

West-SouthWest Area of Narcotic Anonymous

CLEANSHEET

November 2022

ON THE RIGHT TRACK
TIME FOR CHANGE
SHOPPING FOR RECOVERY
38TH AND CHESTNUT STREET GROUP
I CAN'T, WE CAN
RECOVERY IN THE PARK
KEEP COMING BACK CLEAN
HERE'S FAITH GROUP
LEARNING TO RECOVER
ANOTHER CHANCE AT LIFE
NO MORE MISERY
A GIFT OF SURRENDER
STAYING CLEAN MUST COME FIRST
MESSAGE OF HOPE
TOUGH GROUP
WHAT CAN I DO
SURVIVAL GROUP
DARBY HILL TOP
ENOUGH IS ENOUGH
LET'S SURRENDER BY NA MEANS
11TH STEP GROUP
CHANGING LIVES GROUP

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Hybrid, Virtual & In Person Meetings So many Choices

As of June 11, 2021, the City of Philadelphia eased many of the pandemic restrictions that forced many of us out of work and out of meetings. While some have adapted to the new normalcy of virtual meetings, others have struggled with the new normalcy. A few homegroups have been forced with the decision to relocate their physical meeting space. A few groups have had to wrestle with surrender of their meeting space because other groups have expressed interest in the meeting space. The thing that compounds all of these decisions is that, while this pandemic seemed to be getting under control, new variants of covid-19 have emerged to present another level of concern for those vaccinated amongst the 58% in the city and the 42% that still are not vaccinated at the time of this article. There are more options for meetings now. We will attempt to bring everyone up to speed with the meeting options that are currently available. Hybrid meetings (which is a new term in NA) consists of a physical meeting and a virtual meeting combined. These meetings can function in different ways. 1. The physical meeting chooses a virtual meeting space to broadcast the physical meeting. 2. The physical meeting and the virtual meeting may meet at the same time without any virtual broadcast of the physical meeting. There are also groups that have chosen to leave the virtual realm and present physical meetings only, while other groups see the importance of staying in the virtual realm for the time being. It then becomes an individual preference as to what meeting will work with the individual's current lifestyle. Remember we are a program of choice.

In this Issue:

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CleanSheet Anniversaries

Congratulations

to the Home Groups

on Another Year of Service

A Gift of Surrender Group of NA

Will be celebrating 32 years of keeping the doors open.

Sun December 11,2022 10:00am-12:00pm

6310 Market Street

Upper Darby, PA

All are Welcome!

CleanSheet Anniversaries

Congratulations

to NA members for

Another Year Clean.

On the Right Tracks

Aminah 11/27/06 16yrs

Barry T 11/13/17 5yrs

Gail 11/2/94 28yrs

Harry, S 11/2/90 32 yrs

Iman 11/16/16 6yrs

Jeff , C 11/1/88 34yrs

John, B 11/17/03 19 yrs

Sharu, W 11/7/89 33 yrs

TC 11/16/11 11yrs

Zaahia, R 11/4/17 5yrs

Time for Change Group

Shawn, S 11/ /16 6yrs

Teddy 11/ /08 14yrs

Recovery in the Park

Seabron W 11/25/96 26 years

Ralph 11/3/16 16 yrs

No More Misery

Kathy, S 10/13/08 34yrs

Keep coming back Clean Group

Ted, B 11/3/98 24 yrs

Learning to Recovery

Terry 11/22/21 1 yr

Here's Faith Group

Charles 11/03/01 21 yrs

38th And Chestnut Street Group

Warren R 11/28/95 25yrs

Drug problem?

Maybe we can help...

Narcotics Anonymous

WWW.NA.ORG

To find a meeting or a 24 hour helpline near you,

Log on to NA.org





On the Right Track Group of NA

Will not meet in person on November 25, 2022, the last Friday of the Month. They will however, meet virtually on the Zoom platform Friday. The meeting will be from 5:30pm-7:00pm. The Id is 711 883 8711, the PW is 300 120

Changing Lives Group of NA is in dire need of support

Myers Rec Center

58th Kingsessing Avenue

Friday 7:00pm-8:30pm in person.

Sunday Night Alive group of NA is relocating from 49th

at market street to 631 N. 39th Street Phila, PA 19104

Mantua Haverford Community Center

Effective Sunday October 2nd, 2022

Time 3:00pm - 4:30pm

All are welcome!



ASK THE ADDICT?

Very Simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions, and death. Ask The Addict has been soliciting questions from Addicts answered by Addicts. Send your questions to westsouthwestarea@gmail.com

A MATTER OF CONCEPTS

Eleventh Concept

NA funds are to be used to further our primary purpose, and must be managed responsibly. NA members around the world contribute money to help our fellowship fulfill its primary purpose. It is incumbent upon every element of our service structure to use those funds to carry the NA recovery message as far as possible. To do that, our service bodies must manage those funds responsibly, accounting fully and accurately for its use to those who have provided it. Narcotics Anonymous funds should always be used to further our primary purpose. Money is used to pay the expenses involved in running NA recovery meetings, to inform the public about NA, and to reach addicts who can't get to meetings. It is used to develop, produce, translate, and distribute our message in written form, and to bring our members together in a service community committed to the vision of spreading our message around the world to those in need. All of this is done in support of NA's spiritual aim: to carry the message to the addict who still suffers. Service funds aren't easy to come by. To fulfill our primary purpose, we need all of the financial resources at our fellowship's disposal. Our groups, service boards, and committees must make prudent use of the money we give them, refusing to spend money frivolously or self-indulgently. With NA's primary purpose in mind, our services will avoid wasting money, using the funds they've been given to carry our message as effectively as possible. One way we apply Concept Eleven is by establishing clear spending priorities and measuring each proposed expenditure against that priority list. Many groups, service boards, and committees have more items on their priority lists than their budgets will allow. In such cases, only the highest priorities can be funded. Money is only one of the resources we must responsibly prioritize. While the Eleventh Concept applies directly to the management of funds, it also has implications for the management of all our service resources. Most projects depend as much on ideas, information, conscience, and members' time and willingness as they do on money. If we have the funds needed to carry out a project but lack the time or the ideas, we'd best wait until we've gathered all the needed resources before proceeding. If we don't, we will have wasted NA service funds. In responsibly planning and prioritizing our service efforts, we must consider the total resource picture, not just our finances.

In setting priorities, we may be tempted to look only at our own needs, tightly holding on to funds, spending money only on our own projects, and neglecting our role in providing needed funds to all levels of service. That kind of thinking is contrary to the Eleventh Concept. High on our list of priorities should be a commitment to further the goals of NA as a whole. For NA to deliver the services necessary to keep growing and fulfilling our primary purpose around the world, the flow of funds must not bottleneck at any point in our structure. While groups are responsible to fund our services, they are also responsible to carefully manage their service contributions. When contributing money, groups should ask themselves what that money will do once it leaves their hands. Will it aid in the delivery of useful services to the groups? Will it help carry our message to the addict who still suffers? Will the service board or committee use it wisely? Our groups are free to decide for themselves how much they will contribute to the different levels of our service structure. We encourage them to do so, and to do so responsibly. This is not to suggest that groups earmark contributions for any particular subcommittees. The groups have created the service structure not only to deliver services on their behalf, but to coordinate those services. In delegating to the service structure the authority necessary to fulfill its responsibilities, the groups have also delegated the authority to coordinate the allocation of service resources at each level of service. That way, the needs and goals of all fields of service can be effectively balanced against the total resources of the coordinating service body. Clear, frank communication from our service structure is the best way to help our groups contribute their funds in a responsible way. When the groups receive full, regular reports on the activities of their service boards and committees, they begin to see the total service picture. The groups should also receive information on how much those activities cost. That kind of communication helps assure our groups that their contributions are being handled responsibly.

Direct group contributions to our service structure encourage responsible management of service funds and help our services maintain their focus on NA's primary purpose. It is our experience that, when we make a commitment to fund the work of each level of the service structure exclusively through group contributions, we find it easier to maintain a strong link between our groups and our other service units. Our groups tend to be more aware of the work being done on their behalf and of their responsibility to provide their boards and committees with the necessary financial resources. When all levels of our service structure receive direct financial support from the groups, the bonds of mutual responsibility are strengthened between them. Additionally, by freeing our service boards and committees from the need to engage in fundraising activities, we make it possible for those service units to devote their full energies to the fulfillment of NA's primary purpose. Accountability

is an essential aspect of responsible NA financial management. When the members of Narcotics Anonymous provide groups, committees, offices, and conventions with funds, our service structure is responsible to account for how those funds are used. Regular financial reports, open books, and periodic audits of NA accounts, as described in the various guides developed for NA treasurers, help our members be sure their contributions are being used well, and help our services remain financially accountable to those they serve. Treasurers' reports help us see how well our actual service spending matches up with the priorities we've established. Consistent financial records help us make realistic spending plans for future service activities. Regular financial reporting and auditing also help deter the theft of NA service funds; and if funds are stolen, regular audits ensure that such thefts cannot go long unnoticed. When NA members contribute service funds, they expect their money to be used carefully, and to be used for the sole purpose of furthering our primary purpose. By accepting those contributions, our groups, service boards, and committees make a commitment to use those funds to carry the NA message, and to manage them responsibly.

Step of the Month

Step Eleven

“We sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry that out.”

Conscious contact-being spiritually awake, is conscious contact with God.

Tradition of the Month

Tradition Eleven

“Our public relation policy is based on attraction rather than promotion, we need always maintain personal anonymity at the level of press, radio, and films.”

Anonymity-the condition of being anonymous (unknown).

“Practicing personal anonymity is essential in a program of attraction. Anonymity takes us beyond what we believe about ourselves or each other. Empathy brings us to the truth, and we share it in language beyond words.”

Empathy-the ability to understand and share the feeling of another.

The Spiritual Thoughts for the month

Optimism and that storied

“Glass of Water. Being in recovery means I no longer have to wonder whether the glass is half empty or half full. Not only do I have what I need, I have enough to share. I no longer need to compare with others.”

A Spiritual Principles A Day.

Optimism-is a great strategy for seeing and making a better future.

“Just for today my thoughts will be on my recovery, living and enjoying life without the use of drugs.”

More Spiritual Thoughts

Being calm about everthing allows your mind to find solutions. Calmness is also a state of trust. Instead of overthinking and overreacting, you just surrender for that moment, and allow yourself to receive guidance from your higher power for what doesn't make sense at the time. Guidance from God as you understand him through prayer, meditation and a conscious contact. (submitted in part by Ed Mack)

“Take my will and my life to guide me in recovery. Show me how to live.”

Some people seem to like that they are not changing. And it's not your responsibility to see that they do change. It's the God of their understanding responsibility, along with a sponsor, step work, and NA literature, so hold on to your peace of mind. You're powerless over people, places and things.

For the price is too high, or even too expensive to lose it. Because having a peace of mind is priceless, it's worth every penny, second, minutes, hour and cent so hold on it's yours. Peace of mind is a priceless gift.

A final thought, of thoughts for the month

Look who's talking

Our disease is so cunning that it can get us into impossible situations.

“Some of us say “My disease is talking to me.” Others say “My head won’t turn off.” Still others refer to the committee in my mind or the monkey on my back. Let's face it. We suffer from an incurable malady that continues to affect us, even in recovery. Our disease gives us warped information about what’s going on in our lives. Sometimes it tells us we’re not responsible for ourselves and our actions; other times it tells us that everything wrong with the world is our fault. Our disease tricks us into trusting it . The ultimate solution is to work the steps and draw on the strength of a higher power. That will get us through those times when “our disease is talking.”

Just for Today: “ I will ignore the voice of my addiction. I will listen to the voice of my program and a power greater than myself.”

Spiritual Principles

Hope, Trust and Faith.

I’m still a firm believer that the truth will always come out. So you might as well save yourself the energy and just be honest from the start.

Honesty, Openmindness and Willingness.

Humanity should be our race. Love should be our way of life.

Just for today: Life is a new frontier for me and the vehicle I will use to explore it is love. I will give freely the love I have recieved.

More Spiritual Thoughts

Today is a Great Day, to have a Great Day. Enjoy and share God's love with others.

Ed Mack-Tony Evans

I don't care how much oil you slap on a person and pray! Until they want to change they will just be a greasy addict. The basic text says, "We sought help through medicine, religion and psychiatry. None of these methods were sufficient for us."

Change for an addict is when they surrender to the program of Narcotics Anonymous. And as long as they follow this way they have nothing to fear, I mean Nothing!

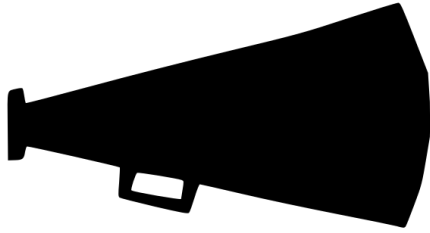
Submitted in part by Kawme

Clean Sheet

When we gather together to consider service issues, we openly share ideas and information with one another, frankly speaking our minds and hearts on the matter at hand. We listen closely to one another, considering carefully the information and insights we've heard; we consult our individual consciences on the matter; then, we make a decision. A conscience fed on ignorance is an ineffective conscience, incapable of providing reliable guidance. An effective conscience can develop only in an atmosphere of regular, open communication among all parties concerned. The purpose of our services is to help our fellowship fulfill its primary purpose: to carry the message to the addict who still suffers. Honest, open, straightforward communication is essential to both the integrity and the effectiveness of the NA service structure. Unity, group responsibility and authority, delegation, leadership, accountability, group conscience, participation—all depend on good communication among the various elements of the NA Fellowship. With regular two-way communication, our groups and our services are well positioned to uphold the ideals and fulfill the responsibilities described in our Twelve Concepts.

CleanSheets meets the third Saturday of every month at St. Joseph Baptist Church, 54th Vine Street Phila, PA 19139, on the Third Floor. Email address is westsouth-westarea@gmail.com





We Want to hear from you

CleanSheet Newsletter Readers: If you would like to see a NA news item, story, etc. in the West-Southwest Area meeting 54th Vine Street. 2nd Fl Phila, PA 19139 Attn: CleanSheet Committee. You may also email us your articles or submissions to westsouth-westarea@gmail.com. We are still working on a location in which hand delivery will be available. More information will be available in the next issue.

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Signature (first name last initial) _____

Date ____/____/____ *The GPR Cleansheet is published by the GPR Newsletter Committee.

All articles contained herein are the opinions of N.A. members, and are not necessarily those of N.A. as a whole

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CLEANSHEETS

A MATTER