

# West-SouthWest Area of Narcotic Anonymous

## CLEANSHEET

August 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:**

Ask the Addict  
NA World News  
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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**

Robin, W 8/11/93 30 yrs

Tim, M 8/11/95 28 yrs

Julio 8/12/95 28 yrs

Faith 8/18/17 6 yrs

Pamela, M 8/5/19 4 yrs

Nikole, F 8/20/17 6 yrs

## **Time For Change Group**

Marilyn (Black Barbie) 7/28/22 1 yr

Anthony 8/25/08

Shala 8/16/ 21 yrs

## **Keep Coming Back Clean Group**

Penni 7/15/87 36 yrs

Lil John 8/7/95 28 yrs

Darryl, B 8/28/98 25 yrs

## **38th and Chestnut Street Group**

Joe, C 8/10/87 36 yrs

Kawme 8/6/88 35 yrs

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



**The 38th and Chestnut Street Group of NA.**

**43rd Anniversary**

**When: August 25th, 2023**

**(Doors open @ 1:00 p.m.)**

**St Andrew & St Monica Church**

**36th & Baring Street, enter at 36th & Pearl Street**

**All are welcome**

**Food, Fun and Fellowship!**

## **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)**

# CLEANSHEET

## A MATTER OF CONCEPTS

### Eight Concept

*Our service structure depends on the integrity and effectiveness of our communications.*

Our fellowship's service structure is founded on the unity of our groups; to maintain that union, we must have regular communications throughout Narcotics Anonymous. Together, our groups have created a service structure to meet their common needs and to help them fulfill their common purpose. The effectiveness of the service structure depends on the continued unity of the NA groups, and on their continued support and direction. These things can only be maintained in an atmosphere of honest, open, and straightforward communication among all parties concerned.

Regular communication plays a large part in the fulfillment of our groups' final responsibility and authority for NA services. Through their GSRs, the groups regularly report their strengths, needs, ideas, and conscience to the service structure. Taken together, these group reports give our service boards and committees clear guidance in their efforts to serve NA as a whole. When the groups are regularly given full and accurate information from all elements of the service structure, they become familiar with the structure's normal patterns of activity. The groups are then able to recognize when something goes wrong with one of our service boards and committees, and are in a better position to know how to help correct the problem. And, knowing what kinds of resources are needed to fulfill service tasks, our groups are also more likely to provide the service structure with adequate support.

Clear, frequent two-way communication is an important prerequisite for delegation. When our groups ask the service structure to fulfill certain responsibilities on our behalf, we delegate to the structure the authority needed to make decisions related to those responsibilities. We need to be able to trust our trusted servants before we can confidently delegate them that degree of authority. That kind of trust depends in large part on continuing communication. So long as our service boards and committees regularly issue complete, candid reports of their activities, we can be confident that we have delegated our authority wisely.

Open and frank communication is a critical ingredient of effective leadership. To better know the ideas, wishes, needs, and conscience of those they serve, trusted servants must listen carefully to their fellowship. To give the NA groups the information they need to guide and support our services, NA leaders regularly distribute full, unequivocal reports. We do not want our trusted servants to constantly inundate us with every fact and figure possible, though we do expect them to provide us with complete information on all their activities and discussions if we ask for it. In communicating with those they serve, trusted servants demonstrate an open attitude, one that is inclusive, inviting, and clearly influenceable. Such openness and forthrightness may be uncomfortable, but is essential in maintaining the integrity of our services.

Finally, full and frequent communication is essential in the development of group conscience, the spiritual means by which we invite the influence of a loving God in making our collective decisions. To develop group conscience, communications must be honest and direct. Without the full picture, seen from all sides, our groups, service boards, and committees cannot develop an informed group conscience. 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.

## **Eight Concept p.37**

**Our service structure depends on the integrity and effectiveness of our communications.**

Study and discussion questions

1. How does regular communication support the Second Concept? The Third Concept? The Fourth Concept? The Sixth Concept?
2. How could a lack of regular communication undermine those concepts, and the integrity and effectiveness of our service structure?
3. Does your group receive regular communication from the trusted servants, service boards, and communicate with those trusted servants service boards, and committees? How is this communication-or lack of communication-affected your group? The service structure?

### **Step of the Month**

Step Eight

Basic Text p.37

“We made a list of all persons we had harmed, and became willing to make amends to them all.”

Step Eight is the test of our new found humility. Our purpose is to achieve freedom from the guilt that we have carried. We want to look the world in the eye with neither aggressiveness nor fear.

Are we willing to make a list of all persons we had harmed to clear away the fear and guilt that our past holds for us? Our experience tells us that we must become willing before this step will have any effect.

The Eight Step is not easy; it demands a new kind of honesty about our relations with other people. The Eight Step starts the process of forgiveness. We forgive others; possibly we are forgiven and finally we forgive ourselves and how to live in the world. By the time we reach this step, we have become ready to understand rather than to be understood. We can live and let live easier when we know the areas in which we owe amends. It seems hard now, but once we have done it. We will wonder why we did not do it long ago.

We need some real honesty before we can make an accurate list. In preparing to make the Eight Step list, it is helpful to define harm. One definition of harm is physical or mental damage. Another definition of harm is inflicting pain, suffering or loss. The damage may be caused by something that is said, done or left undone. Harm can result from words or actions either intentional or unintentional. The degree of harm can range from making someone feel mentally uncomfortable to inflicting bodily injury or death.

The Eight Step presents us with a problem. Many of us have difficulty admitting that we caused harm for others because we thought we were victims of our addiction. Avoiding this rationalization is crucial to the Eight Step. We must separate what was done to us from what we did to others. We cut away our justification and our ideas of being a victim. We often feel that we only harmed ourselves, yet we usually list ourselves last, if at all. This step is doing the leg work to repair the wreckage of our lives. Basic text p.38

In the previous Step we began to make peace with our Higher Power and with ourselves. In the Eight Step, we begin the process of making peace with others.

By acting on our character defects, we inflicted harm on ourselves and those around us. In the Seven Step, we asked our Higher Power to remove our shortcomings. However, in order to gain true freedom from our defects, we need to accept responsibility from them. We need to do whatever we can to repair the harm we've done. In Step Eight, we begin to rectify our wrongs. We begin to accept responsibility for our actions by becoming willing to make amends to them all.

While our efforts to make amends may make a difference in the lives of those we have harmed, this process has its greatest impact on our own lives. Our objective is to begin clearing away the damage we've done so that we can continue with our spiritual awakening. By the time we work our way through the process of making amends, we will surely be astounded by the level of freedom we feel.

We are involved in a process designed to free us from our past so that we are able to live fully in the present. Many of us are haunted by memories of our mistreatment of others. Those memories can creep up on us without warning. Our shame and remorse over our past actions are so deep that these recollections can cause us to feel unbearable guilt. We want to be free of such guilt. We begin by making a list of the people we've harmed.

Flow and Why pg 76-77



The Eight Step offers a big change from a life dominated by guilt and remorse. Our futures are changed, because we don't have to avoid those who we have harmed. As a result of this step, we receive a new freedom that can end isolation. As we realize our need to be forgiven, we tend to be more forgiving. At least we know that we are no longer intentionally making life miserable for people.

The Eight Step is an action step. Like all the steps, it offers immediate benefits. We are now free to begin our amends in Step Nine.

Basic Text pg. 39-40

### Tradition of the Month

Tradition Eight

Basic Text p. 72

“Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers”

The Eight Tradition is vital to the stability of NA as a whole. In order to understand this tradition we need to define “nonprofessional service centers” and “special workers.” With an understanding of these terms, this important tradition is self explanatory.

In this tradition we say that we have no professionals. By this, we mean we have no staff psychiatrists, doctors, lawyers or counselors. Our program works by one addict helping another. If we employed professionals in NA groups, we would destroy our unity. We are simply addicts of equal status freely helping one another. Basic Text p.72

### **Tradition Eight G.P. p. 143**

For Members

We know that this is an ongoing process, and demanding perfection can keep us from moving ahead at all. Our knowledge grows as we visit various types of service meetings. We learn to listen and find new interests. We may move from one kind of service to another; after a long time in public relations service, for example, we might focus our energy on group-level service for a while, or join an activities committee. It can be good

for us and good for the local NA community when we try new roles or when a new member dives into service.

We are nonprofessional, but we have high expectations for our trusted servants. Rising to most of those expectations is part of how we learn in service. The term service suggests that we are providing a service to NA, but the work we do for NA also serves us, allowing us to learn and grow with the experience. GP p.144

### Spiritual principles of the month

#### **Nonprofessionals and Special service workers.**

#### Spiritual thought of the Month

“Personality change was what we really needed. Change from self-destructive patterns of life became necessary.”

Basic Text p.15

Just for today p.56

In early life, most of us were capable of joy and wonder, of giving and receiving unconditional love. When we started using, we introduced an influence into our lives that slowly drove us away from those things. The further we were pushed down the path of addiction, the further we withdrew from joy, wonder, and love. This change, of course, doesn't “just happen.” But if we cooperate with the new influence NA has brought to our lives over time we will experience the personality change we call recovery. The Twelve Steps provide us with a program for the kind of cooperation required to restore joy, wonder, and love to our lives.

#### **Just for Today**

A new influence!

I will cooperate with the new influence of fellowship and spiritual strength NA has introduced to my life. I will work on the next step in my program.

Just for Today p.56

I'm sorry

Basic Text p.39

“The main thing [the Eight Step] does for us is to help build awareness that little by little, we are gaining new attitudes about ourselves and how we deal with other people”

To say “I’m sorry” probably isn’t such a foreign idea to most of us. In our active addiction, it may have been a very familiar phrase. We were always telling people how sorry we were, and were probably deeply surprised when someone tired of our meaningless apologies responded with “ You sure are.” In fact you’re the sorriest excuse for....

That may be our first clue that an “I’m sorry” doesn’t really make any difference to those we harmed, especially when we both knew that we’d just do the same thing again.

Amending our behavior and the way we treat ourselves and others is the whole purpose of working this step. We’re no longer just “sorry”, we’re responsible.

Just for Today: I accept responsibility for myself and my recovery. Today I will amend some particular thing I’m sorry for.      Basic Text p.196

### **Spiritual thought for the Month**

It was said “The secret to change is to focus all of your energy not on fighting the old, but on building the new. “An unknown person wrote “It’s impossible,” said pride. “It’s risky,” said experience. “It’s pointless,” said reason. “Give it a try,” whispered the heart. Someone said that recovering who you were, who you are, and who you will be are three different people. And for the recovering addict they should always remember, drugs don’t love you. Drug dealers don’t love you. The lifestyle doesn’t love you. But all of it will take you away from the people that do. And the last thing to keep in mind is, you will never be good enough for some people, but you will always be the best for someone who really appreciates you, your clean time, and your recovery.

All submitted in part by ED.

Love and Respect

Cleansheet Rep. Leegrant, M.

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