. If you need directions, or wish to contribute input or ideas by phone, call: (215) 322-1552