

Phila. AREA  
N.A. NEWSLETTER

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

\*\*\*WE NEED YOUR HELP\*\*\*

The newsletter has been compiled from literature written over the last six months in our Literature committee. This is all the material we have left that has not been used before. We need your help to keep our newsletter a reality.

If you would like to help with our newsletter, write to :

N.A. Newsletter  
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.

2nd East Coast Convention

The 2nd East Coast Convention is being held at Trenton State College on June 26, 27, 28, 1981. We're expecting at least 300 people from at least 10 different states. Since March 25 we have 110 people registered. We said we needed registration money in be March 1, 1981. That is so we could estimate how many people are going to come. It is hard for us to make this convention work for you when we don't know if you're coming. So if you plan on coming you can still register by sending in half of the total cost. The convention cost \$55.00 and to register just send 27.50 with your name, address, and telephone number to the following address:

2nd ECCNA  
P.O. Box 1136  
Doylestown, PA 19401

Make checks payable to 2nd ECCNA

By confirming your registration it will help us know how many people are coming.

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 !!!!!

## RESENTMENTS

I'm finding it harder and harder to hang onto resentments, since I've gotten sober. In my addiction, I could harbour resentments against people for a long time, often with the attitude that I was superior to them, or that I wasn't good enough to confront them.

Today I know that resentments are what build walls between myself and others, and that the only person who really suffers by my resentments is myself. If someone does something that hurts me, or angers me, I have to let them know, or it will sit inside me and cause me unnecessary pain and discomfort, and possibly affect my sobriety. By letting them know, I don't have to go through this. Often they didn't realize they were hurting me, and by letting them know, making them aware, they usually will stop. But most importantly, it's no longer inside of me, it's on them.

Pete B.

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## GUILT

Many addicts suffer from guilt sometime in their clean time. It may be from past experience, the way we treated people, or ourselves in our addiction. When we do not deal with these things they eat away at our conscience. If we begin to work the twelve steps we may grow and learn from our experience. In the 4th and 5th step you will have taken a personal inventory of all those you have hurt one way or another. This relieves you of some of your guilt because you have admitted to the fact that you have caused a lot of pain to others during your life. Another way to help relieve the guilt would be to do the 6th, 7th, 8th and 9th steps. Through working these steps you can change many of your old habits and start on living a clean way of life.

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EASY DOES IT !  
but do it !!!!

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## NEW MEETINGS

TUESDAY: Institute of PENNA hospital  
Strecker unit 111 n 49th st, phila.  
Speaker discussion 8:00

Wednesday: Sellersville

St Michaels Lutheran church  
328 Church st open discussion 8:30

## TWELVE STEP

In order for us to twelve step someone else we must be working our own program. Many of us get involved with other peoples problems trying to forget about our own. We have to make sure we are dealing with ourselves before we deal with a using addict. To insure our own recovery we should never go on a twelve step call alone. This also helps the addict who is seeking recovery because he has two peoples input. There might be someone in our family who we think needs help. We should get a recovering addict who is not as emotionally involved as we are to talk to him. Our feelings would probably get in the way and we could come off angry, or form resentments so we let some other recovering addict talk to him.

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## 13th Stepping

The twelve steps that we use in N.A. are steps that we use to grow. They help us maintain our sobriety and also become better people. When we stray from these steps we may fall into what is referred to as the 13th step. The 13th step is when someone in the program takes advantage of another person in the program with less time than themselves to fulfill their sexual needs. When a person first comes into the program they feel insecure about themselves. They are spiritually and emotionally bankrupt. It is easy for them to feel better about themselves through another person. When a person is 13th stepped, it could lead to them getting high. They might not come back to the program because they might feel everyone in the program is that way. To avoid this situation women should have women sponsors and men should have men sponsors.

The best way to avoid 13th stepping is to follow the first twelve daily.

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True friends are like diamonds,  
precious, but rare.

False friends are like autumn leaves,  
found everywhere.

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## NEW MEETINGS (cont)

THURSDAY: Allentown  
638 Turner st 8:30

SATURDAY: Lancaster

Chestnut & Mulberry sts 7:30

### NEWCOMERS

The newcomer is the most important person in any meeting. I was in a meeting awhile ago when someone said that they feel they are the most important person in the meeting and the newcomer comes second. He said that he must be first in order to stay clean. I was infuriated when I heard this and after a prayer I decided to speak out and share my views. For me, I come to a meeting to keep me clean and I do this by carrying the message of recovery. The more I give to someone the more I grow inside. When I give to someone they can get stronger and they can give to someone else, that's how we grow as a whole. I am very grateful for the addicts who showed me their love and carried the message of hope through N.A. For this I am grateful. In my addiction my selfish attitude of me, caused me to use. In my recovery this attitude almost caused me a relapse. Through going to meetings, talking to my sponsor I realized that I have to give what I have away in order to keep it. Reach out and feel good. Help someone.

Renegade

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### FOOTPRINTS

One night I had a dream. I dreamed I was walking along the beach with the Lord and across the sky flashed scenes from my life. For each scene I noticed two sets of footprints in the sand, one belonged to me, the other to the Lord. When the last scene of my life flashed before us, I looked back at the footprints in the sand, I noticed, that many times along the path of my life, there was only one set of footprints. I also noticed that it happened at the very lowest and saddest times of my life. This really bothered me and I questioned the Lord about it. "Lord, you said that once I decided to follow you, you would walk with me all the way, but I noticed that during the most troublesome time in my life there is only one set of footprints. I don't understand why in times when I needed you most, you would leave me"

The Lord replied, "My precious, precious child, I love you and would never, never leave you during your times of trial and suffering. When you see only one set of footprints, it was then that I carried you."

STAY CLEAN AND SERENE!

### REBELLION

For myself, when I was using I was rebellious against any kind of structure, rules or authority. I still struggle with that today. It's like don't tell me I can't do something, cause I'll turn around and do it just to prove you wrong. This was because of the uneasy feelings I felt about myself. The emotional and mental rotting. I started out taking drugs but in the end they took me, they controlled me. Drugs took me to places I didn't want to go. I did things I didn't want to do, but I did because drugs were my master. I was the servant but the whole time I believed that I was at the controls.

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### N.A. AREA SERVICES ANNOUNCES A NEW GROUP

REALITY GROUP OF  
NARCOTICS ANONYMOUS  
6106 Torresdale av  
Philadelphia, PA 19135  
(215) 335-9944

8:00 p.m.-9:30 p.m.

Sunday Night	Step Meeting (closed)
Monday Night	Closed Discussion
Tuesday Night	Big Book (closed)
Wednesday Night	Womens (closed)
Thursday Night	Closed Discussion
Friday Night	Open Discussion
Saturday Night	Closed Discussion

COME AND HELP US IN OUR NEW BEGINNING !!!

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### LOVE

Love is a friendship that has caught fire. It is quiet understanding, mutual confidence, sharing and forgiving. It is a loyalty through good and bad. It settles for less than perfection and makes allowances for human weaknesses.

Love is content with the present, it hopes for the future and it doesn't brood over the past. It's the day-in and day-out chronicle of irritations, problems, compromises, small disappointments, big victories and working toward common goals.

If you have love in your life, it can make up for a great many things you lack. If you don't have it, not matter what else there is, it's not enough.