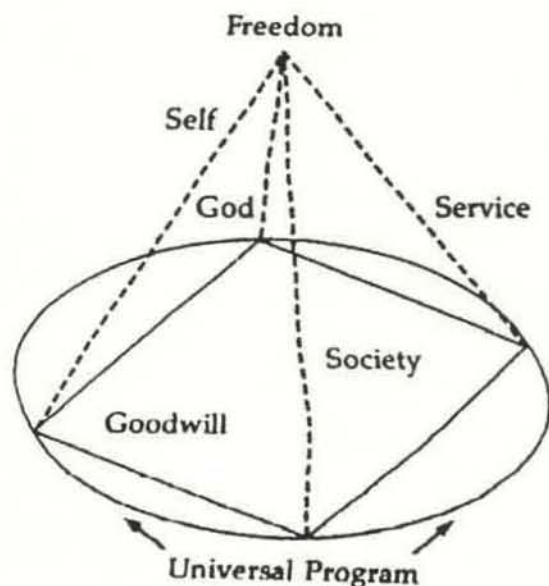


# THE INNER CITY AREA NEWSLETTER



JULY 1994

ISSUE NO 18



## OUR SYMBOL

**PHONELINE  
PHILA. & BUCKS CO.**



**(215) 934-3944**



**STEP 7**

**"We humbly asked God to remove our shortcomings."**

By the time my sponsor moved me on to this step, it was already working in my life. The character defects that was causing me pain at that time was tricking, dishonesty, self-centeredness, judgement, caretaker, rejection, ego, impatience, intolerance, manipulation, self-deception, selfishness, rebellion, jealousy, self-pity, loneliness, depression, arrogance, greed, fear anger, resentments, control, lust, fantasies, settling for less, masking my feelings, compromising my morals, and comparing myself to others.

The one that was glaring at that time was tricking. By humbly asking God to remove my shortcomings, all of them, brought me great relief and freedom. I could not change myself. So I had to continue praying and doing the foot work. Humility plays a real big part in my life. Just going to God and asking for help, is practicing the spiritual principle in this step.

Humility is as much a part of staying clean as food and water are to staying alive. Although I wanted that instant gratification, I also wanted to change. So my humility was asking God to remove those destructive personalities. I began to feel much better about me knowing that He's going to change me for the better.

Today, I still get on my knee's to pray and I still ask God to humbly remove my shortcomings. Looking at you and your defects, I'm also looking at me. That helps me not to be judgmental of you because I still fall short in a lot of areas in my life. Acceptance of me helps me to accept you. When I fall short I just don't pull out the bat, I go straight to God and ask for help in that area. I just don't beat myself up today.

Humility is a must for me, it allows me to stay out of denial, and continue to be honest, open-minded and willing to have faith and share with others, exposing me and having acceptance that I've grown a whole lot. I am not the same person that came to the program of Narcotics Anonymous 4 1/2 years ago (Jan 4, 1990).

**I'm a Recovering Addict,  
Anne**

\*\*\*\*\*  
**RECOVERY**  
\*\*\*\*\*

**IT'S WORKING**

I can remember saying over and over I want to make my 90 days. Well, today, just for today, my Higher Power granted me my 90 days. For that I'm truly grateful. Each day has really been a learning experience.

Before coming to N.A., I felt that I was buried alive. The pain I felt was the dirt over me. Now since I've been doing things the N.A. way, not using, making meetings and praying, I am slowly coming back alive. Each trimester has been a stepping stone for me. By keeping in touch with a Higher Power, I feel a layer of dirt has been removed. Making meetings is my sun shine, not using is my water, and by praying, I'm getting a foundation. I'm talking about coming from a buried person to a living person.

Since coming to the rooms of N.A., I have learned to listen and I listen to learn. I have learned to accept me for who I am and what I am. I no longer have to wonder what is the problem. I can work on it and get well. They tell me that this is a process and processes take time and time for me is the thing I must earn.

**Dream is Alive, April**



## MY LIFE

I wrote this letter in school one day. I was 2 years clean and in school (GED class) for the first time in over 20 years. We were asked to write a letter thanking or communicating with someone who we wished to let know how we felt about them. I chose to write my letter to GOD, thanking him for some of the things he has given me. This is the letter:

Dear GOD:

Thank you for waking me up in the mornings. Thank you for walking with me. Without you I wouldn't have much of a life. As a matter of fact, no life. You allow me to think, see, feel and touch. Your presence is everywhere. When I receive anything, big or small, I know where it comes from. I know I make you frown sometimes, but I try hard to be the way you want me to. Thanks for the beautiful grandchildren you gave me. They wreck the house, but I love them anyhow. Thanks for my health and strength. Today I'm not sick or suffering. I'm not that perfect person, but just knowing you are present, makes me a caring, loving person. It feels good to care and love myself and other people just like you. I'm gonna keep on thanking God until the day I die.

Diane B.

### DOPE? NOPE!

Dope, Nope it's not for me. I'm Black, I'm proud.. I'm striving to be free. To see my sisters on their destiny. Dope to me is like playing with fire. I tried to be cool, but I was nothing but a fool, crying out all the time. I got on my knees and said oh God please help me one more time. He picked me up and turned me around and gave me peace of mind. There it was plain as day ...N.A.

With caring and sharing and honesty  
I've found a new day and I love me  
just for today.

Peace and Blessings,  
Jeanette J.



**Spiritual Foundation Anniversary**  
Saturday, July 16th; 27th & Poplar  
Sts. Doors open 6:30, meeting starts  
7:30.

**Just For Today 4th Anniversary**  
Sunday, July 24th; 23rd & Jefferson  
Sts. Blumberg Projects; Doors open  
1:00 pm; meeting starts 2:00 pm.

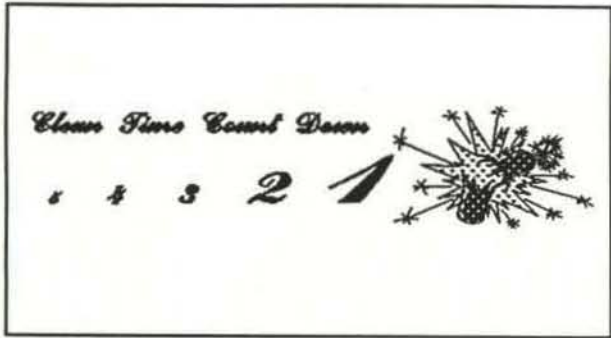
### MEETINGS

**Stairway To Heaven**  
Meets Saturdays, 1015 Parrish Drive;  
Richard Allen Projects; 8-10pm.

**Recovery in the Far Northeast**  
Meets Thursdays, 8800 Jackson St.;  
Rap Building, 2 blocks east of  
Frankford Ave. & Megargee St. 8-9:30

**Stairway to Heaven**  
New meeting on Wednesdays 11th &  
Parrish Sts.

**Face Everything in Recovery**  
Meets daily; 1642 N. Susquehanna St.  
10-12:00.



Paula L.	6-02	2 yrs
Reese	6-02	4 yrs
Gretta	6-10	2 yrs
Sylvia	6-15	5 yrs
Beverly R.	6-15	2 yrs
Joel	6-17	5 yrs
Clem M.	6-19	4 yrs
Byron	7-01	4 yrs
Howard B.	7-01	3 yrs
Calvin Jr.	7-02	2 yrs
Howard S.	7-05	2 yrs
Rahim A.	7-07	1 yr
Mafieayah	7-10	3 yrs
Kenny N.	7-10	4 yrs
Traci	7-11	1 yr
Clifford H.	7-13	1 yr
Rodney D.	7-15	1 yr
Darnell T.	7-17	3 yrs
Antoinette M.	7-17	1 yr
Sandy	7-19	4 yrs
Tan	7-25	1 yr
David W.	7-29	7 yrs
Lynwood T.	7-30	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!

