

West-SouthWest Area of Narcotic Anonymous

CLEANSHEET

January 2023

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

On January 11th , 2023 the CDC, released its report concerning the new triple threat. The influenza (flu) and the two new Covid 19 variances. Even though CDC is an outside issue and some of the restrictions have been lifted. The places where NA as a whole meets, we must adhere to guidelines handed down to us by those places. Alot of meets and NA functions are still being held virtually. But NA still meets in person and hybrid as well. Let's keep in social distance, as well as masking up. The New Year is upon us, so let's think safety first.

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CleanSheet Anniversaries

Congratulations

to the Home Groups

on Another Year of Service

The Darby Hilltop Group of NA

DHTG

1007 Summitt Street

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 Track Group of NA

Monica, M 1/23/96 27yrs

Brenda 1/8/88 35yrs

Joe, M 1/3/93 30yrs

Carol, G 1/7/91 32yrs

Clarence, J 1/28/09 14yrs

Elva, B 1/19/93 30yrs

Eric, B 1/8/14 9yrs

Sallahuddin 1/1/99 24yrs

Wayne, S 1/4/92 31yrs

Time for Change Group of NA

Ralph 1/31/21 2yrs

Recovery in the Park Group of NA

James 1/14/05 18yrs

Keep coming back Clean Group of NA

Toni B 1/1/92 31 yrs

Susan 1/2/22 1yr

Shelly 1/3/98 25yrs

Tyiesha 1/14/16 7yrs

38th And Chestnut Street Group of NA

Monica 1/14/05 18yrs

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

First Concept

To fulfill our fellowship's primary purpose, the NA groups have joined together to create a structure which develops, coordinates, and maintains services on behalf of NA as a whole.

Our fellowship's primary purpose is to carry the message "that an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live." One of the primary means by which that message is carried, addict to addict, is in our meetings. These recovery meetings, conducted thousands of times each day by NA groups around the world, are the most important service offered by our fellowship. However, while recovery meetings are NA's most important service, they are not the only means we have of fulfilling our fellowship's primary purpose. Other NA services attract the still-suffering addict to our meetings, carry our message to addicts in institutions, make recovery literature available, and provide opportunities for groups to share their experience with one another. No one of these services, by itself, comes close to matching the value of group recovery meetings in carrying our message; each, however, plays its own indispensable part in the overall program devised by the NA Fellowship to fulfill its primary purpose. We can do together what we cannot accomplish separately. This is true in our personal recovery, and is equally true in our services. In new NA communities, groups often perform basic services in addition to their meetings. But fulfillment of the full range of NA services— phone lines, H&I panels, public information work, outreach, and the rest—usually requires more people and more money than a single group can muster on its own. The degree of organization necessary to carry out such responsibilities would divert most groups from carrying the NA message in their meetings. And the lack of coordination among groups delivering various services on their own could result in duplication, confusion, and wasted resources. For these reasons, most groups do not take such responsibilities on themselves. How, then, can NA's groups ensure the fulfillment of these services? They do so by combining their resources, joining together to create a structure which develops, coordinates, and maintains those services for them, leaving the groups free to carry out their own primary responsibility.

First Concept Study and discussion questions pg.30

- 1. Does your group hold regular business meetings?**
- 2. Does your group regularly talk about how it can better fulfill its primary purpose?**
- 3. After paying the expenses for literature, refreshment, and meeting hall rent, does your group have enough money to conduct other services on its own?**
- 4. Can your group perform a variety of organized services like PI work, H & I panels, phone line management, and literature development while still attending to its recovery meeting?**
- 5. Does your group send a representative to your local area service committee? Do you contribute money to your ASC on a regular basis?**

Step of the Month

Step One

“We admitted that we were powerless over our addiction, that our lives had become unmanageable.”

It doesn't matter what or how much we used. In Narcotics Anonymous staying clean has to come first. We realize that we cannot use drugs and live. When we admit our powerlessness and our inability to manage our own lives, we open the door to recovery. No one could convince us that we were addicts. It is an admission that we have to make for ourselves. When some of us have doubts, we ask ourselves this question “can I control my use of any form of mind or mood altering chemicals?” We didn't stumble into this fellowship brimming with love, honesty, open-mindedness or willingness. We reached a point where we could no longer continue using because of physical, mental, and spiritual pain. When we were beaten, we became willing. Addiction is a physical mental and spiritual disease that affects every area of our lives. The physical aspect of our disease is the compulsive use of drugs: the inability to stop using once we have started. The

mental aspect of our disease is the obsession, or overpowering desire to use even when we are destroying our lives. The spiritual part of our disease is our total self-centeredness. We felt that we could stop whenever we wanted to , despite all evidence to the contrary. Our disease is progressive incurable and fatal. Most of us are relieved to find out we have a disease instead of a moral deficiency. Many of us tried to stop using on sheer willpower. This action wa a temporary solution. We saw that willpower alone would not work for any length of time. We tried countless other remedies-psychiatrist, hospitals, recovery houses, lovers, new towns and new jobs. Everything we tried failed. We began to see that we had rationalized the most outragenees sort of nonsense to justify the mess that we made of our lives with drugs. Until we let go of our reservations, no matter what they are, the foundation of our recovery is in danger. Reservation rob us of the benefits that this program has to offer. In ridding ourselves of all reservation, we surrender. Then and only then, can we be helped to recover from the disease of addiction. Now, the question is: "If we are powerless, how can Narcotics Anonymous help?" We begin by asking for help. The foundation of our program is admission that we, of ourselves, do not have the power over addictions. When we can accept this fact, we have completed the first part of step one. A second admission must be made before our foundation is complete. If we stop here, we will know only half the truth. We are great ones for manipulating the truth BT pg 18

As addicts, we have each experienced the pain, loneliness, and despair of addiction. Before coming to NA, most of us tried everything we could think of to control our use of drugs. We tried switching drugs, thinking that we only had a problem with one particular drug. We tried limiting our drug use to certain times or places. We may even have vowed to stop using altogether at a certain point. We may have told ourselves we could never do the things we watched other addicts do, then found ourselves doing those very things. Nothing we tried had any lasting effect. Our active addiction continued to progress, overpowering even our best intentions. Alone, terrified of what the future held for us. We found the Fellowship of Narcotics Anonymous. How and why Pg.5

Tradition of the Month

Tradition one BT pg 62

“Our common welfare should come first: personal recovery depends on NA unity.”

Our first tradition concerns unity and our common welfare. One of the most important things about our new way of life is being a part of a group of addicts seeking recovery. Our survival is directly related to the survival of the group and the fellowship. To maintain unity within Narcotics Anonymous it is imperative that the group remain stable, or the entire fellowship perishes and the individual dies. Narcotics Anonymous is more than just the first meeting we attend or the other NA meetings in our neighborhood. We are part of a much greater whole. Addicts apply the principles of Narcotics Anonymous in their personal recovery across town and around the world. Just as we learned in early recovery that we need each other to stay clean. We come to believe that all of us, every NA meeting and group, are interdependent. We share an equal membership in NA, and we all have an interest in maintaining the unity that underlies its common welfare. Unity is the spirit that brings thousands of members around the world in a spiritual fellowship that has the power to change lives. (How and Why pg 125) Unity changes us. NA unity is our bond with fellow addicts: those who come before us, those who are here today, and those who have yet to find us. Our practice of unity makes room for all addicts to recover in NA guiding principles pg 2. In NA there's room for all manifestations of the recovering addict!

Spiritual thoughts for the month

“Unity Keeps us coming back.”

A Spiritual Principle a day pg.2

When we walk into our first meeting and see addicts coming together in unity, the spirit touches us even before the words get through. Our first tradition tells us that “personal recovery depends on NA unity.” We may not fully grasp this concept at first, but even so, unity takes hold of us. Somehow, we sense that we just might belong here. We take up the suggestion we hear at every meeting. We keep coming back. Some of us return to hear more of what members shared or read. For others, the togetherness we witness gets us to that next meeting. We watch as members embrace and let go enough to accept the hugs we're offered. We sense that we are part of something greater than ourselves and our addiction. We let go just a little. Despite our initial skepticism and discomfort, the spirit of unity encourages us to stay. Today I will celebrate the spirit of unity that keeps me coming back by offering my support to a newer member.

Another Spiritual Thoughts

“Unity, Not Uniformity”

“And just as all of us have our own individual personalities, so will your group develop its own identity, its own way of doing things and its own special knack for carrying the NA message...

In NA we encourage unity, not uniformity. Today I will delight in the variety of NA group identities and unity that allows our diversity to flourish in a single worldwide fellowship.”

Spiritual Principles for the month

Unity, Service and togetherness

Last spiritual thought

“We can enjoy our families in a new way and may become a credit to them instead of an embarrassment or a burden.” Our families will not appreciate the change NA is working in our lives unless we show them. If we rush off to a meeting the same way we rushed off to use drugs. What has changed? If we continue to ignore the needs and desires of our partners and children, failing to accept our responsibilities at home, we aren’t practicing these “principles in all our affairs.”

We must live the program everywhere we go, in everything we do. If we want the spiritual life to be more than a theory, we have to live it at home. When we do this, the people we share our lives with are sure to notice the change and be grateful that we’ve found NA.

Just for today: I will take my recovery home with me.

Love and Respect
Clean Sheet Rep. Leegrant
267-276-8604