

# West-SouthWest Area of Narcotic Anonymous

## CLEANSHEET

September 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. 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  
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**

Arlene, C 9/16/86 37yrs

Anthony, C 9/3/17 6yrs

Dion, M 9/24/17 6yrs

Donna, W 9/26/06 17yrs

James, B 9/1/98 25yrs

Leegrant, M 9/1/98 25yrs

Lakeisha, J 9/27/19 4yrs

Sonia 9/22/02 21 yrs

## **Sunday Night Alive Group**

Leroy, H 9/5/98 25yrs

## **Keep Coming Back Clean Group**

Billy, C 9/30/18 5yrs

Barbara 9/30/98 30yrs

Dewayne T 9/30/18 5 yrs

Keysha 9/23/14 9yrs

## **Another Chance at life Group**

Ron 9/7/93 30yrs

Pat, W 9/3/07 16yrs

Ron, J. 9/7/93 30yrs

Daniel, F 9/9//90 33yrs

Mahassin, S 9/25/13 10yrs

## **Survival Group**

Terry 9/ /12 11yrs

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



## **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

### Ninth Concept

*All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision-making processes.*

It's easy to discuss things with those who agree with us. But in recovery we've learned that our own best thinking may not necessarily offer us the best possible guidance. We have been taught that, before making significant decisions, we should check our judgment against the ideas of others. Our experience has shown us that the ideas of those who disagree with us are often the ones we need most to hear. The Ninth Concept puts this aspect of our recovery experience to work in the service environment. When making a decision, our groups, service boards, and committees should actively seek out all available viewpoints.

An effective group conscience is a fully informed group conscience. The Ninth Concept is one tool we use to help ensure that our group conscience is as well-informed as it can possibly be. In any discussion, it is tempting to ignore dissenting members, especially if the vast majority of members think alike. Yet it is often the lone voice, offering new information or a unique perspective on things, that saves us from hasty or misinformed decisions. In Narcotics Anonymous, we are encouraged to respect that lone voice, to protect it, even to seek it out, for without it our service decisions would undoubtedly suffer.

Concept Nine also encourages us, individually, to frankly speak our minds in discussions of service issues, even when most other members think differently. No, this concept is not telling us to become perpetual nay-sayers, objecting to anything agreed to by the majority. It does say, however, that we are responsible to share our thoughts and our conscience with our fellow members, carefully explaining our position and listening with equal care to the positions of others. When we show the courage necessary to speak our mind, while also showing respect for one another, we can be confident that we act in the best interests of the NA Fellowship. By insisting on thorough discussion of important issues, the worst we can do is take a little of each other's time; at best, we protect the fellowship from the consequences of a hasty or misinformed decision.

When a service body is in the process of making a decision, the Ninth Concept can be exercised in a variety of ways. If you are a member of that service body, all you need to do is raise your hand and speak. If the point you wish to make is complex, you may wish to put it in writing, so that other members of the board or committee can study it more carefully.

If you are not a member of the service body in question but, as an NA member, still have something to say about a service matter, there are a variety of avenues you can take to express your position. By sharing your views at your group's business meeting, you ensure that your ideas will be included in the mix of group conscience that guides your GSR when she or he participates in service discussions. Many service boards or committees set aside a portion of their agenda for open forums, when you can speak your own mind on issues before the body. Fellowship newsletters and journals, from the local to the world level, often offer space where NA members can share their viewpoints on service matters at hand. Whether or not you are a member of a service body, there are a variety of ways in which you can personally exercise the Ninth Concept.

Our decision-making process is not perfect. Many groups, service boards, and committees acknowledge this, and the value of the minority's position, with every decision they make. Whenever a motion is approved by something less than unanimous consent, these service bodies often ask those who voted against the measure to state their reasons for doing so, either out loud or in writing. If the decision needs to be revised at a later date, such minority opinions may prove invaluable in helping chart a new service course.

Concept Nine encourages us to continue to consult group conscience, even after a decision has already been made. If discussions are raised about a question already decided, the body is bound to hear those discussions. It may be that, based on such discussion, a service body will alter its earlier decision. However, if a past decision is questioned, discussion is well heard, and the decision still stands, the time comes for everyone to accept that decision and to cooperate wholeheartedly in its implementation. Half-hearted support of, or outright resistance to, such a decision runs contrary to our principles of surrender and acceptance. Once a decision has been made, reconsidered, and confirmed, we need to respect it, and go on about the business of serving our fellowship.

The expression of the individual conscience to the group is the foundation of group conscience. Without it, we block the guidance of a loving God, our ultimate authority. When a position supported by many of us is challenged by a few of us, our service boards and committees should always treat such input with great respect and careful

consideration. The information and insights offered by the few may save us from dangerous mistakes; they may even lead us to new, previously undreamt-of horizons of service, where we might fulfill our fellowship's primary purpose more effectively than ever. For the sake of our fellowship, and for the sake of our members yet to come, our groups, service boards, and committees must always carefully consider all viewpoints in their decision-making processes.

### **Ninth Concept**

**All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision-making process.** **P. 38**

#### Study and discussion questions

1. "An effective group conscience is a fully informed group conscience." Why is it important to make sure all viewpoints are considered when making service decisions?
2. In your group, area, or region, how can an individual member voice his or her viewpoint on a service decision at hand?
3. Do NA services make the effort they should to seek out new different viewpoints? Do NA services stifle opposing viewpoints?
4. How do you know when it's time to speak up against a decision of the majority? When it's time to accept a decision and surrender to group conscience?

### **Step of the Month**

Step Nine

Basic Text p.40

"We made direct amends to seek people wherever possible, except when to do so would injure them or others."

This step should not be avoided. If we do, we are reserving a place in our program for relapse. Pride, fear and procrastination often seem an impossible barrier; they stand in the way of progress and growth. The important thing is to take action and to be ready to

accept the reactions of those persons we have harmed. We make amends to the best of our ability.

Timing is an essential part of this step. We should make amends when the opportunity presents itself, except when to do so will cause more harm. Sometimes we cannot actually make the amend; it is neither possible nor practical. In some cases, amends may be beyond our means. We find that willingness can serve in place of action where we are unable to contact the person that we have harmed. However, we should never fail to contact anyone because of embarrassment, fear or procrastination.

We want to be free of our guilt, but we don't wish to do so at the expense of anyone else. We might run the risk of involving a third person or some companion from our days who does not wish to be exposed.. We don't have the right or the need to endanger another person. It is often necessary to take guidance from others in these matters.

We recommend turning our legal problems over to lawyers and our financial or medical problems to professionals. Part of learning how to live successfully is learning when we need help. Basic Text p.40

Now that we are willing to make amends to all the people we've harmed, we put our willingness into action by working the Ninth Step. We're involved in a process that takes us from awareness of our wrongs and the conflicts they're caused, to a growing freedom from the conflicts and toward the serenity we are seeking. This process has called on us to examine our lives, identify our character defects, and become aware of how we harmed others when we acted on those defects. Now we must do everything we can to repair the harm we've caused. It works p.84

In some old relationships, an unresolved conflict may still exist. We do our part to resolve old conflicts by making our amends. We want to step away from further antagonisms and ongoing resentments. In many instances, we can only go to the person and humbly ask for understanding of part wrongs. Sometimes this will be a joyous occasion when old friends or relatives prove willing to let go of their bitterness. Contacting someone who is still hurting from our misdeeds can be dangerous. Indirect amends may be necessary where direct ones would be unsafe or endanger other people. We make amends to the best of our ability. We try to remember that when we make amends, we are doing it for ourselves. Instead of feeling guilty and remorseful, we feel relieved about our past. BT p. 41

We are achieving freedom from the wreckage of our past. We will want to keep our house in order by practicing. A continuous personal inventory in Step Ten. BT p.42



### **Tradition nine**

“NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.” Basic text p.73

This tradition defines the way that our fellowship functions. We must first understand what NA is. Narcotics Anonymous is addicts who have the desire to stop using, and have joined together to do so. Our meetings are a gathering of members for the purpose of staying clean and carrying the message of recovery. Our steps and traditions are set down in specific order. They are numbered, they are not random and unstructured. They are organized, but this is not the type of organization referred to in the Ninth tradition. In this tradition, organized means having management and control. On this basis, the meaning of Tradition Nine is clear. Without this tradition, our fellowship would be in opposition to spiritual principles. A loving God, as he may express himself in our group conscience, is our ultimate authority.

The Ninth Tradition goes on to define the nature of the things that we can do to help NA. It says that we may create service boards or committees to serve the needs of the fellowship. They exist solely to serve the fellowship. This is the nature of our service structure as it has evolved and been defined in the NA service manual. Basic Text p.74

### **Spiritual thoughts for the Month**

Friends and amend-keep it simple

“We make direct amends to such people wherever possible, except when to do so would injure them or others”

### **Step Nine**

In every relationship, we don't always handle things the way we would have hoped. But friendships don't have to end when we make mistakes; instead, we can make amends. If we are sincerely willing to accept the responsibilities involved in friendship and make the amends we owe, those friendships can become stronger and richer than ever.

Making amends is simple. We approach the person we have harmed and say, “I was wrong.” Sometimes we avoid getting to the point, evading an admission of our own part

in the affair. But that frustrates the intent of the Ninth Step. To make effective amends, we have to keep it simple: we admit our part, and leave it at that.

There will be times when our friends won't accept our amends. Perhaps they need time to process what has happened. If that is the case, we must give them that time. After all, we were the ones in the wrong, not them. We have done our part; the rest is out of our hands

Just for today: I want to be a responsible friend. I will strive to keep it simple when making amends

JFT p. 144

It was said that, sometimes in life everything goes smoothly. And sometimes unexpected things happen, the important thing is knowing how to turn problems into opportunities. It's all in how we respond to situations in life. Things happen for you, not to you.

### **Spiritual Principle for the Month**

Defects, Shortcomings and Freedom

The final spiritual thought.

Please try to remember that with your Higher Power. That, sometimes in life our blessings come early. Sometimes they come later. But they always come and they are always on time. So keep praying, and have faith. Ask, believe, then wait. Because blessings and miracles still do HAPPEN!

The God of your understanding is never late, He's always on time!

Submitted in part by ED.

Love and Respect

Cleansheet Rep. Leegrant, M

267-276-8604

Leegrantm1956@gmail.com