

West-SouthWest Area of Narcotic Anonymous

CLEANSHEET

February 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

DISCLAIMER: THE PURPOSE OF THE WEST-SOUTHWEST AREA CLEANSHEET IS TO PROVIDE A WRITTEN MESSAGE OF RECOVERY AND TO BUILD NA UNITY THROUGH COMMUNICATIONS. THE VIEWS EXPRESSED OR EVEN IMPLIED DO NOT NECESSARILY REPRESENT NA AS A WHOLE OR OUR AREA. THE PUBLICATION OF ANY ARTICLE DOES NOT IMPLY ENDORSEMENT BY NA OR THE WEST-SOUTHWEST AREA. REPRINT RIGHTS GRANTED TO ALL SERVICE COMMITTEES.

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.

In this Issue:

Ask the Addict
NA World News
CleanSheet
Anniversaries

CleanSheet Anniversaries

Congratulations

to the Home Groups

on Another Year of Service

The Darby Hilltop Group of NA

Has relocated from

1022 Ridge Ave Darby, PA 19023

to

1007 Summitt Street

Darby, PA 19023

Same days and times.

All are welcome!

Keep Coming back Clean Group of NA

Will be celebrating 15th anniversary February 19, 2023

6037 Jefferson Street

More information forthcoming

**On The Right Track group of NA is celebrating its 38th anniversary Friday,
February 24th, 2023**

**Theme: “staying connected through it all.” Anniversary meeting 5:30pm-7:00pm
doors open at 5:00pm Diner 7:00pm-8:00pm Mini - Marathon 8:00pm-10:00pm The
Consortium 451 University Ave Across from the VA hospital also on the Zoom
platform Id 711 780 883 Pw 300120. All are welcome!**

CleanSheet Anniversaries

Congratulations to NA members for Another Year Clean

On the Right Track Group of NA

Shakemia 2/19/10 13yrs

Juanita R 1/6/22 1yr

Jerry 2/3/16 7yrs

Kay Kay 01/18/10 13yrs

Larry A 2/1/02 21yrs

Phi S 1/5/91 32yrs

Ray 2/4/14 9yrs

Ray S 2/8/19 4yrs

Keep coming back Clean Group of NA

Geraldine 2/27/96 27yrs

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 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





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

Second Concept

The final responsibility and authority for NA services rests with the NA groups.

The NA service structure has been created by the groups to serve the common needs of the groups. Our fellowship's service boards and committees exist to help groups share their experience with one another, provide tools which help groups function better, attract new members to group recovery meetings, and carry the NA message further than any single group could carry it alone. Because the groups have created the service structure, they have final authority over all its affairs. By the same token, the groups also have the final responsibility for the support of all its activities. The two go hand in hand.

Ideally, responsibility and authority are flip sides of the same coin; the exercise of one is also an exercise of the other. When our groups provide the resources—conscience and ideas, people, money—needed to fulfill NA services, they also provide direction to the service structure. Let's take a look at a few examples of how this principle works.

The most important resource contributed to the service structure by an NA group is almost exclusively spiritual: its ideas and its conscience. Without the voice of the groups, the service structure may not know what kinds of services are needed, or whether the services it provides are ones the groups want. The groups provide the ideas and direction needed to guide the service structure in fulfilling its responsibilities. By voicing their needs and concerns, the groups also exercise their authority for the service structure they have created.

The people who give their time to service work are a vital resource; without them, our service boards and committees would not exist, much less be able to serve. The group's responsibility to the service structure is to elect a group service representative who will serve the best interests of the group and the entire NA Fellowship. By carefully selecting its GSR, then providing that person with regular support and guidance, the group exercises its ability to impact NA services, both directly and indirectly. In choosing a qualified GSR, then sending him or her out to serve on the group's behalf, the group fulfills a large part of both its responsibility and authority for NA services.

Money is required to fulfill NA services. Without it, our phone lines would be closed down, our meeting lists would not be printed, there would be no NA literature to distribute, our H&I panels would go without pamphlets, and our public information workers would be unable to provide printed materials about our fellowship to the community. In the Eleventh Concept, more will be said of the use of money in fulfilling our primary purpose. The message of the Second Concept in regard to money, however, is simple: Since the groups have created the service structure to perform certain tasks, the groups are also responsible to provide the necessary funds.

So far, we've looked at what the Second Concept says to the NA group. This concept also speaks to the service structure. The groups have, directly or indirectly, created every one of our service boards and committees. The NA groups have, directly or indirectly, provided the resources used by those service boards and committees. The groups have established the service structure as a medium through which, together, they can better fulfill our fellowship's primary purpose. Therefore, in all the affairs of all its elements, the service structure must carefully consider the needs and desires of the groups. The Second Concept can be seen as the groups' way of saying to the NA service structure, "Be responsible with the spiritual, personal, and financial resources we have provided you. Seek our advice; do not ignore our direction."

The NA groups bear the final authority in all our fellowship's service affairs, and should be routinely consulted in all matters directly affecting them. For example, proposals to change NA's Twelve Steps, Twelve Traditions, name, nature, or purpose should be approved directly by the groups. Conversely, if something goes wrong in the service structure, NA groups are responsible to take constructive steps to help correct the problem. Our experience shows that radical action, taken in haste, serves neither the groups nor our services well. Since change rarely occurs overnight, patience and acceptance may be called for. Nonetheless, the exercise of final authority for NA services, a vital part of the system of service established by our fellowship, is both the right and the responsibility of the groups.

Second Concept pg 31

The final responsibility and another for NA services rests with the NA groups.

Study and discussion questions.

- 1. Does your group have any way of letting your area committee know whether it's meeting needs? How?**
- 2. Does your group's GSR regularly take part in ASC meetings? Do you regularly contribute to the ASC? Do these things give your group any say about the way NA services are administered? How?**
- 3. How frequently is your group consulted on service matters by the ACS? The RSC? The WSC? Do you want to be consulted more often? Less often?**
- 4. What does the second concept say to our service boards and committees? Does your group believe that message is heard and understood by our service structure? If not, what can your group do about it?**

Step of the Month

Step Two BTPg 23

“We came to believe that a power greater than ourselves could restore us to sanity.”

The second step is necessary if we expect to achieve ongoing recovery. The first step leaves us with a need to believe in something that can help us with our powerlessness, uselessness, and helplessness. The first step has left a vacuum in our lives. We need to find something to fill that void. This is the purpose of the second step. Some of us didn't take this step seriously at first; we passed over it with a minimum of concern, only to find the next steps would not work until we worked step two. Even when we admitted that we needed help with our drug problem, many of us would not admit to the need for faith and sanity. We have a disease: progressive, incurable and fatal. One way or another we went out and bought our destruction on the time payment plan! All of us, from the junkie

snatching purses to the sweet little old lady hitting two or three doctors for legal prescriptions, have one thing in common: we seek our destruction a bag at a time, a few pills at a time, or bottle at a time until we die. This is at least part of the insanity of addiction. The price may seem higher for the addict who prostitutes for a fix than it is for the addict who merely lies to a doctor. Ultimately both pay for their disease with their lives. Insanity repeating the same mistakes and expecting different results. Many of us realize when we got to the program that we have gone back time and again to using, even though we knew that we were destroying our lives. Insanity is using drugs day after day knowing that only physical and mental destruction comes when we use. The most obvious insanity of the disease of addiction is the obsession to use drugs. Ask yourself this question: Do I believe it would be insane to walk up to someone and say “ May I please have a heart attack or a fatal accident?” If you can agree that this would be an insane thing, you should have no problem with the second step. As we see coincidence and miracles happening in our lives, acceptance becomes trust. We grow to feel comfortable with our higher power as a source of strength. As we learn to trust this power we begin to overcome our fear of life. The process of coming to believe restores us to sanity. Bt pg 24 Our surrender in the first step leaves us with a deep need to believe that we can recover. This surrender makes it possible for us to feel hope. By admitting our own powerlessness, we open our minds to an entirely new idea: the possibility that something greater than ourselves might be powerful enough to relieve our obsession to use drugs. It’s quite likely that, before coming to NA, we never believed in any power but our own will power and that had failed us. NA introduces us to a new understanding. We draw hope from this understanding and begin to comprehend what it means to believe that a power greater than ourselves can restore us to sanity. We find additional hope by listening to other recovering addicts. We can relate to where they’re been and draw hope from who they’re become. We listen closely at meetings and become willing to apply what we hear to our own lives. As we begin to believe that there is hope for us, we also begin to trust the process of recovery. How and Why pg.17. Our white booklet states, “There is one thing more than anything else that will defeat us in our recovery; this is an attitude of indifference or intolerance toward spiritual principles. Three of these that are indispensable are honesty, open-mindedness, and willingness. The literature says with these three, we’re well on our way.

Tradition of the Month

Tradition Two

“For our group purpose there is but one ultimate authority—a loving God as he may express himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

In Narcotics Anonymous, we are concerned with protecting ourselves from ourselves. Our Second Tradition is an example of this. By nature we are strong-willed, self-centered people, who are thrust together in NA. We are mismangers and not one of us is capable of consistently making good decisions. In Narcotics Anonymous, we are on a loving God as he expresses himself in our group conscience, rather than on personal opinion or ego. By working the steps, we learn to depend on a power greater than ourselves, and to use the power for our group purposes. There is often a vast difference between group conscience and group opinion, as dictated by powerful personalities or popularity. Some of our most painful growing experiences have come as a result of decisions made in the name of group conscience. True spiritual principles are never in conflict, they complement each other. The spiritual conscience of a group will never contradict any of our traditions. We choose not to have presidents, masters, or directors. Instead we have secretaries, treasures and representatives. These titles imply service rather than control. Narcotics Anonymous is a God-given program, and we can maintain our group in dignity only with group conscience and God love. BT pg 63

Tradition two builds on the practical foundation of tradition one. We begin with unity, founded on the strength of our commitment to recovery in Narcotics Anonymous. Our commitment is reflected in service that builds our common welfare: supporting a meeting, sharing with other members, sponsorship, any of the ways in which we reach out to other addicts. As groups, our purpose is to serve, to carry the message. Everything we do in service to NA is related to that purpose. Without direction however our services might lack consistency. To guide us in serving others, we seek direction from a high power. We encourage our trusted servants to remain open to new ideas, to become knowledgeable about all aspects of service in NA, and to continue to seek personal recovery. All of these attributes are essential to their ability to serve us well. How and why pg 134-140

Whatever our views of a high power, we can see a loving force at work in NA groups. Seeing the power available to us when we work together allows us to see it in our own lives as well. As we work the steps, we learn to trust ourselves. When we are trustworthy,

we begin to feel worthy. Recovery is as simple and as complicated as not lying to ourselves anymore. We can hear our own conscience. G. principles pg.20

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.”

Just for today: I will check my motives for the true spirit of service

Spiritual Principles for the month

Service, Selfless and Serving Others

Final spiritual thought

Be bold, Be brave, Be strong, Be happy, Be free, Be silly, Be original and most important of all Be you. The literature tells us many times that it's ok to be you: submitted in part by Ed

Just for today: So just for today. Just take one day at a time, no matter how overwhelming the future may seem, all you have to do is get through today. When the challenges seem too great you will find a well of strength and courage you never imagined you possessed. With faith, love and support you can walk through even the greatest trial. Remember you need only face one day at a time. Because the literature states: That this too shall pass.

In part by ED and others.

Remember , it's easy to look sharp even when you haven't done any work. The literature lets us know, if you want to recover and grow then you must do the WORK!

In part by Kawme.

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