

C.A.N.A. NEWS

Capital Area N. A., Harrisburg, Pa. January/February 1989, Issue I, Vol. II

Service Work in N. A.

By Rhonda A., Capital Area Service Chairperson

When I first came around the rooms of Narcotics Anonymous, service work went hand-in-hand with not picking up one day at a time.

When I was about six months clean, I finally got involved with service work, mostly so my sponsor and other people would get off my back about it. And thank God for those people. I totally believe in service work, whatever it might be, as the only true way to feel

good about ourselves, especially in early recovery. And believe me, I've tried all kinds of different ways to feel good about myself. Those things only worked temporarily, but service work made me feel whole, like I had a purpose, proud of myself and what I was doing.

I got involved in Area Service meetings. I also tried going to jails, juvenile detention centers, detox, rehabs, and group level work.

I remember seeing other people around me who had that one commitment that

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Service in N.A.

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meant the most to them. Their "niche." And I wondered what mine was.

I didn't find out until I was about three years clean.

I was Area Secretary at

the time and because of some personality problems, I resigned my position and I was going to quit going to Area Service meetings. The next month, while Area Service was taking place, I was at home feeling terrible, left out and wishing I was there. It was then that I realized that Area Service was my "niche."

I swallowed my pride and went back the next month. And I thank god that He gave me the courage to do that. I've held a lot of different positions at Area Service in the five years that I've been involved. Each one different. Each one exciting. Last month I was voted in as our Area Chairperson for 1989. I'm very excited about it and grateful that people trusted in me and voted for me to do the job.

Things get really crazy at our Area Service meetings. We argue, we scream, we get mad, we get frustrated, we cry, we laugh, and we hug. But in the end we all pull together and we're all there for the same reason: To give back to N.A. what has freely been given to us!

Williamsport Area of N.A.

Second Annual Talent Show

One Night Only

Friday, March 31

Show 8 p.m. to 10 p.m.

Dance 10 p.m. to 2 a.m.

Live Band & D.J.

**Bethune Douglass
Community Center
600 Campbell St.
Williamsport**

**For information:
Ted C. (717) 321-0177**

Admission \$3.00

Reflections on Step Five

By Frank M., Harrisburg

I recently utilized the fifth step of N.A. in order to strengthen my new recovery. It turned out to be a highly rewarding experience, resulting in removing tons of guilt and needless anxieties. The process also gave me a tremendous spiritual lift.

I accomplished the step with a Catholic priest from my parish. He is not a recovering person, but proved to be a very understanding, compassionate listener who displayed an empathetic attitude toward my guilt-ridden revelations. We spent two full hours together and

when finished he said our program is as spiritually elevating as any religious denomination.

We expressed mutual gratitude for the time we spent and I felt doubly rewarded, because I sincerely believed I gave a non-recovering person some deep insights into the true meaning of what our program provides for those who seek spiritual growth through the steps.

My experience proved to me that N.A. can accomplish a miracle of understanding in anyone through its structured steps of recovery!

**Daytime
N.A. Meetings**
formerly held at
Point Freedom
... now being held at
Sixth & Maclay Sts.
Harrisburg.
Mon.-Fri. at Noon
Saturday at 11 a.m.

Fourth New Jersey Regional Convention of N.A.

May 19, 20, 21

Vista Hotel
Newark International
For Information:
Cheryl G.
(201) 481-3264

N.A. is everywhere!

By Shawn Q., Lemoyne

As I perused the buzzing scene in front of the First Congregational Church at Post and Mason for the third time, I noticed the same two casually dressed women sitting on the stoop. The older woman looked up from her steaming styrofoam cup of McDonalds' coffee, a dead give-away, and asked, "Are you looking for something?"

I nonchalantly stuffed the map of downtown San Francisco into my overcoat pocket and replied, "Yes, is there a MEETING here tonight?"

"Yup, this is it," the other acknowledged as if it were our own little secret. "Are you a visitor?" (Had she seen the map or was it the 35mm dangling from my neck?)

"Yes, I'm from Pennsylvania."

"Oh great, welcome. You're in the right place. Relax, the meeting starts in about a half an hour. People should be showing up any minute now."

I lit a cigarette, and before long, people started congregating and filing down the stairs into the building. I

soon followed and made my way down into a large cafeteria-like hall. The strong smell of black coffee permeated the air, as people waited patiently in line to receive their communion. I began to feel at ease, and claimed my seat at one of the front tables.

Bodies poured into the room, filling all spaces, and left standing room only. There were at least two hundred-fifty addicts of all races, creeds, religions, sexual preferences, and ages, chattering and hugging one another. I knew then that I was in the right place. I introduced myself to the table, exchanging embraces and smiles. I was drawn to a typically California-looking couple named Pat and Cath-

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Views
expressed in
C.A.N.A. News
are those of
the author,
not
the fellowship
of N.A.

It's Everywhere

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erine. As we talked, a long-hair, wearing a heavy metal tee-shirt burst in.

"Pat, how ya doin', man? Haven't seen ya at the musicians meeting lately." My ears perked up in curiosity.

"Did I hear that guy say something about a musicians meeting?"

"Oh, yeah," Pat said, "It's tomorrow night. Do you play? You oughta come down. The meeting is held in a recording studio off of Army street. You know, as performers, we are almost expected to live that sick life style to succeed or become popular." Although skeptical of special interest groups, I empathized.

"Is the meeting open only to musicians," I inquired.

"Oh no man, there are many special interest groups, all are open to the public, even non-addicts. There are no closed meetings in the Bay Area. There are men's and women's meetings, gay/lesbian meetings, hearing impaired, young peoples, AIDS victims, and war veteran's meetings. There are also basic text, step and tradition meetings, and on and on."

At once, the din was silenced by the secretary checking the microphone and welcoming everyone to the regular Saturday night meeting. Ricardo opened it with a moment of silence and the Serenity Prayer, followed by the reading of the White Book. After the first reader finished "Who is an Addict," the room burst into applause, and likewise after all of the readers.

One man wearing his Phoenix colors introduced himself as Michael, an addict from Florida. He looked awfully familiar to me. (Could it be that this was someone I met before through N.A.... at

**The HOW Group
N. West & Louther
Carlisle
NEEDS SUPPORT
8:00 p.m..
Monday CD
Wednesday CD
Thursday OD**

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N.A. is in California, too!

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a meeting in California?) I stood and said, "Hi, my name is Shawn, and I'm an addict from Harrisburg, Pennsylvania." It was a proud moment for me.

After the introductions, Ricardo called for a clean time countdown, beginning with twenty or more years of clean time. One man was recognized with fifteen years clean, and next was the aforementioned Michael, with twelve years of total abstinence from drugs. The hall quaked with cheers as the countdown continued. All of a sudden, I slipped into my own mind, (a very dangerous place for me to be alone), oblivious

to all the excitement around me. I spoke to my self there.

"You will have three years clean time in less than a month. No one knows you here... You'll never be back here again... They never have medallions at the Holy Spirit meeting anyway... Go for it!"

I don't recall my conscience even putting up a fight. Coming to, I heard the chairperson's voice, "Five... Four years... Three years clean?"

I sprang to my feet and
(Continued on next page)

**Call Your
Sponsor today!**

**Mid-Atlantic Regional
Learning Conference V
February 24, 25, 26 1989
Sheraton Four Star Resort
Lancaster, Pa.**

Unity Through Service ... What Can We Do?

For more information call:

Denny G. (717) 299-2301

Woody L. (717) 392-5172

Tom R. (717) 396-8921

Helpline (717) 393-4546

N.A. is everywhere!

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made my way to the front amid applause. I snatched the three year chip and a hug and sat down. Of course, NOW my conscience kicks in. "You jerk! Who are you trying to kid? You are only hurting yourself. You know you're going to have to cop to this now or it'll eat you up." Oh well, there it is.

As I continued to beat myself up, the speaker of the evening was presented. Diane from Sacramento had celebrated five years some time before. She began sharing about what it used to be like, and stayed there for at least forty-five minutes.

Well, I guess it's true... They told me N.A. is the same wherever I go. Noticing that she was running out of time, she quickly shared about some positive things that were going on in her life.

Diane concluded her story and the meeting was opened up for others to share. I heard some wonderful things about surrender, living life on life's terms, belief in a higher power, struggles, and the hope of staying clean one day at a time. The secretary then called on Michael, the biker, to come to the podium.

He began by sharing that his string of clean time had all started right there in San Francisco. The more he talked, the more it became evident to me that I had met him at the Saturday night meeting at St. Joseph's. He had been visiting Bo, from York, and Frank M., from Harrisburg. I was excited to get with him after the meeting.

The meeting closed in the usual manner with the Seventh Tradition announcement, and the Lord's Prayer. I hooked up with some phone numbers and made my way through the throng to catch up with Michael.

Outside, the corner of Post and Mason, still buzzing, was filled with a hundred miracles, laughing, hugging and conversing, as passers-by ogled. I spotted Michael beside a queue of Harleys. We exchanged how-do-you-do's, and he confirmed that he had been at the meeting in Mechanicsburg. I was amazed to find someone I had met in the fellowship so many miles from home.

As he mounted his Sportster, he looked at me with a warm smile and said, "See man, N.A. is everywhere!"

Talked to your sponsor lately?

By Joe D., Steelton

In my experience over the past three years, I've been fortunate to have the same sponsor. The only reason that

Chesapeake & Potomac Regional Convention for N.A.

March 10, 11, 12

Hyatt Regency
Bethesda, Md.

For information:

Dave M.
(301) 593-4751

I'm clean today is that my sponsor loved me when I couldn't even identify with the word or the feeling.

When I first started to attend N.A. meetings, everyone suggested I get a sponsor as soon as possible. One person even went so far as to tell me who to ask, and I trusted him enough to listen.

A sponsor is a trusted servant who has many responsibilities; to God, to himself, and another human being. It is very important to learn how to use a sponsor - to later be a sponsor. You have to receive a message in order to give one away.

In the beginning, being sponsored was easy, but when I had to start sponsoring other individuals it became a two-way street. There is nothing more frustrating than trying to convince someone ,

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Give C.A.N.A. News
articles, poems, letters-to-the-editor
to your GSR to take to
Area Service Committee meetings, or call:
Leon S. 731-9394 or 763-9104, Lori M. 236-2803,
Hugh B. 774-5215 or Barb K. 732-9626

Capital Area Service Committee January Meeting Notes

Under new business, a discussion was held about devising a plan for situations where subcommittees are not performing. The idea was dropped.

A motion was made by Greg B. advocating putting a two hour time limit on Area Service meetings. The idea was that more people might be willing to attend Area Service meetings if they didn't last so long. Several GSRs agreed, others express-

ed concerns about being able to conduct business in a two hour span. The motion was defeated.

A motion carried which will have a letter sent to the Philadelphia Region raising concerns about convention scheduling conflicts.

A brief discussion was held concerning whether or not the use of the N.A. logo is appropriate in C.A.N.A. News.

There were 12 GSRs present at the meeting.

Sponsorship isn't always easy

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in a loving manner, that he or she is heading for troubled waters if they stay on their present course.

Sponsorship is an investment in our own recovery as well as helping someone else get clean and stay clean. Our literature says we have to give it away to keep it. For example, recently I helped my sponsor deal with some of his problems, not so much with

advice, but sometimes just being there emotionally is enough. I believe through intimate personal relationships such as these we put protection on our recovery.

The bottom line is we need people in order to stay clean and sponsorship is a way of building a network of people who all come together and allow themselves to be used by GOD.

Victory

By R.S.

As I lie awake in my bed,
With thoughts of the day in my head,
Not the trail that I'm destined to tread,
But the day's welcomed victory instead.

This victory within my heart,
This feeling that will never part,
Like the feeling that a runner gets,
Getting off to a good start.

These little victories I shall never forget.
For the struggle of their earning is deeply set.

Of these thoughts, one shall always appear,
The sound of footprints that I hear.
It is this runner's hope for victory
That I hold dear.

The Miracle Continues...

**7th Greater Philadelphia
Regional Convention of N.A.**

**February 16-19
Adams Mark Hotel
For Information call:
1-800-231-5858**

Tears & Joy

By Carl A. Hershey

Underground fellowship of tears, wails and moans,
Those who have seen the void and were chilled to the heart,
Brief met eyes catch black memories of the dark side,
black, empty space;

Eyes lingering at other hearts trashed by woe,
Woe of insane, dead children, friends, lovers,
Hushed, screaming pain,
Ripping a veil only cut
By brothers and sisters of life and death,
human beings, living,

Life, terrible, hard, ruthless, child of heartless void,
The world knows it as hunger, pain, poverty and loss, mostly;
In the Breadbasket so many sheltered, shallow lives
Smile through easy times and wish me a "Nice Day"

A wider fellowship of addicts and others know
Terror, pain, desperation, degradation, oppression, poverty,
despair,
And conquer... for today... the monster,
Day by day, freedom, victory,
In the teeth of the cold, dark void,
Day by day love defeats tears, wails and moans,
Love conquers all, God (As I know Him) is Love,
We are winning,
The N.A. way.

H&I Meetings

(Note clean time requirements)

Sunday

C-90 State Hospital
Rehab
10:30 a.m. - noon
Requires 90 days
clean time
Contact:
Tony A. 540-1814

Monday

Common Ground Rehab
7:30 p.m. - 9:00 p.m.
Requires 90 days
clean time
Contact:
Doug L. 763-0507

Cumberland County
Prison (Women)
6:30 p.m. - 7:30 p.m.
Requires 90 days
clean time
Contact:
Barb K. 732-9626

Tuesday

Holy Spirit
Hospital Detox
7:00 p.m. - 8:00 p.m.
Requires 90 days
clean time
Contact:
Jamie H. 737-1791

Tuesday (Continued)

Woodside Juvenile
Detention Center
7:30 p.m. - 8:30 p.m.
Requires 90 days
clean time
Contact Ira H. 238-7897

Wednesday

Camp Hill State
Correction Institution
6:00 p.m. - 7:15 p.m.
Requires 90 days
clean time
Contact:
Tony A. 540-1814

Thursday

Cumberland County
Prison (Men)
7:00 p.m. - 9:00 p.m.
Requires 90 days
clean time
Contact:
Jamie H. 737-1791

Saturday

Talbot Place Rehab
8:00 p.m. - 9:00 p.m.
Requires 90 days
clean time
Contact:
Leon S. 731-9394
or Adam 834-3463