



# CLEAN TIMES

LONDON · AUGUST · 1986



**CONVENTION SPECIAL~  
ISSUE NO.1**





# WELCOME

WELCOME TO THE FIRST ISSUE OF THE LONDON REGIONAL NEWSLETTER "CLEAN TIMES", AND A SPECIAL HELLO TO EVERYONE WHO HAS TRAVELLED FROM AFAR TO BE WITH US AT WCNA 16.

THIS IS YOUR NEWSLETTER AND WE NEED YOUR INPUT AND SUPPORT TO SURVIVE - IE: ANNOUNCEMENTS, AREA REGIONAL AND WORLD N.A. NEWS, LETTERS, SLOGANS AND PERSONAL STORIES, LITERATURE AND MATERIAL FROM OTHER N.A. NEWSLETTERS/MAGAZINES, NEW MEETINGS AND THOSE NEEDING SUPPORT, CONVENTIONS, WORKSHOPS AND ANYTHING ELSE THAT FIRES YOUR IMAGINATION.

WE WOULD LIKE TO THANK EVERYONE WHO HAS CONTRIBUTED TO THIS NEWSLETTER - PLEASE KEEP IT COMING.

Ad Hoc Newsletter Cmte.



" Maybe we should get some more people involved in this newsletter."  
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THE NEWSLETTER COMMITTEE IS BEING FORMED AND ELECTIONS HELD ON SATURDAY SEPTEMBER 6 AT THE RED CROSS CENTRE, OLD CHURCH ST, CHELSEA - 2.30pm. WE NEED ALL THE HELP WE CAN GET.



When I was using, I often kidded myself that I was living on the extreme edges of life. I pretended to believe that that was where the "truth" lay, and that leading a balanced, "normal" existence was tantamount to dying.

I couldn't see that my precious extremes were ones of artificial pleasure on the one hand, fear and self-obsession on the other. (To put it another way, I was either high or very low indeed.)

The longer I'm around N.A. and discovering myself through the steps, the more the concept of balance seems crucial to my recovery. The following examples of balance are simply ones which have occurred to me over the last few months.

A balance between receiving and giving: Before I joined N.A., all I did was take. The first time I really allowed myself to receive was when I asked people how they stayed clean. When God had removed my obsession to use, I discovered gratitude but started trying to give away more than I had to spare. Today I work for a balance between getting and giving help.

A balance between acceptance of self and the desire to change: When I joined N.A., members gently and lovingly informed me that if I wanted to recover I would have to change into a completely different person - one short day at a time! Once I'd felt a sincere desire to change, I wanted it to happen overnight. Slowly I learned that I was right where I was supposed to be, and that, for right now, I must accept myself as I am. In his own good time, God would change me into what he wanted me to be.

A balance between looking inwards and looking outwards: As a newcomer, I had to look outwards - there weren't any answers inside. Working the steps, however, opened me up to a higher power (aka God) and that power gave me the capacity to be (relatively) honest with myself inside. For me there has to be a balance between getting help from others and getting quiet with myself in prayer/meditation/daily inventory (steps 10 & 11).

A balance between bad memories of using and thinking I'm cured: It is vital that I never forget the horrors my drug use put me through, but at the same time I need not obsess about them. God lifted me out of that prison when I asked him to.

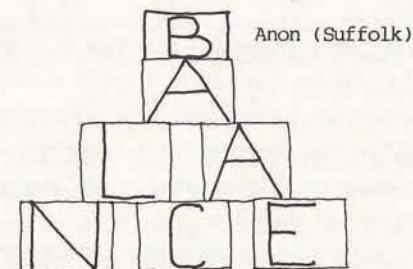
A balance between having confidence in my own judgement and keeping an open mind: The programme gave me self-worth and the choice to think for myself. I no longer have to people-please by agreeing with what you say. At the same time, I don't need to be dogmatic about MY opinions - allowing for the possibility that I might be wrong (God forbid!) never does me any harm.

A balance between lack of consideration and obsession with what you think of me: Before N.A., either I didn't give a damn what you thought or I was so preoccupied by your opinion of me that I never risked anything. Today, with the programme, I'm OK and you're OK. I try to weigh something up if there's a chance of hurting or inconveniencing you, but I don't let it paralyse me into doing nothing.

A balance between enthusiasm and "talking low": Once I'd surrendered to the fellowship, I became pretty passionate about it. More often than not it was just my ego talking - I've always been very loud in all my enthusiasms (as well as dislikes). Humiliation has taught me that few people give much of a toss what I think.

A balance between humour and seriousness: N.A. has taught me that there is a time for laughs and a time for being serious. If recovery was exclusively one or the other, I'd probably be using. Ideally, I take the programme dead seriously (since I'd be dead without it) but risk the occasional chuckle at my poor misunderstood self.

A balance between N.A. life and personal life: I like the joke about the "bridge to normal living" - the joke being that what is "normal" for us is to be unconscious, preferably comatose. Nevertheless, I do believe this programme gives me a crack at what everyone else out there has to deal with - reality, I think it's called. A little way into recovery, I experienced a growing awareness that my N.A. service commitments were not filling me with endless joy. The reason was that I had eight of them, and thus there was no time in which to experience the freedom N.A. was giving me. It's a hard lesson to learn, of course, but the disease of addiction blossoms just as colourfully in the area of service as it does in the area of narcotic drugs.



As I look through my windows of fear and dismay,  
I see a world that is painful and grey.  
For I have suffered a sorrow too deep to be told,  
My hopes have been shattered and my heart's grown cold.  
Alone I cannot dare face the hardships of life's road,  
With my unaided strength, how can I ever try to face the load.  
Life was so painful unbearably bitter and sad,  
But I'm still in debt for the good times I've had.  
I want to be held tight and loved and my illness healed,  
But I can only wait and more will be revealed!

MAZ.



STARTING A MEETING ON YOUR OWN TAKES PATIENCE,  
TENACITY AND PLENTY OF FAITH. JENNY FROM  
DUNFERMELINE STARTED THE FIRST N.A. MEETING  
IN SCOTLAND JUST OVER TWO YEARS AGO - NOW  
THERE ARE EIGHT. HERE IS HER STORY.....

I was really beat with pills and booze and couldn't get clean. I had tried another Fellowship for eight and a half years but kept going back out. I didn't know I was an addict as I was prescribed the pills by doctors. Abusing them, yes - but not addicted.

Finally, my Sponsor and a friend told me to get honest and do something about the pills. I tried a couple of outside organisations who helped with drug addiction, but nothing worked. I got hold of the American A.A's Grapevine in May '84 and there was an article in it about dually addicted people and a 12 Step programme called Narcotics Anonymous.

At last I could see that there was something that might work for me. I knew A.A. worked for alcoholics - I had seen hundreds get sober through it. I had heard that there was an N.A. meeting in Scotland but that it had closed. There was another organisation called Drugs and Narcotics Anonymous (DANA) but they didn't have the 12 Steps.

However, they did have a piece of literature called "Am I an Addict?" with a 'phone number on the back. I rang, and although the person had moved they got in touch a few days later and I hitched down to London for the day a week later. I was too late to get to a meeting but met a couple of addicts before going back to Scotland.

The next day I tried a couple of places to get a meeting going and finally found the premises we have now. I wrote to America and they sent me a lot of literature and copies of the Recovery Text and kept in touch.

The meeting was opened on July 26 1984. Great - I was going to clean up Scotland. I put on two big urns of tea, set out 20 chairs and, having told quite a few people about the meeting, got myself dressed up and opened the doors at 6pm. A lady from the Samaritans came in and one young lad whose girlfriend had a problem. That was the biggest turnout at that meeting for a year.

I was grateful I had my Higher Power - God as I call him - and the 'phone calls and letters from all over the world to keep me going. Billy B from Airdrie came with a friend one night and wrote a lot. Bob from Ayr got a meeting going and Jim from Montrose came as well. Soon it started to be "our" meeting and not mine.

Liz from Inverness started hers, Andrew came to ours and started one in Buckhaven, Billy started one in Airdrie, the late Mary P started one in Glasgow, Eric and Cha started one in Edinburgh and Ann is starting one in Wishaw. We had one meeting in Scotland last year and now there are eight, even if they are all spread out. We try to meet every couple of months and we keep in touch by 'phone.

N.A. is growing in Scotland as it is all over the world. Thank you all for being there when I needed you.

Love and God Bless,

Jenny.

# Lost without a label

My name is Grant and I'm an addict. Recently at the European Service Conference I heard a member of this Fellowship sharing on Service Orientated Recovery as opposed to Recovery Orientated Service. This disturbed me so much I feel it necessary to share my experience in writing to remind me of my mistakes.

When I first came into recovery staying clean was all I could concentrate on; just going to lots of meetings. Quite soon, however, I felt that my recovery would benefit from a girlfriend, so I went and got one. My Sponsor disagreed, so I sacked him. During the next six months I became more and more involved in this relationship outside the Fellowship. When we split up, I didn't know where to transfer my dependence. I soon found an answer - a service committee. I was elected chairperson of North West London A.S.C.

Chairing the area gave me all the escapism I needed; it fed my ego and proved that I belonged in this Fellowship. This discovery of "yet another form of escapism to hide in" led to an endless stream of ego positions in Service. The only problem was I had no Sponsor, wasn't looking at or working the steps, and I didn't feel that I needed to.

However, as tends to happen in my recovery, my Higher Power lent a helping hand. There were elections for the committee of W.C.N.A. 16, and then Regional Service Rep elections. I stood in both and wasn't elected. I felt rejected. I felt I didn't belong anymore. I hated my friends and almost completely stopped going to meetings.

You see, I put so much reliance on Service for my identity, I didn't know who I was without a label. I have just spent six months of emotional torment dealing with the pain of those elections. Yet with hindsight, a loving God expressed himself by not only teaching me the lesson I needed most - that N.A. could and would survive without me - but also that I could not survive without N.A.

The kick in the butt that I received from this has made me get a Sponsor, and do my fourth and fifth steps with him. I can see now how lucky I am to have survived. I have no regrets about these mistakes, because I believe I have learned something. I also believe my Higher Power never left me, just allowed me to prove to myself how egotistical, arrogant, selfish and manipulative I can be. He has also showed me how well the people I "competed" against are doing in those positions. I don't believe I could have done as well. They are a credit to this Fellowship, and I thank them for the selfless Service they do.

So, having completed my two-year program (I hope!) of Service Orientated Recovery, I hope (if asked) to continue to serve the Fellowship with Recovery Orientated Service, firm foundations and a loving God.

I have to learn to be Grant the recovering addict, not Grant the rep for this or chair for that. I just want to be accepted for who I am, not what I am.

In love,

Grant S. Recovering Addict.



# MEETINGS UPDATE



## LONDON

VICTORIA...MON 12.45...Methodist Church, Off Sutherland St, S.W.1.  
Contacts: Richard/Anthony 834 6490.

WORLDS END...MON 6.15..."Beginners Meeting", St Johns Piazza Church  
Hall (Upstairs), Kings Rd, S.W.3.

EARLS COURT...TUES 7.30..."Boys Own", Non Restrictive Mens Meeting,  
Church Rooms, St Mary's, The Boltons, S.W.7. Contact: Adam 586 8018.

LADBROKE GROVE...THURS 7.30...Psychiatric Unit, St Charles Hospital,  
Ladbroke Grove, W.10.

WEST HAMPSSTEAD...FRI 8.00..."Hope Without Dope speaker/discussion  
meeting, West Hampstead Community Association, 62 Mill Lane, N.W.6.  
Contact: Jennifer 267 9169. Buses I6, 28, I59. Tube West Hampstead  
or Kilburn.

WALTHAMSTOW...SAT 12.30...St Mary's Old School, St Mary's Church,  
Church Hill, Walthamstow, E.17. Contact: Michael 521 2312 or Heather  
523 1083. Tube Walthamstow Central.

GOLDERS GREEN...SAT 6.30...Golders Green Parish Church (Vestry entrance),  
North End Road, Golders Green (Opp Hippodrome). Contact: Andy  
625 5769. Bus 28. Tube Golders Green.



## OUTSIDE LONDON

PRESTON...FRI 8.00...Clayton Brook Community Church, Great Greens  
Lane, Preston, Lancashire. Contact: Barry - Preston 314471.

BIRMINGHAM...MON 8.00...Trinity Night Shelter, Camphill, Birmingham

BIRMINGHAM...FRI 8.00...St Chads (Hall at rear), Queensway, Central  
Birmingham.

HIGH WYCOMBE...WED 7.30...The Priory Centre, 11 Priory Rd, High  
Wycombe, Bucks.

SUDBURY...THURS 7.30...The Presbytery, Our Lady & St John The Evangelist  
Church, The Croft, Sudbury, Suffolk. Contact: Andy 0206 561455.

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PORT TALBOT...WED 7.30...AFAN Alternative Building (behind Graddock Arms),  
Green Park Estate, Port Talbot, West Glamorgan, South Wales. Contact:  
Christina 0639 882448.

BOURNEMOUTH...WED 7.30...Drugs Advisory Bureau, Christchurch Rd,  
Bournemouth. All meetings closed.

BOURNEMOUTH...SAT 7.30...Quinton Hotel, 19 The Crescent, Boscombe,  
Bournemouth. Contact: Mick 0202 37169.

BIRKENHEAD - NR LIVERPOOL...TUES 8.00...Elm House, Corner of Elm St  
and Hemmingford St, Birkenhead. Contact: Ken 051 608 3687.

LANCASTER...TUES 8.00...Ryelands House, Ryelands Park, Lancaster, Lancs.  
Contact: Ann 0524 415418. First Tuesday of month Open.

EDINBURGH...THURS 7.00...St Martin's Church, Muiriston Crescent, Dalry  
Road, Edinburgh. Contact: Jenny 0383 737782.

DUNFERMELINE...SAT 3.00...St Margarets Whurch Hall (Side door opp  
Carnegie Hall), Dunfermeline, Fife, Scotland. Contact: Jenny 0383 737782.



## CHANGE OF VENUES

SWISS COTTAGE...SUN 3.00...Moved to 2nd Floor, Winchester Project,  
Winchester Rd, N.W.3 (Next to Community Centre. Contact: Adam 586 8018.  
Buses 2, 31, 113, 13. Tube Swiss Cottage. All meetings Open.

OXFORD...TUES 7.30...Now at Blackfriars, 64 St Giles, Oxford. Contact:  
Andy 0865 722517.



## MEETINGS FOLDED

OXFORD - FRI 1.00.....EUSTON - THURS 8.00.....OLD KENT RD - WED 7.30

BARNSTAPLE - SAT 4.30.....BIRKENHEAD - FRI 7.30.....BIRKENHEAD -

TUES 8.00 (New venue, see above).....JERSEY - SAT 8.00.....PORTSMOUTH -  
WED 7.30.



STOP PRESS.....BATH - SAT 7.30 is now at Bath Voluntary Job Shop, Lower  
Borough Walls, Bath, Avon. Contact: Jude 0225 65960.



## REGIONAL NEWS

A MAJOR topic for discussion at the next Regional Service Committee meeting will be the formation of new areas in London. Jamie, our Regional Service rep, is going to the next Office Committee meeting to discuss ways of listing and updating information on isolated meetings. The region has agreed to finance and support the ad hoc newsletter committee.

There was a vote of confidence in the Public Information Committee regarding getting together a Public Service Announcement with the London Community Unit. We need to elect a new treasurer - Gerard is resigning after doing a great job. Request that word go out that there's a fat job going at region!

An ad hoc Committee was set up with Jamie as chairperson to look into the formation of a "General Service Conference". Other members proposed and elected were Phil, Katie A, George and Grant. A workshop will be held to discuss the formation of GSC, incorporating Jamie's report from the World Service Conference and the European Service Conference. It will take place at 7.30pm on Thursday September 25th at the Red Cross Centre, Chelsea.

Mike "the Bike" was elected teaperson for the Region. Thanks Mike!

### REGIONAL REPORTS:

Outgoings for the month came to £777.90. Receipts came to £1,112.71. Closing balance was £1,327.76 as of August 11 1986. £346.72 of this was voted to the Newsletter Committee for printing of the Convention issue.

THE U.K. SERVICE OFFICE now has premises next door to the Regional Office. A bank account has been set up. The P.O. Box number and 'phone installation are in hand along with book keeping arrangements. They have the material together to enable them to put out tenders for quotes on printing of the pamphlets. Quotes will be obtained from a number of printers. The Region will be kept informed of this.

Pricing policy is being arranged in conjunction with the Literature Committee. A draft licencing agreement and draft loan agreement have been received from the World Service Office - ie the amount of royalty to be paid to W.S.O. for literature printed in this country. W.S.O. have offered a loan of up to \$10,000 - this may not all be needed. Counter proposals have been made to W.S.O.

In hand is a budget forecast along with a sales forecast for the next year.

It was agreed that should the U.K. Service Office feel uncomfortable about signing particular contracts they bring it to the Region to be discussed and if necessary voted on by Area Service reps.

The Region voted to give the HOSPITAL AND INSTITUTIONS Committee £30 to bring their float up to £100. The H and I committee has drawn up a list of current H and I contacts. Anyone from outside London who wants to get involved in H and I contact Region. H and I are now dealing with Prison Medical Officers regarding clearance. H and I NEEDS A NEW SECRETARY - it was pointed out that H and I Committee meetings don't go on as long as some! There was a request for local help for the H and I meeting at Finnermore Wood Youth Custody Centre in Bucks, and a request for help for an H and I meeting starting in a detox unit in Dorchester. They have offered to put people up. Contact through N.A. Office - (OI) 351 6066.

Regional Public Information Committee are asking that the Fellowship at large supply ideas for a new poster. It was also suggested it was time we looked at the possibility of a SPECIAL WORKER for the office. It was agreed that the Special Worker issue be on the agenda for the next R.S.C. It was asked that all committees bring their arguments for and against to the next Regional meeting.

The LITERATURE COMMITTEE has approx £1,800 in its account. Value of stock held is £1,972.52. Going well.

ENTERTAINMENTS AND FUNDRAISING raised £345 from the "Evening with N.A." gig on July 26. They donated £40 and some cleaning equipment to St John's Piazza. A motion was passed that in future acts will be vetted, allowing for the fact that spontaneous things will happen. They will try and avoid controversy. N.A.'S SIXTH BIRTHDAY PARTY at St Bernard's lost between £90 and £100 but was an enjoyable day and worth the effort. A bank account is being opened and the issue of a cash and carry card is on the agenda for next R.S.C. Ents and Fundraising are looking for a Treasurer - suggested two years cleantime.

NEXT GIG - SATURDAY SEPTEMBER 6 ... Venue to be arranged.

OFFICE reported there had been 433 calls in the four-week period from July 11 to August 6. 194 of these were suffering addict/meeting info calls.

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The Office is going to be manned to the best of our ability during WCNA I6. It was decided not to write to the Trustees on the treatment centre issue - instead to simply follow the W.S.O. office guidelines. We are not professionals. Plea for return of forms : Is your meeting open or closed and updated contact numbers PLEASE.

We have a NEWSLETTER. YOU'RE READING IT! It's an ongoing project and members have committed themselves to further issues. Request that we elect committee members and send rep to Region.

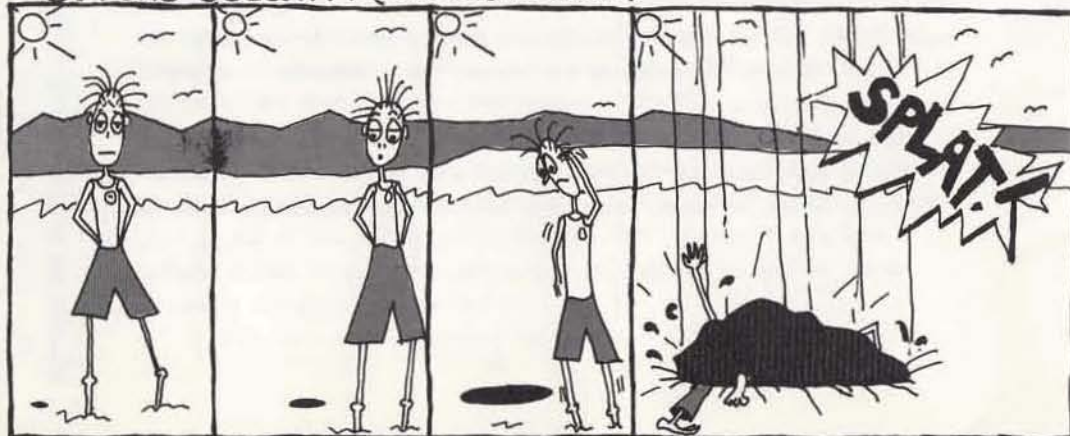
Preparations for WCNA I6 are going great....!

Treasury balance in the WEST COUNTRY is running at £1,400. They haven't been able to decide what to do with it - yet! Their Public Service announcement didn't get much response and they are having problems with people not turning up regularly at their Office.

S.W. AREA broke even financially and is growing rapidly. The region endorses the idea of service workshops in the area. The debt to the Literature Committee is still being paid off by the N.W. AREA. After a long discussion on the proposed AIDS workshop no conclusion was reached. MANCHESTER had nothing to report and in DEVON & CORNWALL everything is going well despite growing pains.

NEXT R.S.C. is 7.30pm on SEPTEMBER 8. VENUE TO BE CONFIRMED. ON AGENDA will be Splitting Areas, Newsletter Committee, New Treasurer, Need for a paid worker, Cash and carry card, Area and Service Committee reports.

On the beach... (more was revealed!)



## COMMITTEE MEETINGS

REGIONAL SERVICE COMMITTEE...Second Monday of month. Venue from Office.7.30.

REGIONAL PUBLIC INFORMATION COMMITTEE...Second Friday of month.Venue from Office (35I 6066). 7.30.

REGIONAL OFFICE COMMITTEE...Last Monday of month. 7.00. Venue from Office.

REGIONAL H and I...Third Wednesday of month. 7.30. Playcentre, Bradmore Park Rd, Hammersmith, W.6.

REGIONAL LITERATURE COMMITTEE...Second Wednesday of month.7.30. Venue from Office.

REGIONAL FUNDRAISING & ENTS COMMITTEE...Meets as necessary at Gordon Hosp, Basement Seminar Room, Bloomburg St, Victoria, S.W.I. Contact: Stuart 278 8948.

SOUTH WEST AREA SERVICE COMMITTEE...First Monday of month. 7.30. Venue from Office.

NORTH WEST AREA SERVICE COMMITTEE...First Friday of month. 7.30. C.A.B, 9 Oriel Place, Hampstead, N.W.3.

EASTERN AREA SERVICE COMMITTEE...Last Wednesday of month. 7.30. Basement Seminar Room, Gordon Hosp, Bloomburg St,S.W.I.

EASTERN AREA PUBLIC INFORMATION COMMITTEE...As above at 6.30.

EASTERN AREA H and I COMMITTEE...Second Wednesday of month. 8.00. Venue as above.

NORTH WEST H and I...Second Friday of month. 7.30. Back room, Trinity United Reform Church, Buck St, N.W.I.

NORTH WEST PUBLIC INFORMATION COMMITTEE...Last Monday of month. 7.30. Mornington Sports Centre, Arlington Rd, Camden Town.

SOUTH WEST PUBLIC INFORMATION COMMITTEE...Last Friday of month. 7.30pm. Playcentre, Bradmore Park Rd, Hammersmith W.6.

SOUTH WEST AREA H and I COMMITTEE...Second Thursday of month. 7.30. Saint Dionis Church Hall, Saint Dionis Rd, Parsons Gn, S.W.6.



### Literature....

AVAILABLE NOW BY POST FROM THE LONDON OFFICE:

IT WORKS: HOW and WHY. (APPROVAL LITERATURE).....£4.95 (INC.P&P)

RECOVERY TEXTS.....£9.00 (INC.P&P)

CHEQUES & POSTAL ORDER'S TO: NA LITERATURE. P.O.BOX 246. LONDON.SW10 ODP.



# \*\*\*\*\* the region \*\*\*\*\*

WHEN i was asked to write something on the Region it seemed an easy enough task. Thinking about it now, however, I hardly know where to start; there have been so many developments at the Region recently!

Since becoming a Region in 1985 we have grown rapidly. The West Country have been sending their ASR regularly for a while now, and Manchester have started doing the same. Devon and Cornwall recently formed an Area and we eagerly await their first attendance at the RSC. Over the next six months or so I envisage the emergence of many more Areas, and possibly Regions as well. Two of the London Areas are considering splitting to reduce their ASCs to more manageable proportions. This will obviously effect the Regional structure as a whole (though not the meetings) and will be discussed in detail at the next RSC.

This increased manageability in the development of our service structure has been greatly assisted by the efforts of our RSR and his alternate, who regularly communicate with and attend the ASCs in and out of London, and by the willingness of all concerned in the growth of our Fellowship in the UK. We were also able to fund our RSR to attend the WSC this year, which was an important step in the right direction. The benefits of increased contact with WSO and WSC are already noticeable. We have received much help and co-operation in many areas, including the establishment of the UK Service Office (Service Ltd), and the personal contacts made are greatly assisting us in our growth in all areas.

The UK Service Office is presently accountable to the Region, in the absence of any other body to fill the role. An "ad hoc" committee was recently elected to examine ways of forming a UK Service Conference to which Service Ltd will ultimately be responsible. It will also serve as an important forum to discuss and develop all aspects of Service in all Areas and Regions of the UK.

We now have a number of very active sub-committees (H and I, PI, Office etc) and I'm certain that we will soon be needing a "special worker" to co-ordinate all their work at the Office and help them to carry the message of recovery.

At Regional level we are all looking forward to members presently involved in WCNA I6 being freed to fill the Service positions which are arising out of our present rate of growth.

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We would like to thank all those involved with WCNA I6 for making this historic event possible in London. On a personal level I would like to thank Johnny H for planting the seed in Chicago, Jeremy V for making the formal bid in Washington, and the Alien for leading us through it all to Wembley, and of course everyone else involved all the way down the line.

Lastly, I'd like to welcome all visiting members who are with us for WCNA I6. If the Convention is all too much we've got some great meetings that'll put you straight!

Welcome to the London Region!

ASHLEY



SINCE last year, when we had various visits from World Service members from the States, London Region's communications and involvement with this level of service has greatly increased. The benefits have been quite surprising. Many of us may have felt that World Service was not very relevant to us over here with our more pressing local needs on a more humble and more immediate level.

Since having a rep at the World Service Conference and having been prompted by the World Service Office to incorporate an office here, it looks as though at last we shall have our own printed literature - cheaper, better distributed. Without World Service this could not have happened so effectively. The spin-offs of having a U.K. Service office are fantastic - a new level and dimension of national service becomes possible, enabling us to serve our outlying areas better.

The consequences have come from understanding and help offered from people who have been around a lot longer than any of us here, and the amazing resources they have avumulated in experience.

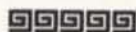
We need to understand the structure that N.A. has set up for itself not only to benefit from our world-wide unity but also to contribute as we get stronger. The World Service Conference, the Board of Trustees and the World Service Office each, though separate, interact to serve our Fellowship's needs on a spiritual advice/traditions, practical and unifying basis. By understanding and getting involved we learn how to help our own Fellowship develop to best serve its own needs.

World Service examples will not always be right but from them, when appropriate, we can get a better idea of what's right for us. They are not gods, nor do they know all the answers, but thousands of addicts world-wide is definitely a power greater than one. In an overpowering way, like the World Convention, we see that we are not alone. There are thousands upon thousands of us everywhere, working to help each other and to reach the addict that still suffers. My God, but the span of it is mind boggling!





# News from the Areas



## NORTH WEST AREA

The last North West Area Service Committee meeting was attended by reps from 25 different groups within the area.

Barry was elected new vice-chairperson - congratulations Barry!

### \* MEETINGS NEEDING SUPPORT

TUESDAY - UXBRIDGE...Floundering, has two newcomers, no committee and is not self-supporting. It needs support to help carry the message.

WEDNESDAY LUNCHTIME - NOTTING HILL GATE...Has committee problems - needs a G.S.R. and support.

THURSDAY - HARROW...Getting loads of newcomers and needs support.

### AREA COMMITTEES

N.W. Area Hospitals and Institutions Sub-committee has a new chairperson, Robert, and Sally is new vice-chair. H and I meetings in Wormwood Scrubs, Charter, St. Mary's and St. Bernard's are all going well. The N.W. H and I workshop on July 27 was well attended, mainly by people already involved in H and I service. The committee needs a new Treasurer and general support. H and I is growing but the committee isn't. N.W. H and I committee meetings are held on the second Friday of each month at the Trinity United Reform Church, Buck St, N.W.I. at 7.30pm.

N.W. Area Public Information Sub-committee is floundering through lack of support. Public Information work is a very worthwhile commitment. Through informing the public of who, what and where we are, many more suffering addicts are able to find recovery. Remember - we only keep.....The N.W. Area P I committee meeting takes place on the last Monday of every month at Mornington Sports Centre, Arlington Rd, Camden Town at 7.30.

The area also needs a new Literature Rep.

The North West Area Service Committee meets the first Friday of every month 7.30 (till late!) at the Citizens Advice Bureau, 9 Oriel Place, Hampstead. All members of the Fellowship are very welcome to attend.



The last Eastern Area Service Committee was well attended by reps from 18 meetings in the Area.

★ MEETINGS IN NEED OF SUPPORT - Monday-Victoria: New meeting needs support or it may fold. Monday - Dagenham: DESPARATE. Will close after the Convention unless there is more support in the form of chairs and members. Steve (530 4884) is willing to pick up and return halfway. Wednesday - Croydon: no committee and on the verge of folding. Thursday - Sudbury, Essex: Isolated meeting sometimes with just Barney, the secretary, there on his own. Friday - Hackney: Needs cleantime support - lots of newcomers. Saturday - Walthamstow: Needs support.

EASTERN AREA H and I COMMITTEE - The area with the most H and I meetings in London needs support ie: a secretary for the Pentonville Prison meeting; support for the second monthly meeting at Bethlem Royal; support for the new meeting at Rees House in Croydon. They also need support and input for the Eastern Area H and I magazine Stepping Out. Financial sponsorship is needed for the Bexley meeting - can your meeting contribute? Contact Dave 64I 2634.

EASTERN AREA P I COMMITTEE - Several members of this committee will be resigning at the end of August - including the chair and vice-chair. They will be looking for members to fill these positions at the meeting on September 24 6.30 Gordon Hospital. This committee needs support.







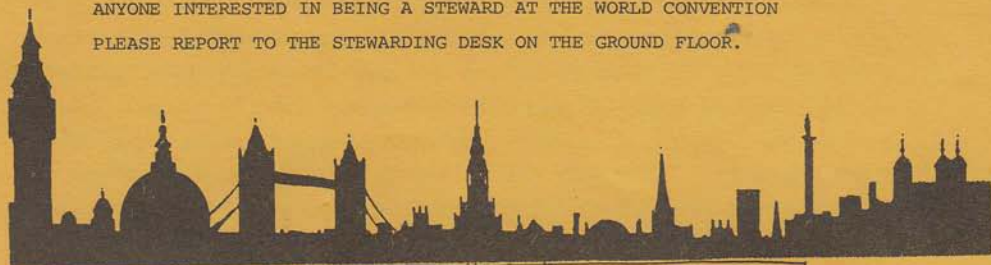
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ALL MEMBERS OF NARCOTICS ANONYMOUS ARE INVITED TO SHARE IN THIS LONDON REGIONAL NEWSLETTER. PLEASE SEND ALL INPUT TO 'CLEAN TIMES' NA LONDON. P.O.BOX 246. LONDON SW10 0DP.

## STEWARDS WANTED

ANYONE INTERESTED IN BEING A STEWARD AT THE WORLD CONVENTION PLEASE REPORT TO THE STEWARDING DESK ON THE GROUND FLOOR.



BALHAM s.w.  
needs support.

STOP PRESS...STOP PRESS...DISCO, MARATHON MEETING, FOOD, AUCTION, RAFFLE, LOVE & HUGS...SAT 6TH SEPT 8-1.30pm..£3 IN ADVANCE, £3.50 ON THE DOOR ST. JOHN'S PIAZZA CHURCH HALL, KINGS RD. CHELSEA S.W.6..YAH!

**GIG..**

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