



PUTTING IT DOWN SO THAT WE DON'T PICK IT UP... TODAY!

REMIND ME, GOD

Dear God, when I am lonely and . . .
Perhaps I feel despair . . . Let not my
ailing heart forget . . . That You hear
every prayer . . . Remind me that no
matter what . . . I do or fail to do . . .
There still is hope for me as long . . . As I
have faith in You . . . Let not my eyes be
blinded by . . . Some folly I commit . . .
But help me to regret my wrong . . . And
to make up for it . . . Inspire me to put
my fears . . . Upon a hidden shelf . . .
And in the future never to . . . Be sorry
for myself . . . Give me the restful sleep I
need . . . Before another dawn . . . And
bless me in the morning with . . . The
courage to go on.

Since our last issue,
hopping happenings have been
happily sizzling all over
the area and region in the
summer rain and shine . . .
a massive 4th of July
picnic in the big burgh,
the East Coast Convention,
a Lebanon Helpline get-down,
a Reading Area Service
meeting, addicts "shaking it"

on land and sea, and the usual getting to aether to
keep it together at all of South Central Pennsylvania's
GREAT NA meetings! Thanks to Mason D., we have
very thorough and classy looking light blue meeting
lists blowing around like confetti from Carlisle to
Blueball. Get one! Put it in your wallet, your glove
box, your purse, next to the toilet, shove one up your
sleeve or anywhere else you need to so that you can get to
it when you need it! Cram all the empty spaces on it
with phone numbers (AND USE THEM). Remember, every second
spent talking with another addict is one less possible second
for both of you to use. Fill your (or a friend's) car up as
tight as possible with addicts (without adding to the NA
baby boom) and GET TO ALL THOSE MEETINGS!!!!

ONE DAY AT A TIME

Diary Of An Addict

ONE DAY at a time, with its failures and fears,
With its hurts and mistakes, with its weakness and tears,
With its portion of pain and its burden of care;
One day at a time we must meet and must bear.

One day at a time to be patient and strong;
To be calm under trial and sweet under wrong;
Then its toiling shall pass and its sorrow shall cease;
It shall darken and die, and the night shall bring peace.

One day at a time-- but the day is so long,
And the heart is not brave, and the soul is not strong,
O Thou pitiful Christ, be Thou near all the way;
Give courage and patience and strength for the day.

Swift cometh His answer, so clear and so sweet;
"Yea, I will be with thee, thy troubles to meet;
I will not forget thee, nor fail thee, nor grieve;
I will not forsake thee; I never will leave."

Not yesterday's load we are called on to bear,
Nor the morrow's uncertain and shadowy care;
Why should we look forward or back with dismay?
Our needs, as our mercies, are but for the day.

One day at a time, and the is His day;
He hath numbered its hours, though they haste or delay.
His grace is sufficient; we walk not alone;
As the day, so the strength that He giveth His own.

Annie Johnson Flint
(submitted by Bill W. of Harrisburg)

Best Wishes to Kathleen and Jeff B and to Linda and Frank M

Bill S ((3))
& Cindy R ((5))
Cathy and Dick B. ((9))
CONGRATULATIONS

Dawn is coming and another day.
Another day of insanity? I don't understand what is happening to me.
I'm scared! Afraid to face a new day. Afraid to face anyone or anything.
I just want to curl up and die! Please God, help me! I'm afraid to talk to anyone about the way I feel. They'll think I'm crazy. Am I? God, I don't want to be crazy. There's no hope for crazy people. Just lock them up and throw away the key. Just forget about them. That's how I feel, like everyone forgot about me, that no one cares.
I'm a nobody going no where, no where, except insane! I feel that the only way I can make it thru the day is if I have some drugs. They help me. They boost me up and that's what I need right now, I think?

Patty K.
Carlisle

My happiness is me, not you.
Not only because you may be temporary,
But also because you want me to be what I am not.
I cannot be happy when I change merely to satisfy your selfishness.
Nor can I feel content when you criticise me for not thinking your thoughts,
Or for seeing like you do.
You call me a rebel.
And yet each time I have rejected your beliefs you have rebelled against mine.
I do not try to mold your mind.
I know you are trying hard enough to be just you.
And I cannot allow you to tell me what to be-
For I am concentrating on being me.
You said that I was transparent
And easily forgotten.
But why then did you try to use my life time,
To prove to yourself who you are?

ADDICTICTIVE HUMOR:

Why are the new meeting lists light blue?

So that when we are really BLUE, we have a real LIGHT to find our way.

SOME OF THE PEOPLE YOU WILL HEAR FROM IN PART II OF MIDSUMMER SCANA 1984 ARE:
Cindy R, Bill S, Stevie C, Cathy B?, and Greg B!
Plus goodies from the D.C.LINK and THE NA WAY

Not Lone

Gee, GOD, I cut all the hair off my face and head. I haven't touched a drug for two months. And I WANT A WOMAN!



My Son, I did not create addicts arms as long for no reason.

TIME

IT TAKES

BECAUSE I LOVE YOU

Because I love you, I am slow to lose patience with you.
Because I love you, I take the circumstances of my life and use them in a constructive way for your growth.
Because I love you, I do not treat you as an object to be possessed and manipulated.
Because I love you, I have no need to impress you with how great and wonderful I am, nor do I belittle you in order to show how important I am.
Because I love you, I am for you. I want to see you mature and develop in love.
Because I love you, I do not send down my disapproval on every little mistake you make...of which there are bound to be many.
Because I love you, I do not keep score of all your wrongs and then beat you over the head with them whenever I get the chance.
Because I love you, I rejoice when you experience good things and stand up under the pressures of life.
Because I love you, I keep on trusting you when at times I don't even trust myself.
Because I love you, I will never say there is no hope for us.
Because I love you, I will never forsake you, even if others might.
Because I love you, I will stand with you when you have reached the rock bottom of despair. It is at a moment like that we can really see that the greatest of all gift's is God's perfect love!

DON'T BE FOOLED BY ME

I want you to know how important you are to me, how you can be the creator of the person that is in me if you choose to. You alone can breakdown the wall behind which I tremble, You alone can see behind my mask. You alone can release me from my shadow world of panic and uncertainty and loneliness. So please don't pass me by. I know it will not be easy for you. A conviction of worthlessness builds strong walls. And the nearer that you approach me, the blinder I may strike back. You see, I am to be fighting against the very thing I need the most. But I am told that love is stronger than walls, and in this, lies my only hope. So beat down those walls with your firm but gentle hands, for the child in me is very sensitive and can't grow behind walls. So don't give up. I need you.

Here's wishing a SPEEDY RECOVERY to Russ R from HBG who recently was operated on!

June 12, 1984

Dearest Bill,

My dear son, tomorrow is your birthday and I didn't even have a card to give you or even realize tomorrow is the 13th. I know you will understand with things the way they are so I'll just write and say Happy Birthday. Your Dad would want to join me in saying that perhaps it can be a Re-Birth day for a new life. We are happy that you have found a way to straighten out your life and hope you will continue to struggle on the upward path to appreciate the love and support you are receiving from the friends and return their love and their support with your love and support and loyalty and honesty.

We know we won't have Dad much longer and we must be thankful for all the love and support he has given to all of us through the years and pray that God will not let him suffer.

He and I had forty one wonderful years together but it is never enough. We had our arguments but we always loved each other and over came our troubles. And I guess God will help us through this somehow.

That you are trying to turn your life around will help your Dad to go in Peace. I hope our other family problems will work out.

Keep up your striving, Bill. We love you. Happy Birthday.

Mother and Dad

P.S. It isn't much but it is all we can do now.

(written to Bill W. of Harrisburg from his Mother)

MIRACLES THROUGH RECOVERY

The fact that I am alive today is a miracle. Slowly through NA, which was given to me by my Higher Power, other miracles are taking place. Through my addiction, I suffered many losses. I lost material things, my family, friends and most of all, my soul. I sold it for drugs. This weekend was proof to me that through my Higher Power, God, and NA, miracles do happen.

Yesterday was Father's Day. For the past six months I've prayed for my family to come together as one. My younger sister has been supportive all along, however, her boyfriend didn't care for me. My older sister had grown to hate me and my brother-in-law does not speak to me. Well, yesterday, my sister and her boyfriend picked me up and we went to Lancaster.

My Dad is bed ridden with cancer. We are close and we cried together. Even though he is ill, he has prayed for me. While there, my sister and her husband came in. I started crying with joy for a dream had come true. The family was at last one. My sister said, "Welcome back to the family!" I told her that miracles happen one day at a time through recovery. There are no guarrantees in NA, but dreams do come true. Through the love of my H.P. and NA, I am alive and loved by many. This is a miracle through recovery.

Love,

Bill W.

Harrisburg

Don't miss the dance at Allendale Saturday!!!

The World convention is coming up !

(look around for flyers! ! ! !)

Lancaster is turning it over at the mill again...

D.C. is having a spiritual retreat at George Washington University in August.

MORE DETAILS,EVENTS,FEELINGS,THOUGHTS,AND FELLOWSHIP COMING UP IN PART II

OF SCANA

MIDSUMMER 1984