

# West-SouthWest Area of Narcotic Anonymous

## CLEANSHEET

March 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. A Lot of meetings 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:**

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CleanSheet  
Anniversaries

# **CleanSheet Anniversaries**

Congratulations

to the Home Groups

on Another Year of Service

## CleanSheet Anniversaries

Congratulations to NA members for Another Year Clean.

### **On the Right Track Group of NA**

Tobar 3/30/87 36 yrs

Cammy 3/24/91 32 yrs

Cynthia F 3/28/92 31 yrs

Diana W 3/6/88 35 yrs

Greg L 3/28/93 30 yrs

Tee 3/17/12 11 yrs

Tee S 3/14/02 21 yrs

### **Keep coming back Clean Group of NA**

James 5/1/99 24yrs

### **Time for Change Group**

Celeste 2/23/08 15yrs

### **Survival Group**

Reggie M 3/9/06 17yrs

### **Chance At Life Group**

Sheila M 4/1/99 33yrs

Drug problem?

Maybe we can help...

Narcotics Anonymous

[WWW.NA.ORG](http://WWW.NA.ORG)

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

Log on to NA.org



**Unity Sub-Committee of the WSW area will be hosting an event at 59th street Baptist**

**March 25th, 2023 from 12:00pm-7:00pm**

**Food, Fun and Fellowship. Food will be sold. Entrance on 58th & Delancey Street**

**For more info: contact the Unity Sub-Committee**

## **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](http://www.naworks.org)**



**Darby Hill Top Group of NA**  
**Is relocating from**  
**1007 Summit Street, Darby Pa 19023**  
**back to**  
**1022 Ridge Ave, Darby PA 19023**  
**Back to the Rec Center**  
**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](mailto:Westsouthwestarea@gmail.com)

## A MATTER OF CONCEPTS

### Third Concept

*The NA groups delegate to the service structure the authority necessary to fulfill the responsibilities assigned to it.*

The NA groups maintain final responsibility and authority for the service structure they have created. Yet if they must involve themselves directly in making decisions for all of our service boards and committees, the groups will have little time or energy left to carry the recovery message in their meetings. For this reason, the groups entrust the service structure with the authority to make necessary decisions in carrying out the tasks assigned to it.

The delegation of authority can do much to free up both our groups and our services. Service decisions not directly affecting the groups can be made expeditiously; our phone lines, H&I panels, public information efforts, and literature development projects can move forward at full speed to serve NA's primary purpose. And our groups, not required to ratify every decision made on their behalf at every level of service, are freed to devote their full attention to carrying the NA message in their meetings.

We often use motions and guidelines to help us apply the Third Concept. We clearly describe each task we want accomplished, and the kind of authority we are delegating to those who will fulfill the task. However, even the most exhaustive set of guidelines cannot account for every eventuality. Our trusted servants will serve us best when we grant them the freedom to exercise their best judgment in fulfilling the responsibilities we've assigned them. Our services must remain directly accountable to those they serve, yet they must also be given a reasonable degree of discretion in fulfilling their duties. A group, service board, or committee should consult its collective conscience in arriving at its own understanding of the best way to apply this concept.

Sometimes we fear that delegation will mean a loss of control over our services. Together, Concepts One, Two, and Three have been designed to help us maintain responsibility for our service structure without tying our trusted servants' hands. The Third Concept encourages our groups to focus on their own responsibilities, while assuring that the service structure is given the authority it needs to fulfill other necessary NA services. Our Twelve Concepts do not ask our groups to abdicate their authority, allowing the service structure to do whatever it pleases. The groups, after all, have established the service structure to act on their behalf, at

**their direction. And when the groups need to exercise final authority in service matters, they are encouraged to do so. However, in day-to-day matters, the groups have given our service boards and committees the practical authority necessary to do the jobs assigned them.**

**Delegating authority can be a risky business unless we do so responsibly. To make Concept Three work, other concepts must also be applied consistently. Most importantly, we must give careful attention to the selection of trustworthy trusted servants. We cannot responsibly delegate authority either to those who are fundamentally incapable of administering that authority or to those who are not willing to account fully for their actions. However, if we select our leaders carefully, choosing those who can be trusted to responsibly exercise delegated authority in fulfilling the tasks we've given them, we can feel much more comfortable with the concept of delegation.**

**When we give our trusted servants a job, we must adequately describe to them the job we want done, and we must provide them with the support they need to complete their job. Then, once we've given them instructions and support, we must delegate to them the authority necessary to make decisions related to the task they've been assigned. When our groups delegate sufficient authority to our service structure, our groups need not be overcome with the demands of making every service decision at every level of service, and our fellowship's primary purpose can be served to the fullest. With the Third Concept squarely in place, our groups are free to conduct recovery meetings and carry the NA message directly to the addict who still suffers, confident that the service structure they have created has the authority it needs to make the decisions involved in fulfilling its responsibilities.**



### ThirdConcept pg 32

#### Study and discussion questions.

1. **In general, what does your group think about the concept of delegated authority?**
2. **If your group were consulted on every decision that had to be made by every service board, committee, or sub-committee at the area, regional, and world level, would you still have enough time and energy to address your own group's business? Would your group have enough information to be able to offer intelligent advice on such matters?**
3. **If the service boards and committees serving your group could act only after consulting your group, would they be able to act swiftly enough in performing the duties your group has given them?**
4. **In the essay on the second tradition in our basic text, it says "We are mis-managers and not one of us is capable of consistently making good decisions." If this is true how can we responsibly delegate to our trusted servants the kind of authority called for in the Third Concept?**

#### Step Three BTpg 25

"We made a decision to turn our will and our lives over to the care of God as we understood him."

As addicts, we turned our will and our lives over many times to a destructive power. Our will and our lives were controlled by drugs.

#### Step Three BTp.

We were trapped by our need for instant gratification that drugs gave us. During that time, our total being, body, mind and spirit-was dominated by drugs. For a time, it was pleasurable, then the euphoria began to wear off and we saw the ugly side of addiction. We found that the higher our drugs took us, the lower they brought us. We faced two choices: either we suffered the pain of withdrawal or took more drugs. For all of us, the day came when there was no longer a choice; we had to use. Having given our will and lives to our addiction in utter desperation, we looked for another way. In Narcotics Anonymous, we decide to turn our will and our lives over to the care of God as we understand him. This is a giant step. We don't have to be religious; anyone can take this step. All that is

required is willingness. All that is essential is that we open the door to a power greater than ourselves. Our concept of God comes not from dogma but from what we believe and from what works for us. Many of us understand God to be simply whatever force keeps us clean. The right to a God of your understanding is total and without any catches. Because we have this right it is necessary to be honest about our belief if we are to grow spiritually. The decision we make in step three requires that we move away from our self will. Self-will is composed of such characteristics as closed-mindedness, unwillingness, self-centeredness, and outright defiance. Our self-centered obsession and its accompanying insanity have made our lives unmanageable. Acting on our self-will has kept us trapped in a continuous cycle of fear and pain. We wore ourselves out in fruitless attempts to control everyone and everything. We couldn't just allow events to happen. We were always on the lookout for ways we could force things to go as we wanted. Surrendering to the will of our higher power gets easier with daily practice. When we honestly try, it works. Many of us start our day with a simple request for guidance from our higher power. Although we know that "turning it over" works, we may still take our will and life back. We may even get angry because God permits it. At times during our recovery, the decision to ask for God's help is our greatest source of strength and courage. We cannot make the decision often enough. We surrender quietly and let the God of our understanding take care of us. When we first look at making the decision called for in this step, we are likely to have questions, uncertainty, and even fear about what we are being asked to do. We might wonder why we need to make a decision to turn our will and our lives to the care of the God of our understanding. Or we may wonder what will happen to us if we place ourselves in God's care. We may fear that we won't be happy with what our lives will be like after working this step. (how + why pg 27) At first our heads reared with the questions: "What will happen when I turn my life over? Will I become 'perfect'?" We may have been more realistic than this. Some of us had to turn to an experienced NA member and ask, "What was it like for you?" The answer will vary from member to member. Most of us feel open-mindedness, willingness and surrender are the keys to this step. We have surrendered our will and our lives to the care of a power greater than ourselves. If we are thorough and sincere, we will notice a change for the better. BTpg 26-27

We are now ready for our first honest self-appraisal and we begin with step Four.

## Tradition of the Month

### Tradition Three

“The only requirement for membership is a desire to stop using.”

This tradition is important for both the individual and the group. Desire is the key word; desire is the basis of our recovery. In our stories and in our experience of trying to carry the message of recovery to the addict who still suffers, one painful fact of life has emerged again and again. An addict who does not want to stop using will not stop using. They can be analyzed, counseled, reasoned with, prayed over, threatened, beaten, or locked up, but they will not stop until they want to stop. The only thing we ask of our members is that they have this desire. Without it they are doomed but with it miracles will happen: Desire is our only requirement. Addiction does not discriminate. This tradition is to ensure that any addict, regardless of drugs used, race, religious beliefs, sex, sexual preference or financial condition is free to practice the NA way of life. With “... a desire to stop using” as the only requirement for membership, one addict is never superior to another. All addicted persons are welcome and equal in obtaining the relief that they are seeking from their addiction; every addict can recover in this program on an equal basis. This tradition guarantees our freedom to recover. Membership in Narcotics Anonymous is not automatic when someone walks in the door or when the newcomer decides to stop using. The decision to become a part of our fellowship rests with the individual. Any addict who has a desire to stop using can become a member of NA. We are addicts and our problem is addiction. Btp. 65

Narcotics Anonymous offers recovery to addicts around the world. We focus on the disease of addiction rather than any particular drug. Our message is broad enough to attract addicts from any social class or nationality. When new members come to meetings, our sole interest is in their desire for freedom from active and how we can help. The third tradition helps NA offer recovery to so many addicts by freeing us from having to make judgment about prospective members. It eliminates the need for membership committees or applications. We are not asked to make decisions about anyone’s fitness for recovery. Since the only requirement for membership is a desire to stop using, we as members have no reason to judge each other. Desire is not a measurable commodity. It lives in the heart of each individual member. Because we can’t judge the sole requirement for membership, we are encouraged to open wide the doors of our meeting to any addict who wishes to join. We are asked to extend ourselves and find a sense of belonging. The third tradition helps NA grow by encouraging us to welcome others. Most of all, we encourage every addict to keep coming back. How + Why p.144-145

The choice of membership rests with the individual. We feel that the ideal state for our fellowship exists when addicts can come freely and open to an NA meeting, whenever and wherever they choose, and leave just as freely. We realize that recovery is a reality and that life without drugs is better than we ever imagined. BTp. 65

The strength of any member's desire is not necessarily connected to any outside circumstance. What makes one addict stay clean while another returns to using? No one of us can judge who will stay to recover and who will return to active addiction. There are no guarantees based on types of drugs used or using history. We cannot predict a higher success rate for addicts of a certain age, or those who used for a certain number of years, or women over men, or any other external factor. Just as we are not capable of measuring another's desire to stay clean, neither are we equipped to decide who should join. We are free to offer welcome instead of judgment. We look for ways to help instead of judging. Our task is to fan the flame of desire, not dampen it. Any addict who walks into a meeting, even a using addict, displays a level of willingness that cannot be discounted. How + Why p. 145

There is only one requirement for membership, but membership will require much of us, Tradition Three swings the door to Narcotics Anonymous wide open and invites an opening in our own hearts. As long as we have a desire to stop using drugs our right to membership in NA is unconditional. We may attend meetings for a long time before deciding to be members. When we make that decision, our lives begin to change. Tradition Three asks us to practice open mindedness toward ourselves, toward others, and toward the possibility of change. NA was “ the last house on the block” for many of us; we had nowhere left to go. It's not an empty house, though. We need to make room and make peace, with people we would probably never encounter anywhere else. We may be scared of each other; we may have history; we may have prejudices or blind spots that we are perfectly comfortable with. Chapter eight in the basic text reminds us to examine our motives and beliefs, our trust and ability to love, our open mindedness, willingness, faith, and courage in carrying the message. Our message of recovery, that any addict can lose the desire, and find a new way to live. Our message is a message of hope and a promise of freedom. Freedom from we might ask, freedom active addiction (Guiding Principles p 42 + 46 )

**Spiritual thoughts for the month**  
**Honesty and Spirituality**

**Daily Med p46**  
**BT pp.25-26**

“The right to a God of your understanding is total and without any catches because we have this right it is necessary to be honest about our belief if we are to grow spiritually”

In meetings, over refreshments, in talks with our sponsor, we hear our NA friends talking about the way they understand their higher power. It would be easy to “go with the flow” adopting someone else’s beliefs. But just as no one else can recover for us, so no one else’s spirituality can substitute for our own. We must honestly search for an understanding of God that truly works for us. A borrowed understanding of God may do on a short haul. But in the long run, we must come to our own understanding of a higher power, for it is that power which will carry us through our recovery.

Just for today: I seek a power greater than myself that can help me grow spiritually. Today, I will examine my beliefs honestly and come to my own understanding of God.

### **Faith Feeling**

“When we refuse to accept the reality of today, we are denying faith in our higher. This can only bring more suffering” Daily Med p.48

I P# .8

### **Just for Today**

Some days just aren’t the way we wish they would be. Our problems may be as simple as a broken shoelace or having to stand in line at the supermarket. Or we may experience something far more serious, such as the loss of a job, a home, or a loved one. Either way, we often end up looking for a way to avoid our feelings instead of simply acknowledging that those feelings are painful. We can experience pain, grief, sadness, anger, frustration- all those feelings we once avoided with drugs. We find that we can get through those emotions clean. We won’t die and the world won’t come to an end just because we have an uncomfortable feeling. We learn to trust that we can survive what each day brings.

Just for today: I will demonstrate my trust in God by experiencing this day just as it is.

**This is not a test**

“We have found a loving, personal God to whom we can turn.”

BT p. 27

Some of us come into recovery with the impression that life’s hardships are a series of cosmic tests designed to teach us something. This belief is readily apparent when something traumatic happens and we wail “My higher power is testing me!” We’re convinced that it’s a test of our recovery when someone offers us drugs, or a test of our character when faced with a situation where we could do something unprincipled without getting caught. We may even think it’s a test of our faith when we’re in great pain over a tragedy in our lives.

Just for today: I will have faith that my higher power’s will for me is good , and that I am loved. I will seek my higher power’s help in time of need.

### **Two More Spiritual thoughts**

The turtle said “Oh my God I’m flying. But the turtle didn’t realize he was upside down, on his back. But, optimism is the best way to see life. The literature says “Strategies for optimism.” (A spiritual principle a day p. 43)

“Being spiritually awake, we can see the miracles that surround us, even when life is difficult.” It also says at the bottom of that page, I’m relieved I don’t have to be an optimist to practice this principle. I will make every effort to see miracles around me, or at least I can commit to finding strategies that help me to keep looking .

Submitted in part by ED

God uses broken, he makes them beautiful again.

God uses broken things, to make them beautiful again. Broken clouds pour rain, broken soil sets as fields, broken crop yield seeds, broken seeds give life to new plants. So when you feel you are broken, rest assured that God is planning to utilize you that broken addict through recovery to make you something Great!

Just for today: One day at a time is all we should be dealing with. We can't go back to yesterday, and we can't control tomorrow, so live for today. Remember to stay in the here and now.

Submitted in part by ED

The greatest prison people live in , is the fear of what other people think about them. Don't bother yourself with that. The important thing should be what you think about yourself. It's ok just being you, the important thing is feeling good about you. It is said that recovery starts on the inside because it's an inside job.

### **The recovery partnership**

**Daily med. Pg 50**

“As long as I take it easy and make a commitment with my higher power to do the best I can, I know I will take care of today”

Many of us feel that our fundamental commitment in recovery is to our higher power. Knowing that we lack the power to stay clean and find recovery on our own, we enter into a partnership with a power greater than we are. We make a commitment to live in the care of our higher power and , in return, our higher power guides us. Our part in this partnership is to do the very best we can each day, showing up for life and doing what's put in front of us, applying the principles of recovery to the best of our ability. We promise to do the best we can-not to fake it, not to pretend to be superhuman, but simply to do the footwork of recovery. In fulfilling our part of the recovery partnership, we experience the care our higher power has provided us.

Just for today: I will honor my commitment to a partnership with my higher power.

### **Spiritual Principle for the month.**

#### **A Power greater than yourself, higher power and God, of your understanding**

There are times when prayer is the only spiritual gift available. That is for ourselves, and even people we care deeply about. So why not, just for today pray to the God of your understanding for the things you need, and the things you want. So pray to God as

you understand him to answer your prayers. You may pray that he grants you happiness, guide you safely that he may grant you wealth. Also that he may provide you with good health. And please remember that as a recovering addict, it is suggested that we always pray that God's will be done. It is suggested that that's the most important thing above everything else. As addicts seeking recovery we pray every day that God as we understand him may smile on us. Try not to let your disease trick you into believing that bad days, means bad days every day. Always keep in mind that, just for today this too shall pass. Whatever that this may be. The last thing to be said is , love is just a word until someone comes along to give it meaning. If you haven't learned to love yourself remember in NA we will love you until you're able to love yourself.

It's a new day, new thoughts, new strengths, new possibilities await us, just for today. So remember every next level of your life, demand a new you. Your first spiritual blessing of the day, is God as you understand, allowed you to wake up. Please always try to remember we're human.

In part by Kawme

**Love and Respect**

**Submitted by God through Lee Grant Clean Sheet Rep.**

**267-276-8604**

**leegrantm1956@gmail.com**