

SCANA

BY THE ADDICT, FOR THE ADDICT

FEB. 19 ENT'D

Welcome to our almost-Springtime edition of SCANA. Thanks to the literature and social subcommittees efforts in the Valentine dance and to your donations, we are still alive and printing. Thanks also to our members who have given time and written material. And thanks to the love that brings us together and keeps us together. Here are some events, feelings, and thoughts to help you start thawing . . .

NEWSFLASH! NA hits the big time! Front page of Patriot living section (or was it the front page) covered by NA member. Half page of NA info. REACHING OUT . . .

EVENTS

Area:

- St. Patricks Day March 17
Dance at Allendale. 2 \$
8:00 P.M. -



- York is also working on St. Pat's Dance

- Banquet ^{Punchland} _{at 15} May 5. 7:00

buffet (all you can eat) & speaker
more detail on the way

Other Places:

- Spring Banquet. March 31 in Williamsport.
Bethune Douglass Community Center
Cambell St. 6 pm - 12 \$12.50
Dinner, Speaker, drawing, Dance, Regional Update

* - 5th East Coast Convention. Yale U. June 22-24
"REACHING OUT" in New Haven, Connecticut

- Louisiana Regional Convention. March 2-4
\$10 Reg. Dance. \$12 Banquet.
at the Holiday Home. Lakeville, LA.

POEMS AND SHORT STORIES

Short Takes.....

DRUGS, DRUGS, DRUGS, ...insecurity, dishonesty, loneliness,
emptiness, fear, resentment, uselessness, self-pity, DRUGS, DRUGS, DRUGS

My denial started to subside when I realized that I was't
powerless over what I was addicted to, but was powerless
over being addicted.

Taken from the
NA way.....

ANOTHER WAY

By: Bernie G. Harrisburg

Have you found your life
Is nothing but smoke
You lay around dead
And that's no joke.

Wake up, Wake up
Get back to feelings
They're a natural high
They'll send you reelin.

Puffin on
That lousy joint
You're going no where
That's the point.

From anger to love
And all feelings between
Life's sure worth livin
Will soon be seen.

You've lost all feelin
In a stinking cloud
You'd see it in a moment
If you're not to proud.

It won't be easy
So don't go it alone
Grass can be kicked
Make NA your home.

Get back to livin'
While you have the chance
Give up that buzz
Come out of your trance.

Narcotics Anonymous
It works it's agreed
By many addicts
Who live the creed.

Anonymous Feelings

I shall discover who I am and what I am,
By stopping and facing the person I fear the most....MYSELF

By breaking free from the chains that bind my life to nothingness.
I shall stop running from reality and fight to lift myself
out of the bottomless pit which I have created through
ignorance and fear.

By ending the pain of not trusting...
By ridding myself of the emptiness of loneliness...
I shall become a productive humanbeing....
By recognizing and conquering my prejudice...
By seeking and contributing to knowledge and wisdom of my peers..

And I shall go forward with a purpose...
A purpose which comes from the knowledge of who I am, and what
is still to be accomplished in life.

The Second Step

The second step is the most important one to me. "We came to believe that a power greater than ourselves could restore us to sanity."

There was no question that my addiction was an insane trip. I listen to others at meetings and hear how when they used they stole things, or when they used and drank they got into fights. When I drank and used I went insane.

I did some pretty insane things in my active addiction -- even spent some time in the State Hospital but those things were only isolated events. The real insanity of my active addiction was the way I lived each day.

My addiction told me that it was "fun" to go out every night and get wasted into oblivion. To wake up in the middle of the night, not knowing how you got home, seeing the ceiling spinning around, being too sick to make it to the bathroom and puking out over the side of your bed is stupidity. To do it every night of the week is insanity!!!

The insanity of my addiction told me to go out and make the same mistakes over and over again and think things would get better.

A power greater than myself restored me to sanity but that power wasn't God. He didn't come into my life until the third step. The power greater than myself was N.A.

A power greater than yourself can be anything. The group, your sponsor, a favorite piece of literature, or whatever.

Narcotics Anonymous showed me that if everyone else in the program could stay sober and clean and get their act together than so could I. They were right. That insane way of thinking and living is gone today as long as I believe what N.A. has shown me.

Bill S.

Harrisburg

Tradition 2

We have no leader. Everyone, from one day to infinity, is treated as an equal in NA. We've accepted one ultimate authority, a loving GOD as expressed in our group conscious. We come from a world of hate, mistrust, and self-centeredness. We stole, cheated, lied, and didn't care. Now, in NA, we learn to love, care, and trust...if we are willing and open-minded. We have no choice but to trust each other or we cannot stay clean. Without leaders, our voices are heard. When we turn it over, our lives and our programs are much simpler. WE can't do it in one day, but we can DO ! IT !

— N.S. from Burg-town, USA
"Free Today"

THE WILL OF GOD WON'T TAKE ME.....
WHERE THE GRACE OF GOD WON'T HOLD ME.....

Help is as near as your knees.....

Are you jammed up?, need a friend?, feel like your world is coming to an end? "Go ask Alice"

DEAR ALICE:

SCREWED-UUUP GETS SCREWED DOWN

Ah..... Kill!

—Screwed-Up in Harrisburg

GO ASK ALICE



DEAR SCREWED-UP: in Harrisburg:

It only took you two words to express to me that you have a lot of anger. Here are a few suggestions that might help to alleviate the problem:

1. You could take a trip to Peter's Mountain and sit at the top of the highest peak and try to become totally in tune with nature.

2. You could also create a much more painful experience such as beating your head into a wall which would divert your mind from dwelling on your anger.

3. Or, as a last resort you could committ hari-kari which would eliminate not only your anger but also all those other intolerable feelings and living situations that addicts tend to consume their lives with.

Now, all kidding aside!

This is a very serious problem and could lead to serious consequences if you do not deal with it. First of all you are aware of your anger which is a good sign. The next step is to decide what this anger is doing to enhance your recovery. You now have a decision to make, You can hang on to this anger and continue to feel miserable or you can take some steps to turn it over. Talk directly to the person you are angry with, and talk to your sponsor. There is also a very useful tool in the program which is the 3rd. step— We made a decision to turn our will and our lives over to the care of God as we understood him. We must rely on our higher power to help relieve the pain. Getting on your knees in the morning and asking for help and going to bed giving thanks can make a world of difference.

But above all, don't pick it up and go to meetings - "This too shall pass".

Good Luck!

If you have a question for "Alice" or anything else for SCANA, write this on your envelope and send it in:

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Events!
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