

# SCANA

~ If we are unwilling to listen to others, we will deny the need for improvement. We learn to become flexible and to admit when others are right and we are wrong. As new things are revealed, we feel renewed. We need to stay open-minded and willing to do that one extra thing, go to that one extra meeting, stay on the phone that one extra minute, and help that newcomer stay clean that one extra day. This extra effort is vital to our recovery.

## "Our Symbol"

You know, I was checking out the NA Basic Text and I came across the meaning of our symbol.

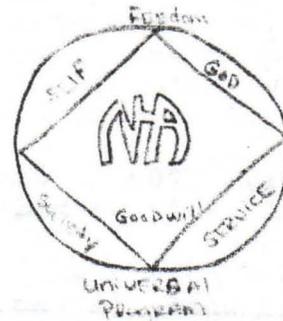
Now, I've seen it on T-shirts, but if you would have asked me what it meant I might have come off with a statement that would have distorted its true value to us "grateful, recovering addicts," I gave myself a break and read it.

1. "The Circle"-  represents the universal program enclosing all addicts who've taken the First Step from day one forward.

2. "The Square"-the base of our freedom (goodwill), the unity of the Fellowship. 

3. "Self, God, Society and Service"-(In our addictions, many of us lost our "self-worth" and "spirituality"-becoming hinderances to "society" and of "service" to none,) the 3-dimensional view extends from its base as a pyramid reaching a point.

4. "Freedom"- the point reached a the unity (goodwill) of our Fellowship grows morally righteous, in thought and deed, unconditionally.



Working the 12 & 12 in our daily lives, caring and sharing the NA way and prayer, has kept us clean thus far.

"Together We Can"  
Love and Peace-  
--Rocky D.  
York

The opinions and views expressed in this newsletter are not necessarily those of this committee or NA as a whole.

Farewell! Thanks! Good  
Luck!!

As you all know, South  
Central PA Area Service of  
NA is breaking up to form 3  
new areas. We just wanted  
to express out gratitude to  
all of you who have  
supported us as an Area  
Service Sub-Committee. It  
is a special service to be  
able to carry NA's message  
of recovery to addicts who  
are incarcerated or  
institutionalized. Those  
who have found what we have  
found in this area of  
service know what we are  
talking about. Hopefully  
with the new area's being  
formed more of you will be  
given the opportunity and  
encouragement we've been  
given in H&I service work.  
Good luck to the new areas  
being formed!

We also want to tell you  
about the great success the  
Spaghetti Dinner was on  
Saturday, November 17. We  
couldn't have done it  
without all of you.

Approximately 200 dinners  
were served and we had just  
enough spaghetti! If that  
wasn't Higher Power, we  
don't know what it was. Of  
course, the genius of one Mr.  
Gene Benson certainly helped  
too. Mr. Benson and Greg B.  
slaved in the kitchen from  
dawn to dusk preparing the  
sauce, spaghetti and cutting  
up celery and carrots. They  
really went all out. Thanks,  
Men! Mrs. Benson was close  
by throughout the course of  
the day, supervising and  
overseeing. She even got  
her feet wet washing dishes.

Also, Patti K. baked her  
little heart away and came  
up with some delightful  
treats for a bake sale.  
(Did you ever meet an addict  
who didn't have a sweet

tooth?) Not only did Patti  
bake all that delicious  
stuff, she also donated it  
to H&I. Thank you, Patti.

Billy Z. was our fearless  
dorrman. Anyone who tried  
to get in without paying  
will forever wear the scars  
of tire tracks! Job well  
done, Billy

Then, of course, we had Amy  
S. collecting dinner tickets  
from our servers. She  
monitored all orders going  
out. And she also gave a  
few orders herself. That's  
our Amy. Thanks for helping.

Heading up the assembly line  
in the kitchen was none  
other than Alice C. She's  
and ols hand at flinging  
spaghetti. She's been doing  
it for years. Next in line  
was Cathy B. She and Alice  
are a team. Cathy has been  
dipping in the sauce for a  
few years, too. She's also  
our official taste tester.

Then last, but not least, we  
have all our fast steppin'  
servers Chris L., Barry N.,  
Rhonda A., and her mother,  
Lisa O., and Lord knows who  
else. We can't remeber all  
your names, so if we forgot  
you, we're sorry. But thank  
you all. We know you all  
got a little confused from  
time to time, but we're used  
to that, aren't we?

Tickets had been sold in  
advance so we could have the  
funds to buy supplies. So,  
to ensure sales, we hired  
Harrisburg's strongarm  
salesman, Bill L. Everyone  
who bought a ticket from  
Bill was seen at the  
Spaghetti Dinner. Those who  
didn't buy a ticket from  
Bill (we call him Mr. "B")  
Well, nobody's seen them  
around lately. →

Step 4 "We made a searching and fearless moral inventory of ourselves."

This step for me could only be taken after I had a working knowledge of the first 3 steps. I believe eventually in our recovery we all need help and guidance to face ourselves and look at the good and the bad.

Sponsorship is helpful at this point. Someone to give us some direction as to how to go about this step. For me, prayer was essential to make this step fearless and searching. It opened a door to greater self-awareness. I was overwhelmed by some of the discoveries that were made and I found relief in sharing with others who have already been through this step in their recovery.

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Being asked to write an article on the Fourth Tradition made me stop and think a while. The Fourth Tradition states-"Each group should be autonomous except in matters affecting other groups or NA as a whole." This seems so simple, why do we seem to have so much trouble with this tradition?

What came to my mind was instances of groups being in violation of traditions and saying they could do what they want because they were autonomous.

This is not what this tradition means. It is true that autonomy is the power of self-government. But, we must be careful in exercising this. So that we govern ourselves within the framework of all the traditions.

This may seem rigid but it is important for our traditions protect us from our own MISmanagement skills.

This still gives us the latitude for the group to decide on the format of the meeting (as long as an atmosphere of recovery is maintained), to choose trusted servants (God willing, we will choose carefully), and to run our meetings as we like (as long as we take care not to break the traditions).

The second part relating to other groups or NA as a whole is generally taken care of by 1 - Following traditions and 2 - by being involved in the service structure of NA (as a whole).

So much for my thoughts, just remember-"As long as the ties that bind us are stronger than those that would tear us apart, ALL WILL BE WELL."

--Seth S.  
Harrisburg

December

Dec. 22  
Helpline Convention  
Holiday In-town  
Second and Chesnut Sts.  
Harrisburg, PA  
Contact: Mason-  
(717)763-9069

January-

Jan. 4-6  
Third AVCNA  
Richmond, VA  
P.O. Box 25285

Rich, VA  
Contact: Tracie S.  
(804)264-3910

Baltimore Dance for ECCNA  
Specifics to follow

March-

March 1,2,3  
Regional Service Workshop  
George Washington Hotel  
Allentown, PA

June-

June 21-23  
Together We Can  
6th East Coast Convention  
Townson State University  
Baltimore, MA

August-

Aug. 29- Sept.1  
15th World Convention  
Washington, DC

Our speaker, Danny S., drove all the way from Connecticut. Now that's committment! His message of recovery and work in H&I was very strong. We are forever grateful to you Danny for coming to share with us.

Thanks to all you strong fella's and ladies who helped put tables away and get ready for the dance.

Music for the dance was supplied by the famous DJ group from York-the "Reel to Reels." We contacted their manager, Ellin J., earlier that week to see if we could reserve them for our dance. Fortunately, they had no other engagements. Les, the recording artist, Daine, their equipment manager, along with his supportive wife, Diane, al came and put on a really great dance for us. Feet were moving, hips were swaying and fingers were snapping. We even had a surprise show from Roberta's

son and his dancing group-"Tommy and the Breakers." Everyone had a great time.

It was all over then, things got wuiet, the crowd grew thin and it was clean up time. Funny, not many people stuck around for this part. But everything got cleaned up, light went out and doors were locked.

The day was over and a great success! And you can rest assured that our Higher Power was in His glory! Without Him the day just wouldn't have happened.

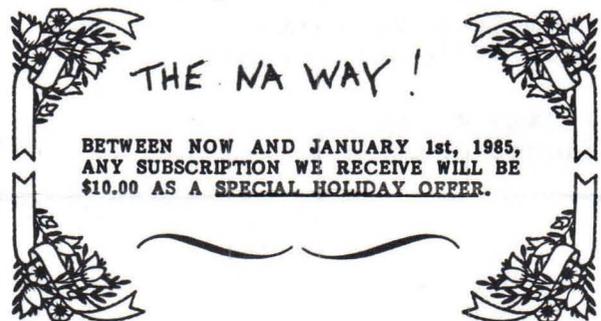
We extend our deepest appreciation to the Derry St. Church for letting us use their kitchen and Fellowship Hall. Thank You!

S.C.P.A. Narcotics Anonymous  
H&I Sub-Committee

### "The Convention"

By coincidence, if you believe in coincidence, Harrisburg's first convention is taking place on the day that the sun "hits bottom" and starts recovering. It is the shortest day of the year. The day that darkness is strongest and light conquers it as the days begin to get longer and lighter from this day on. It has been a day of celebration throughout the world in many different cultures for centuries beyond written history. I am going to this convention for the same reason I go to meetings. I want to remember that I have changed. I love to be with and celebrate other people that have done the same thing. And because I need to. Like I need the sun, I need NA to keep me warm, to let me see clearly and to stay alive. I wanted to share this little revalation with you. Thanks. See you at South Central Area NA's only convention to ever be.

--David J.  
Harrisburg



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One year rate...U.S. - \$12.00 Overseas... - \$15.00  
Make checks and money orders payable to N.A. WAY

My name is Steve and I am an addict. I was asked to write something about youth and recovery by the sub-committee, but I decided to write a bit about myself and let it speak for itself. I picked up for the first time when I was 8 years old and got clean when I was 16 years old. In those eight years I was locked up five times, slept on the street, stole, lied, cheated, and did anything it took to get high. I saw a psychiatrist, went to a long term rehab, and felt a whole lot of pain. When I first walked through the doors of a Narcotics Anonymous meeting I was 14 years old. I didn't stay clean and I didn't even pay attention. But it shows me today, that I was using uncontrollably and destructively enough then for someone to try to help me. The last year I used was the worst. I stopped caring about everything. I became violent and I hated everything. I had very little desire to live. I became, in my mind, hopeless and thought about suicide alot. I went to meetings and got high. I wanted to stop but I couldn't. I was 15 years old and to my knowledge I was the youngest by at least 10 years that went to meetings in my area. I never used a needle and I had never even seen herion, but somehow I knew if I kept going the way I was I would not see 20 years of age. On February 6, 1981 I got on a bus and was sent to West Virginia to live with my brother. I've been clean ever since. I'm not sure what happened inside but I stayed clean. I've been real involved with youth and the school system, not because I think the youth need to do anything different, but because I was more effective

in carrying the message there. It's not the drug or how long I used that forced me to seek recovery but addiction plain and simple. I've heard alot of talk about young people not hitting their bottoms and not being ready to get clean and my hope is that someday people won't have to die trying to find out what their bottom is. Narcotics Anonymous is a beautiful fellowship that makes recovery available for everyone. It worked for me and I know it can work for anyone. When anyone, anywhere reaches out for help I want the hand of Narcotics Anonymous to be there and for that I am responsible.

#### HELP WANTED

All H & I meetings are looking for a few, good addicts looking for a way to carry the message, 'cause you got to give it away to keep it.

#### Woodside Juvenile

##### Detention

Tuesdays 6:30-7:30PM

Contact - Rhonda A.-

232-2480

#### York-

Fridays at 7-8PM - OD

Grace Lutheran Church

150 Jefferson Ave.

In the Basement

York

#### Carlisle-

Mondays 8-9PM - OD

117 N. Hanover St.

Carlisle

Wednesdays 8-9PM - OD

117 Hanover St.

Carlisle

#### Gettysburg-

Tuesdays 8-9PM - OD

109 York St.

Gettysburg

Lancaster-  
Mondays 8-9PM - 00  
St. Ann's  
Duke and Liberty Sts.  
Lancaster

Tuesdays 1-2PM - 00  
Unitarian Church  
538 W. Chesnut St.  
Lancaster

Thursdays 8-9PM - 00  
Orange and Lime Sts.  
YWCA  
Lancaster

Harrisburg  
Wednesdays 10-11AM -  
CD ~~Secord~~ <sup>Green</sup> and Verbeke Sts.  
Harrisburg

Thursdays 7-8PM - CD  
Sixth and Woodbine Sts.  
YMCA  
Harrisburg

Friday 10-? <sup>pm</sup> - CD  
323 W. Allen St.  
Mechanicsburg

I asked my sponsor what she thought would be good for me to write an article about and she suggested sponsorship. I was kinda taken back by her suggestion but agreed. I've learned alot about sponsorship whrough my own mistakes. I didn't want to ask someone to be my sponsor becuse I was so afraid of being rejected. I was about 3 months clean and I was a little worried about not not having a sponsor yet. So I talked to someone about it and asked this person how long she was clean before she got a sponsor. She told me she was 3 months clean and didn't have a sponsor and got high. I remeber my eyes pooping out and my mouth dropping open. I was going to be 3 months clean in just a few days. The person that I wanter to ask to sponsor me was across the room. I aked her that night.

About two weeks later, I got high. By the grace of God I was back in these rooms the next day. That was June 15, 1983. I've been clean ever since. God's given me a purpose in my life today, to carry the message of recoevry to the addict who still suffers. I've had the same sponsor ever since with a change of sponsors for about 2 months once. My sponsor could always tell me more about myself than I could and she didn't beat around the bush. She busted my ass alot because she's very serious about recovery and cares about me. I believe that tosay, but before I just thought she was being a hard ass and I didn't like it. So, I dropped her. I had a real hard time doing it and probably because I knew deep down inside it was a mistake. I started slacking off on my meetings and I was getting married in a few wqeeks and I just threw myself in that and kinda forgot about my recovery. I didn't really talk to her then for about a month and a half and when I did I was sharing something with her and the things she said to me were right on. It was something again that I didn't see and as soon as she said it, it let me see what I was doing. It was then I realized that I had made a big mistake. I had gotten another sponsor during this time but I didn't use her. She knew too that I had made a big mistake and we talked about it and she told me to humble myself and ask this person to be my sponsor again. It was really hard, my ego and pride didn't want me to but I did, because I had to. I called her, we talked, and I asked her if she would be my sponsor again. I didn't think she would though. I thought she would laugh at me. She didn't laugh at me →

and she said yes. I was really surprised, but pleased and relieved. With alot things in my life, most things, I didn't realize how good I had something until I lost it. This was the only thing this didn't happen with. I had something good and gave it up but got it back. God works in my life today. I've sponsored a few people myself. I don't have alot to share about that because it's still real new to me and I'm still learning. I think sponsoring peoplke is a real good way of seeing ourselves. When I sponsor someone it's the eaisiest way to see myself through that person. Alot of people konw who my sopnsor is so I hope she doesn't mind me writing: My love and gratitude to Chris L.

Proud to be a member of  
Narcotics Anonymous-  
Rhonda A.

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H & I

H&I stands for Hospitals and Institutions. Which is a Sub-Committe of your Area Service. This sub-committee will be newly forming along with the new area service in the Harrisburg area.

H&I meetings are meeting that are held in a place where people cannot get to regular meetings, such as prisons, detox units, rehabs and half-way houses. They are also meetings that cannot live up to our 7th Tradition-"...being fully self-supporting." Those meetings are supplied with literature bought with money collected from H&I cans seen at regular meetings. Most of these meetings are only allowed a limited number of outside NA members. Because of this, people willing to support this meetings should do so on a revolving basis.

The main purpose of an NA meeting is to carry the message of recovery, although, when entering an institution, we are also subjected to 100% of the rules and regulations of the institution. This may entail search of person, a backround check, pre-approved attendance sheet or whatever it takes for security of the institution.

There are 10 H&I meetings held weekly in the Harrisburg area, all of which need support. There is usually a 6 month clean time requirement to support these meetings although this is left up to the outside sponsor of any particular meeting. The outside "sponsor" being an NA member acting as liason between the institution and the Fellowship. With 10 H&I meetings a week there is a real need for committed people to carry the message to these meetings.

As was mentioned at the beginning of this article there will be an H&I sub-committe forming. The purpose of this sub-committee is to coordinate the activity of the 10 existing H&I meetings and to start new H&I meetings. This is a big job and is done most efficently with a 10 to 15 member sub-committee. All persons who are outside sponsors or who attend a particular meeting regularly should be a memeber of the H&I sub-committee.

There is a special kind of feeling we get when we share and care with people who can't make it to our regular meetings. The hope we get from this is unbelievable. And long since has been the secret to my personal recovery.

WE REALLY NEED YOU TO BE THERE  
FOR THE ADDICT STILL OUT THERE

DECEMBER  
22,  
1984

EXPERIENCE A "MIRACLE"!

WE BRING GOOD THINGS TO LIFE.



Pa HELP LINE

1-800-232-**Hope**

mini  
NA CONVENTION

Christmas Party Banquet & Dance!

**HARRISBURG, PA**

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| Registration  | @ \$12.00 | _____    |
| Banquet   | @ \$18.00 | _____    |
| Br. Buffet  | @ \$10.00 | _____    |
| Total Package   | @ \$35.00 | _____    |
| Donations/Contributions for those who can't afford it |           | _____    |

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**Fellowship Unity  
Speakers Meeting  
Marathon Meetings**

**IN CLOSING**

As I sit here in my drafty rented living space trying to get a fire going that will last the night, a few things ripple through me. This is the last SCANA. Looking back on it since the restart in 1982, a lot of feelings and memories swirl up in me; in there are a few resentments and a lot of gratitude. The resentments are towards myself and others for not being as dependable, as energetic or as organized as paid professional journalists. My gratitude is to my higher power and the fellowship for allowing me to serve; I really feel this and I do not think I could have even imagined feeling "grateful to serve" before. I am also grateful to all the people who actually "made SCANA" without getting paid and without professional know-how. First of all, Linda from Lancaster who got it going again in 82. She did most of the work and allowed me to feel involved which was real important for me at the time. She handed it over to me and, shortly thereafter, John R allowed us to print many-paged editions for next to nothing at his lumber yard. He and Steve C put in some good time formatting, contributing and waiting for those many copies to print at the lumber yard ~~copy~~ copy machine. And, for a while, the area literature committee (John & Steve) adopted the newsletter committee (me) and we had a great time, especially when Getty joined us. Getty could type more than 10 words a minute and she relieved us from having to stare at each other's ugly mugs while doing long drawn-out things like writing NA Christmas carols. Then Getty and I became the SCANA committee. Then Alice C, Bill S, Norm S, and steady-Stevie C were joining us for actual committee meetings. Somewhere in there, the Lit committee and the HANA Social Committee (Norm) helped us put on a Valentine dance and we were off to the professional printer with the proceeds. We became self-supporting and autonomous once again. Then we dwindled down to three—Getty, Alice, and me. Then we lost interest. After a while, I announced a newsletter meeting. Greg B and Steve C showed. None of us could type and it was a bummer because we had a good amount of input. Out of the blue, Patti K came on the scene and she helped me put out a few issues even though, in the pause, some input had been misplaced, lost and disorganized. It was tough; input was not coming in to strong. In the mean time, I got interested in the printer's daughter and she got interested in me. Then we lost interest. And I did not want to go back to that printer for a little while. I could not afford not to. But this is not the Star, so back to the facts. Amy S came into the picture with Rhonda A during this and this past issue. Computer access and direct requests for articles turned a whole new leaf of possibilities over to SCANA as did Amy's organizing abilities and Rhonda's energies. Patti continued to offer help even though she was very sick. And I would like to end this with a repeated thanks to all the people mentioned above and a prayer that Patti is bringing God as much happiness as her absence from this world brings us ~~grief~~ grief.

**HAPPY HOLIDAYS!**  
*Thank X. David*