

# INNER-CITY AREA NEWSLETTER



APRIL 1994

"SELF ACCEPTANCE PERMITS BALANCE IN OUR RECOVERY."

ISSUE NO 15

## "WE MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES."

### STEP 4

Twenty-five years ago when I was strung out on every drug available I made my first effort to get clean. I signed myself into a 24 hr live-in rehab. Life there was continuous group sessions and therapy. It was terribly strange and frightening

seeing myself for the first time, I mean really seeing myself without drugs clouding the image. All those years of shame, disgust, anger, and degradation right there in plain sight. there was no place to run and I could'nt hide my eyes. I remember how overwhelming the sight of me was. I withdrew. I must have pulled myself up out of the dirt long enough to hear something from one of the counselors that has stuck with me al that time. He said, "The worse thing you could do to yourself is to see something wrong and not do anything about it."

I lasted two years before the inevitable happened, I relapsed. Between then and now my Higher Power saw to it that my eyes  
(continued on page 2)

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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 !!!



**Narcotics Anonymous**

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**STEP FOUR (cont'd)**

were kept open as I fell deeper and deeper into that addict's hell that we each design for ourselves. The fear kept me out there, dying slowly. One day instead of hitting the bottom as I fell into one of those pits I fell into a chair inside the rooms of NA.

There I was taught that if I was ever again going to hold my head up I must begin by looking my fears dead in the eyes. I would have to see what I've done and where I've been. And either change the things that have caused pain for me and others or live with myself and go on with my life. The Fourth Step can be an arduous journey only if we are fearful.

**In Loving Service  
Dean W.**

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**TRADITION FOUR**

**"Each Group should be autonomous, except in matters affecting other groups or N.A. as a whole."**

Everything that occurs in the course of N.A. service must be motivated by the desire to more successfully carry our message to the addict still suffering.

Our groups are in service to the fellowship as a whole. The front line for providing the message. Our fourth tradition allows each group the freedom to seek out new and different ways to more successfully carry and helped to carry the message. This freedom is called autonomy, as with any freedom, there is a price, and our group's price is that we don't dictate to any other group. We give them a chance to stand and grow on their own.

We should take care as we develop ways to carry our message so we don't affect any other group or the fellowship as a whole. Each

group has members with different experiences and personalities. That variety is one of the ways autonomy works. The members share their opinions with the group on how to carry our message. Because of that variety of opinions and various ways of groups hosting meetings, this gives recovering addicts a choice of what type of meeting they would like to attend.

Our text says there are two types of meetings, open to the public and for addicts only, but their purpose is always the same, to provide an atmosphere of recovery for the addict still suffering and to carry our message to that addict.

Other literature says we should consider other groups, addicts yet to come, our newcomer and the neighborhood. As we exercise our autonomy, we must always check to make sure we are within the bonds of our 12 traditions, that no contradictions exist and that everything that occurs during our service as groups is motivated by the desire to more successfully carry our message that no addict need die seeking recovery. If so, all will be well.

**In loving service,  
Al W.**

**RECOVERY**

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It is a known fact that being honest brings forth the beauty that lies deep within. You have to dig very deep inside to find your true beauty

**Bridget**

**RESPECT**

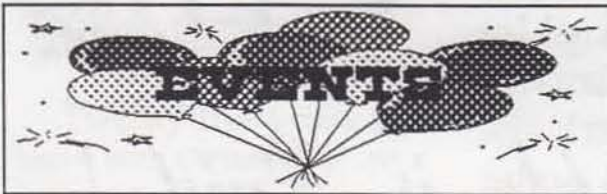
RESPECT is something you earn, not give away. In recovery I had to learn, so here's my cliché just for today:

- R Recalling the respect I lost for myself and didn't get any.
- E Efforts to examine me, myself, I.
- S Seeking God first and his righteousness and all other things shall be added unto you.
- P Pray and mediate with the God of my understanding.
- E Energy wasted, energy wasted. wasted, energy wasted.
- C Clean and clear, clean and clear, clean and clear.
- T Together we stand divided we fall.

God will carry you through, trust and believe God is you.

**April**

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**If You Want What We Have Group 7th Anniversary**

Thursday, April 7th; the church at Front & Roosevelt Blvd. Doors open 7pm; Meeting starts at 8pm

**Progress in Recovery & Recovery on B&E 30 hr Marathon**

Friday, Apr. 8th, 5 pm to Sunday, Apr. 10th, 12 am; East Bethel Church, 1329 Erie Avenue  
Enter on Park Avenue;

**I Can't We Can Group 5th Anniversary**

Tuesday, April 12th; Myers Recreation Center; 58th & Kingsessing Sts.

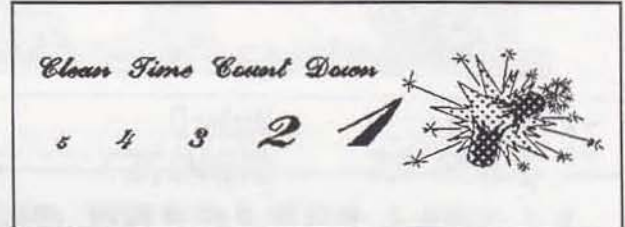
**N.J.R.C.N.A. IX Convention**

June 10-12, Cherry Hill Hyatt, Cherry Hill, NJ.

For info: Tom D. 908-725-0870  
Michelle K. 908-541-1836

**NEW MEETINGS**

**New Beginnings** Tuesday, 8-9:30 pm;  
Tarken School; Fronteneck St,  
between Deueraux & Levicks Sts



**For those who were missed:**

Veronica L.	12-12	2 yrs
Anne M.	1-04	4 yrs
Eric G.	3-01	1 yr
Harold F.	3-02	1 yr
Daniel	3-03	4 yrs
Kimziah	3-04	3 yrs
Rodney B.	3-10	2 yrs
Raymond H.	3-16	3 yrs
John Q.	3-24	2 yrs
Loretta T.	3-24	2 yrs

**Current Clean Time:**

Nate R.	4-01	3 yrs
Denise G.	4-02	2 yrs
Virginia T.	4-12	2 yrs
April	4-27	4 yrs
Pat	4-28	3 yrs

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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**



*The Debt To Temple is Paid !*



**THANKS TO THE INTERIM  
FUNDRAISING COMMITTEE &  
THE MEMBERS OF N.A.**

"...principles before personalities"

