

West-SouthWest Area of Narcotic Anonymous

CLEANSHEET

December 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.

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CleanSheet Anniversaries

Congratulations

to the Home Groups

on Another Year of Service

The Darby Hilltop Group of NA

DHTG

9th Annual Group Anniversary Celebration

Wednesday December 21, 2022

6pm-8pm

1022 Ridge Avenue

Darby, PA 19023

- Doors open at 5pm
- 2 Guest Speakers
- Dinner served at 8pm
- Free Parking

CleanSheet Anniversaries

Congratulations to NA members for Another Year Clean.

On the Right Tracks

Pete, R 12/15/90 32yrs

James, C 12/13/15 7yrs

Jacquie, P 12/4/90 32 yrs

Paula, B 12/28/14 8yrs

Smiddy 12/7/06

Gift of Surrender

Latrese 12/19/12 10yrs

Kevin, W 12/15/88 34yrs

Recovery in the Park

Valene, H 12/17/08 14 yrs

Keep coming back Clean Group

Levi, G 12/5/11

38th And Chestnut Street Group

Warren R 11/28/95 27yrs

Matthew S 12/7/19 3yrs

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



NA EVENTS



Here's Hope Group of Narcotics Anonymous is having an 12 hour marathon

5400 Vine Street Phila, PA 19139

From 12:00pm Saturday December 31st, 2022 to 12:00am Sunday January 1st 2023

Food, Fun and Fellowship

Shopping for Recovery Group of Narcotic Anonymous 8 hour Annual Marathon Sunday December 26th 2022

2:00pm to 10:00pm

Doors open at 12:30pm

Bible Way Baptist Church-Basement Corner of 52nd and Master Street

Dinner hour 5:00pm-6:00pm

Food, Fun and Fellowship

All Are Welcome!

NA announcement

An Addict, any Addict

Can Stop using drugs

Lose the desire to use and find a new way to Live

Call Narcotics Anonymous to find a meeting or talk to another recovering addict

215-629-6757

www.naworks.org



Surrender Around the Way Group of NA

41st and Springarden Street

Re-opening effective Dec 12, 2022

Time: 1:00pm-2:30pm

Mon-Weds

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

Twelfth Concept

In keeping with the spiritual nature of Narcotics Anonymous, our structure should always be one of service, never of government.

Selfless service is an essentially spiritual endeavor. Our Twelfth Step says, in part, that “having had a spiritual awakening,” we individually “tried to carry this message to addicts.” Our collective service efforts arise from that same spiritual foundation. Having experienced the results of this program in our own lives, we join together to carry the recovery message farther than we could individually. NA service is not about forcing our will or our ideas on others; rather, it is about humbly serving them, without expectation of reward. This principle underlies all we do in our groups, service boards, and committees. The Twelfth Concept reminds us that we ourselves have experienced recovery only because others put this selfless principle into action before us, taking the time and the care to carry the NA message to us when we were still suffering from active addiction. In service, we express our gratitude for the recovery others have shared with us by carrying ours to others. Nothing could be further from the drive to rule or direct than this spirit of selfless service. Our groups were created because we found that, alone, we could not “stop using drugs, lose the desire to use, and find a new way to live.” In the same way, our groups have joined together to create a service structure, a cooperative effort designed to help them carry the message further than they could carry it separately. The service structure has not been created as a way for some groups to force others to do their bidding. Rather, it has been developed to combine the strength of our groups to better fulfill necessary services which usually cannot be fulfilled well, if at all, by individual groups: developing and distributing materials that share our message in print, providing information about NA to the general public, transmitting our message to addicts who cannot attend meetings, and supporting new groups and new NA communities. NA service is the cooperative effort of trusted servants receiving guidance from the groups, not a rule enforced by a governing body. The process of joining together to create the service structure is an expression of our groups’ humility. Separately, they can do far, far less to fulfill our fellowship’s primary purpose than they can do together. In the same way, the various elements of our service structure each play their own particular role in the broader Narcotics Anonymous service plan. All the elements depend on all the others for their effectiveness; when any one element attempts to act as an agency of government, rather than a vehicle for service, it strains the ties that bind us all together,

threatening our fellowship's overall effectiveness in fulfilling its primary purpose. Humility is an essential attribute of nongoverning service in Narcotics Anonymous. In order to serve well, each element of our service structure must make an earnest effort at effective communication. As groups, as trusted servants, as service boards and committees, we must share fully with others, and listen carefully and respectfully to their words to us. Others may use language to divide the strength of their opponents, so that they may rule them; in NA service, we share with one another so that we may combine our strength, the better to fulfill our fellowship's primary purpose. To maintain our accountability to those we serve, we are bound to inform them in a complete, accurate, and concise fashion of our activities. The nongoverning nature of our service structure dictates that we seek others' advice in our own decisions, their consent in decisions affecting them, and their cooperation in decisions affecting us all. Open, honest, and straightforward communication nurtures the spirit of service in our fellowship, and poisons the impulse to govern. The kind of authority that our groups have delegated to our boards and committees is the authority to serve, not to govern. Each element of our service structure, from the group to the world, has its own role to play; all, however, serve together as a team, striving toward a common goal, "that no addict seeking recovery need die without having the chance to find a new way of life." It is our sometimes hard-won experience that quality service, just like quality recovery, can only be accomplished in an atmosphere of mutual respect, mutual support, and mutual trust. Together, we recover, and together, we serve—this is the spiritual core of our program, the foundation of our fellowship. A structure based on that foundation could only be one of service, never of government.

Step of the Month

Step Twelve

"Having had a spiritual awakening as a result of these step, we tried to carry this message to addicts, and to practice these principles in all our affairs."

We came to Narcotics Anonymous as the result of the wreckage of our past. The last thing we expected was an awakening of the spirit. We just wanted to stop hurting. It works how and why, states that: While there may be great variations within our experience about this awakening of the spirit, we all agree that it results from working the step.

Once a member stated that he wanted someone to explain to him the difference between spiritual awakening and awakening of the spiritual. The difference is there is always more than one way to say the same thing. It's believed that the opening paragraph in this same book explains it. "In a sense step twelve encompasses all the steps. We must make use of what we've learned in the previous eleven as we carry the message and practice the principles of recovery in all our affairs. "Individually and collectively, each step has contributed to the extraordinary transformation which we know as a spiritual awakening." But when we surrendered, acknowledging that we couldn't arrest our addiction or hope for a better life on our own, a ray of light broke through the darkness, beginning our spiritual awakening. The steps lead to an awakening of a spiritual nature "This awakening is evidenced by changes in our lives. These changes make us better to live by spiritual principles and to carry our message of recovery and hope to the addict who still suffers." BT pg 49 "Hearing others share about their awakening can be inspiring and instructive but having our own experience even if they differ from what we hear others share-is what really matters. If we wait to have the same experience we hear others share, we may be disappointed. Worse yet, we may miss what's happening in our heart and spirit. The awakening we experience in the steps may be different but the message we carry is the same. Aspad pg 359 Our message is: An Addict, Any Addict-Can Stop using -Lose the desire to use and find a new way to live. Our message is a message and a promise of freedom. Of hope. Freedom from active addiction

Tradition of the Month

Tradition twelve BT pg 75

"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."

A dictionary definition of anonymity is a "state of bearing no name." In keeping with tradition twelve, the "I" becomes "Us". The spiritual foundation becomes more important than any one group or individual. As we find ourselves growing closer together, the awakening of humility occurs. Humility is a by-product that allows us to grow and develop in an atmosphere of freedom and removes the fear of becoming known by our employers, families or friends as an addict. Therefore we attempt to rigorously adhere to the principle that "what is said in a meeting stays in the meeting." Throughout our tradition, we speak in

terms of “we” and “our”-rather than “me” and “mine”. By working together for our common welfare, we achieve the true spirit of anonymity. In personal recovery we seek to replace self-will with the guidance of a higher power in our personal affairs. In the same way, the traditions describe a fellowship that takes its collective guidance from spiritual principles rather than individuals personalities. As addicts practicing principles before personalities can be a challenge. But it is said that challenges are what make life interesting, and overcoming them, is what makes life meaningful.

Submitted by Ed

Principle thoughts for the month

“ I started to imitate some of the things the winners were doing. I got caught up in NA. I felt good...”

We often hear it said in meetings that we should “stick with the winners.” Who are the winners in Narcotics Anonymous? Winners are easily identified. They work an active program of recovery, living in the solution and staying out of the problem. Winners are always ready to reach their hands out to the newcomer. They have sponsors and work with those sponsors. Winners stay clean, just for today. Winners keep a sense of humor. Winners have the ability to laugh at themselves. And when winners laugh, they laugh with you, not at you. Who are the winners in Narcotics Anonymous? If we are clean today and working our program to the best of our ability, we are winners.

Just for today: I will strive to fulfill my ideals. I will be a winner. Of what a winner according to the literature. A winner if you’re an addict, who thinks of others despite your busy days. Who helps out when you’re needed in countless caring ways. Because a winner in NA, shines from the inside out.

Daily meditation pg 360 “winners”

More Spiritual Thoughts

Re-Starting your Day

Some members share that: When something bad happens in the course of a day, they have difficulty move on from it. The winners have been practicing restarting their day for a while now. Regardless to what part of your day, you find yourself behind the eight ball, you can always re-start your day. Because your diseased thinking will always believe

what you tell it. So feed your diseased thinking something positive. To re-start your day, you start by re-setting, re-adjusting, re-focus, to re-start and finally re-start your day. This can be done as many times as needed.

Submitted in part by Ed.

At the close of your day, you pray to the God of your understanding. God grant me the serenity to stop beating myself up for not doing things perfectly. The courage to forgive myself. Because I'm working on doing better. And the wisdom to know that you love me just the way I am.

Spiritual Principles for the year end

**Love, Hope and Respect.
Have an wonderful New Year**

**R/S
Cleansheet Rep
Leegrant**