

PHILA. NA. NEWS LETTER



Opinions in our newsletter do not necessarily reflect N.A. as a whole.

If you would like to help with our newsletter, write to Doylestown, Pa. Box 1136. Send your thoughts on recovery, your personal stories, or any experiences you'd like to share, or poetry...we need you to make this work.

INTRODUCTION

This is the 1st newsletter of the Philadelphia Literature Committee for N.A. We wanted to put out a newsletter earlier, but we have been very active and productive with work on the Narcotics Anonymous Book. Some of us have been putting input into the Book since May, 1980. Thank you for everyone's help, and we are all grateful to be given the opportunity to serve. The Book of Narcotics Anonymous is now ready for review and approval, so now we can begin to write and put together a newsletter for our area.

DESIRE

To remain drug-free for a day requires the desire to stop using. And the desire must be honest. People have come to N.A. to solve their personal problems. They wanted to straighten out their lives, but didn't feel the need to stay clean. Most of them did not stay with us. The road to recovery lies in front of the addict who knows there is nothing behind him to go back to, and that to change his present situation, he must stop using. We pray for the desire to stop using to be greater than the urge that calls us back to drugs.

"Renegade"

NOT ALONE

A feeling that I used to have,
Of being where I'm supposed to be,
And seeing that I could be free,
Living in Reality....

Something I felt once in a dream,
And searched for years to find the spot,
Where I could be me without the aid,
Of drinking beer or smoking pot....

It's not a dream now, it is here,
Today I saw it oh so clear,
And felt it in my very bones,
That I have finally found a home....

It's in N.A., and I'm not alone !!

Pete B.

TWELVE TRADITIONS OF N.A.

1. Our common welfare should come first; recovery depends on N.A. unity.
2. For our Group purpose there is but one ultimate authority, a loving God as He may express Himself in our Group Conscience, our leaders are but trusted servants, they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each Group should be autonomous, except in matters affecting other groups, or N.A. as a whole.
5. Each Group has but one primary purpose - to carry the message to the addict who still suffers.
6. An N.A. Group ought never endorse, finance, or lend the N.A. name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every N.A. Group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever non-professional, but our Service Centers may employ special workers.
9. N.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. N.A. has no opinion on outside issues; hence the N.A. name ought never be drawn into public controversy.
11. Our Public Relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

GLAD TO BE ALIVE !!!!

THE ONLY REQUIREMENT FOR MEMBERSHIP IS A
DESIRE TO STOP USING!

6 WAYS TO STAY CLEAN

1. Don't pick up the first fix, pill, drink, or smoke.
2. Go to ninety meetings in ninety days.
3. Get a sponsor and follow his direction
4. Pray in the morning for strength, and thank your higher power at night for making it through the day.
5. Stay away from people, places, and things.
6. Help another addict.

PEOPLE, PLACES, AND THINGS

When I first found N.A., and discovered that I was an addict and that recovery was possible, I went back to old friends, and despite what I now knew, I got high. By my own choice. When I was there, it was the only natural thing to do. I came back to N.A., and discovered that I had to make a choice...these old friends, who I loved deeply, or getting clean. I chose to get clean. It was very difficult for me then, and even today it is difficult, after 7 months of cleanliness and serenity, to just leave them behind. They were family. But I went up to see them after I had 3 months clean, and though I didn't get high, I wanted to badly, and I felt terrible for weeks afterwards. I lost my good feelings of serenity, I lost my feeling of freedom, and nearly went out of my mind. I was quite simply, a f_ucking mess! I never want to feel that way again. I won't put myself through that hell again. It wasn't worth it. I hope somebody reads this, and can learn from my mistake, and doesn't have to go through what I did.

Pete B.

DENIAL

In my addiction, I took a lot of prescription drugs, thinking I had medical problems, when I really didn't, I was just looking for a legal way to feed my addiction, rationalizing my use of drugs. I've been using and abusing drugs for many years, denying that I had a problem. I had to go through a lot of trouble and pain, and even then I couldn't completely admit that I had a pattern - I was addicted. I had to go through all this, and more, before I was able to admit complete defeat.

Anonymous

THE NARCOTICS ANONYMOUS BOOK - A HISTORY OF
HOW IT STARTED, and HOW PHILADELPHIA
BECAME INVOLVED

...As N.A. growth strengthened, the cry for a book grew louder. A group of N.A. members met in Wichita, Kansas, in Oct. of '79 for the 1st World Literature Conference. They formed a handbook that would help other members contribute to new literature on an individual or group basis. Addicts all over the country began to write down their thoughts on recovery. They developed a way for World Service to compile the literature at this conference.

In May of 1980, several addicts from the Bristol-Hulmeville area formed a Step-Reform committee to help with writing the 12 Steps of N.A. After meeting the World Literature Committee chairman, at the literature committee meeting held at the 1st East Coast Convention they returned to Philadelphia and formed the Bristol Literature Committee of N.A., and began compiling material for the N.A. Book.

In Sept. of '80, the 2nd World Literature Conference was held in Lincoln, Nebraska... over 700 pages of material was compiled together. It was the first rough draft of a basic text for N.A. The presence of a higher power working with us in Lincoln was felt by all who participated there.

After the conference, Bristol Literature Committee moved to northeast Philadelphia, where many members became interested and involved in the literature work, and became known as the Philadelphia Literature Committee.

Literature Committees in different cities around the country took chapters to work on. Each committee did what they could to bring each chapter to a 2nd draft. The committees kept in touch by phone once a week to give progress reports and to support each other.

In Feb. of 81, the 3rd WLC met in Memphis, Tenn., and each chapter was taken apart, added to, corrected, proofread, and edited about 6 times. The miracle of the Book seems to keep growing stronger, and every Group in the Fellowship should have a review copy of what is hopefully going to be The Narcotics Anonymous Book soon, God-willing. Thank God for this miracle that will surely save lives!!

I love you very, very much -
George R.

Synonyms

- Anxiety - Projecting
- Consciences - Past dwelling
- Here & Now - Today

