



# SCANA SHEET

SOUTH CENTRAL AREA NA NEWSLETTER

S C P A S C  
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Mechanicsburg, PA 17055

Harrisburg Area NA  
P.O. Box 653  
New Cumberland, PA 17070  
Hotline Number (717)236-1981

Reading Area NA  
26 North 6th St.  
Reading, PA  
(215) 378-1024

Lebanon Area NA  
St. Mary's Parish House  
426 N. 8th St.  
Lebanon, PA 17042  
(717) 272-1097  
273-4903  
867-5028

Lancaster Area NA  
1944 Pine Drive  
Lancaster, PA 17601  
(717) 285-3270

## GUESS WHO I AM

I am more powerful than all the combined armies of the world.

I have destroyed more men than all the wars of nations.

I have caused millions of accidents and wrecked more homes than all the floods, tornadoes, and hurricanes put together.

I am the world's slickest thief; I steal billions of dollars a year.

I find my victims among the rich and poor alike, the young and the old, the strong and the weak.

I am relentless, insidious, unpredictable.

I am everywhere - in the home, on the street, in the factory, in the office, on the sea and in the air.

I bring sickness, poverty and death.

I give nothing and take all.

I am your worst enemy.

Who am I?

I AM DRUGS AND ALCOHOL.

--Paul O., Harrisburg

We used for happiness, and became unhappy.  
 We used for joy, and became miserable.  
 We used for sociability, and became argumentative.  
 We used for sophistication, and became obnoxious.  
 We used for friendship, and made enemies.  
 We used for sleep, and awakened without rest.  
 We used for strength, and felt weak.  
 We used medicinally, and acquired health problems.  
 We used for relaxation, and got the shakes.  
 We used for bravery, and became afraid.  
 We used for confidence, and became doubtful.  
 We used to make conversation easier, and slurred our speech.  
 We used to feel heavenly, and ended up feeling like hell.  
 We used to forget, and were forever haunted.  
 We used for freedom, and became slaves.  
 We used to erase problems, and saw them multiply.  
 We used to cope with life, and invited death.

--Anonymous

#### HOW FUN IT WAS

It is a lot of fun  
 To be drunk or stoned  
 But, how fun it is to be addictive.

How fun it was  
 When you jones  
 For some dope or drink  
 And have no money to get it.

How fun it was  
 When you lurk through the streets  
 Looking to steal from someone  
 Despite the consequences  
 When you are sick for a drink or a fix.

Fun is.....  
 Living a sober life  
 Facing reality as it comes  
 So, why don't we kick the Habit  
 Before we kick the bucket.

--Pedro B.  
 Gatehouse, Lititz, PA  
 Lancaster NA

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THOSE WERE THE DAYS, MY FRIEND

Those were the days, my friend  
I thought they'd never end  
Getting up and getting high  
Life just sort of passed us by.

Those were the days, my friend  
Do you remember when  
When you took mom's money from her pocketbook  
And never thought you were a crook.

Those were the days, my friend  
The rent money you would spend  
Not caring if the landlord would throw you out  
Getting high was all you cared about.

Those were the days, my friend  
Long lonely days and nights with no end  
Looking for just one more fix  
To get it, oh but what a bag of tricks.

Those were the days, my friend  
When the man came to run you in  
And while you sat in the holding tank  
You didn't know how bad you stank.

Those were the days my friend  
When your time came close to end  
How you swore you'd do so well  
And when you got home, you fell.

Those were the days, my friend  
When you thought your misery would never end  
How you could never give up dope  
And didn't know you had no hope.

An old friend you saw again  
And he looked so healthy, well and alive  
He didn't talk with no more jive.

And those days are no more my friend  
You have found your life again  
Now you don't do any more dope  
And you're filled with lots of hope.

First to rehab, then to NA  
Now you live day by day  
Working the steps and getting better  
There's nothing like being sober.

Yes, those were the days my friend  
Now grateful I am they came to an end  
Lord, help me stay clean and sober today.

--Brad S.  
Harrisburg

H E L P   W A N T E D

York - Thursday 8:00 PM  
First Presbyterian Church (Upstairs)  
27 North Queen Street  
York, PA

Harrisburg - Thursday Noon  
Methodist Church  
15th & Derry  
Harrisburg, PA

Harrisburg - Friday 12:00 Noon  
United Presbyterian Church  
3rd & Pine Streets  
Harrisburg, PA

Reading - Midnight Friday  
Candlelight Step Meeting  
26 N. 6th Street - ~~Reading~~  
Reading, PA

Pottstown - Sunday 2:00 PM  
301 Cherry Street  
Pottstown, PA  
(215) 326-5694

Harrisburg - Tuesday  
DCP Women's Meeting  
County Prison  
Harrisburg, PA  
CONTACT: Jody

Lebanon - Thursday 12:00 Noon  
St. Mark's Parish House, 2nd Floor  
Lebanon, PA

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