

INNER-CITY AREA NEWSLETTER

MAY 1994

"SELF ACCEPTANCE PERMITS BALANCE IN OUR RECOVERY."

ISSUE NO 16

**"WE ADMITTED TO GOD, TO OURSELVES, AND TO
ANOTHER HUMAN BEING THE EXACT NATURE OF OUR
WRONGS. "**



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 READER
AND
KEEP COMING BACK

PHONELINE
PHILA & BUCKS CO.
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Narcotics Anonymous

STEP FIVE

"We admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

The fifth step freed me from the wreckage of my past. For once I was able to tell someone else about my wrongs and my motives. I have always lied about my past. In this step I practiced open-mindedness believing that what worked for others in this program can work for me.

I no longer had to hide my past and wear a mask, for once I can be who I am and get the help I need to grow. This fifth step helped me to admit my wrongs and to get honest with myself, God, and another human being. I love NA. This fellowship has given me my life back. Thank God.

**An addict,
Kenny**

TRADITION FIVE

"Each group has but one primary purpose-to carry the message to the addict who still suffers."

In the past, I thought it was important to receive a message, it could come from the music, other people, almost anywhere. Never in my wildest dreams did I think it could come from a group of addicts. Our fifth tradition gives us one purpose, one primary purpose, to carry the message to the addicts who still suffers.

In the Basic Text it states that an individual might have a different purpose when he/she gets to N.A., but groups aren't addicted to anything. There is enough freedom for the individual to have one purpose - recovery, and the group to have another purpose - to carry the message.

TRADITION FIVE (cont'd)

The final part of the fifth tradition is simple. The message is not coded, you don't need to have a college degree to understand the message, which is, "An addict, any addict can stop using drugs, loose the desire to use and find a new way to live. It is a message of hope and a promise of freedom." So when you share, be it from the table, or the floor, feel free to share your experience strength and hope of recovery.

**In willing service,
Gary P.**

RECOVERY

FIRST THINGS FIRST

There are something that I would like to do, but first something that has top priority (Recovery). The reason for Recovery being top priority is that I will be able to live a more peaceful and productive life. The only way I will begin to live this life is by incorporating the "24 Spiritual Principles" (12 steps and 12 traditions).

I also found out that the principles or anything else will not be possible without a God of Our Understanding. God as offered me a chance to live and be alive once again. With a Supreme Being offering me a chance to be the best person I can be, is a blessing. I have a chance to answer to the call of duty, doing God's will to the best of my ability.

**Love and Respect,
Bridget**

Dealing With My Feelings

Before I got to the rooms of N.A.
I was sure there was no other way-
Dealing with my feelings.

The feelings were good - drugs I used.

The feelings were bad - drugs I used.

The feelings were indifferent - drugs I used.

The feelings were completely gone - drugs I used.

Dealing with my feelings.

One day my God blessed me in a special way.

He led me to the rooms of N.A.
There I found hope.

Dealing with my feelings.

The days when I feel sad,
an N.A. meeting makes me glad.
The days when I feel so alone,
an N.A. meeting makes me feel at home.

The days when I feel so unloved,
the spiritual love of N.A. shields from above.

Dealing with my feelings.

I thank my God for the beautiful blessing, for thru N.A. I learn many lessons.

For the experience, strength and hope, the laughter, tears and the joy,

The loving care and unconditional love,

Gives me freedom from using drugs-
Dealing with my feelings.

Cynthia F.

"A lot happens in one day, both negative and positive. If we do not take the time to appreciate both, perhaps we will miss something that will help us grow."

IP No. 8, "Just for Today"



ICA Activity Committee

Pinochle Tournament, Saturday, May 14th, King Center, 22 & Cecil B. Moore Sts. 8pm to 1am; Meeting and dance Donation \$5.00; Fundraiser for May 30th Unity Picnic.

Together We Can Mini Marathon and 6th Anniversary

Wednesday, May 18th. Doors open 4pm until 8:30pm. 22nd and Cecil B. Moore Sts.

West South West Skating Party

Saturday, May 21st; 10am -12:30pm
Elmwood Roller Rink, 2400 S. 71st St
Price \$2.00.

Recovery in Francisville 12hr Marathon

Saturday, May 28th 10am to 10pm,
19th and Brown Sts.

GCCNA IV

May 27-30th. Palm-Aire Resort --
Pompano Beach. FL. For info:

Richard B. (Chair) 832-9459

Karen Jean (Vice-Chair) 979-8898

NEW MEETINGS

Need Not Die Group

Saturday 10am. 425 S. Broad Sts.

Just For Today Group

has moved back home. 1516 Judson Way
23rd & Jefferson Sts. Saturday, 12-2pm
Sunday 2-4pm.

Unnamed Group

Monday, 5:30pm; Faith U.M.E. Church
3210 S. 23rd Street (Passyunk Homes)

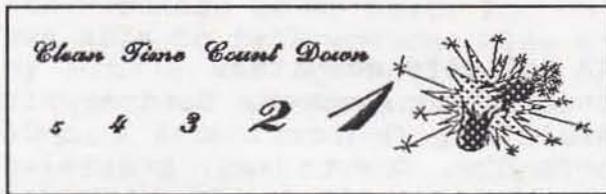
Recovery In Abbottsford

Saturday, 7pm; Sunday, 9am
3226 McMichael St; Community College

New Meetings (cont'd)

Grateful To Be Clean

Monday & Wednesday, 12 noon - 2pm
17th & Spring Garden Sts. Gym bldg



For those we missed:

William B.	3-08	1 yr
Joyce	3-10	4 yrs
George	3-16	2 yrs

Current:

Dwayne I.	4-10	5 yrs
Cleveland J.	4-22	1 yr
Pat	4-28	3 yrs
Gary	5-01	2 yrs
Kenny S.	5-02	4 yrs
Rochelle R.	5-04	1 yr
Tonya	5-05	2 yrs
Margo	5-06	4 yrs
Al C.	5-06	4 yrs
Randy	5-06	3 yrs
James S.	5-09	2 yrs
Sherry B.	5-10	2 yrs
Sandy	5-14	2 yrs
Thomas	5-14	3 yrs
Sheila L.	5-15	2 yrs
Turk	5-15	4 yrs
Almedia	5-16	2 yrs
Keith	5-19	1 yr
Noreen J.	5-20	2 yrs
Jamaal	5-27	2 yrs
Margie O.	5-31	14yrs

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Philadelphia, Pa 19132



OR CONTACT:

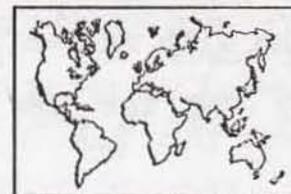
Dean W. (215)259-1003	Walter D. (215)843-7977	Laura N. (215)338-3040	Janice W. (215)739-3819
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The deadline for the next month's issue is the 15th of the prior month.

Thank you for your support!



The INNER CITY AREA'S NEWSLETTER



THE MESSAGE IS HOPE

WCNA XXIV
CONVENTION OF NA

BALTIMORE, MARYLAND
SEPTEMBER 1, 2, 3, 4, 1994

(For more registration information, please call:
818-997-8579.)

"SEE YA THERE"