

West-SouthWest Area of Narcotic Anonymous

CLEANSHEET

April 2024

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
SURRENDER AROUND THE WAY

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Hybrid, Virtual & In Person Meetings So many Choices

This January 2024, the CDC, has not released any new reports concerning the triple threat. The influenza (flu) and the two covid 19 variances. Even though CDC is an outside issue and most of the restrictions in many places have been lifted. The places where NA as a whole meets, we must still adhere to guidelines handed down by some of those places. A Lot of meetings and NA functions, many still being held virtually. NA has resumed in person in a lot of places. Let's keep social distance if needed. Follow all guidelines issued to NA by the places where we meet.

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NA Events
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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

Eleanor 04/08/16 07 yrs
Al 04/11/18 05 yrs
Rose 04/26/87 36 yrs
Thomas, R 04/06/91 32 yrs

38th and Chestnut Street Group

Will 04/30/13 11 yrs

Keep Coming Back Clean Group

Janet, L 04/28/87 37 yrs

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

CLEANSHEET

A MATTER OF CONCEPTS

Fourth Concept

Effective leadership is highly valued in Narcotics Anonymous. Leadership qualities should be carefully considered when selecting trusted servants.

The trust necessary to confidently delegate service authority is founded on the careful selection of trusted servants. In the following paragraphs, we highlight a number of the qualities to be considered when choosing our trusted servants. No leader will exemplify all these qualities; they are the ideals of effective leadership to which every trusted servant aspires. The more we consider these qualities when selecting NA leaders, the better our services will be.

Personal background and professional or educational qualifications, though helpful, do not necessarily make for effective leadership. When selecting trusted servants, after all, it is the whole person we trust, not just their skills. And one of the first things we look for when selecting trusted servants is humility. Being asked to lead, to serve, to accept responsibility, is a humbling experience for a recovering addict. Through continuing to work the Twelve Steps, our trusted servants have come to know not only their assets but their defects and their limitations. Knowing that, they have agreed to serve our fellowship to the best of their ability, with God's help. Good NA leaders do not think they have to do everything themselves; they ask for help, advice, and direction on a regular basis. Our fellowship's leaders ought not be dictators or order-givers; they are our servants. Able leadership in the spirit of service does not drive by arrogant mandate, demanding conformity; it leads by example, inviting respect. And nothing invites us to respect our trusted servants more than clear evidence of their humility.

Capable NA leadership exhibits the full range of personal characteristics associated with a spiritual awakening. We depend on those who serve us to report on their activities completely and truthfully. Our leaders must have the integrity needed to hear others well, yet still be able to stand fast on sound principle; to compromise, and to disagree without being disagreeable; to demonstrate the courage of their convictions, and to surrender. We seek trusted servants who are willing to expend their time and energy in the diligent service of others, studying available resource materials, consulting those with greater

experience in their field of responsibility, and carefully fulfilling the tasks we've given them as completely as possible. Honesty, open mindedness, and willingness, indispensable in recovery, are also essential to leadership.

Any NA member can be a leader, and every NA member has the right to serve the fellowship. Effective NA leadership knows not only how to serve, but when it will serve best to step aside and allow others to take over. An entrenched bureaucracy inhibits our fellowship's growth, while a regular influx of new leadership, balanced by continuity, inspires NA growth. The effective leader also knows that, in order to maintain the distinction in service between principles and personalities, it is important to observe the practice of rotation.

In some positions, trusted servants need specific skills in order to act as effective leaders. The ability to communicate well can help our trusted servants share information and ideas, both in committee work and in reporting to those they serve. Organizational skills help trusted servants keep small service responsibilities simple, and make straightforward even the fulfillment of complex tasks. Leaders capable of discerning where today's actions will take us, and of offering us the guidance we need to prepare for the demands of tomorrow, serve Narcotics Anonymous well. Certain educational, business, personal, and service experiences may suit a recovering addict more to one type of service commitment than another. We do ourselves, our fellowship, and our trusted servants a disservice when we ask our members to perform tasks they are incapable of fulfilling.

When we carefully consider the leadership qualities of those we ask to serve, we can confidently give them the room they need to exercise those qualities on our behalf. We can allow effective leaders freedom to serve, especially when they demonstrate their accountability to us, reporting regularly on their work and asking, when necessary, for additional direction. True, our leaders are but trusted servants, not governors; yet we also expect our trusted servants to lead us. If we select them carefully, we can confidently allow them to do so.

Effective leadership is highly valued in NA, and the Fourth Concept speaks of the qualities we should consider when selecting leaders for ourselves. However, we should remember that the fulfillment of many service responsibilities requires nothing more than the willingness to serve. Other responsibilities, while requiring certain specific skills, depend for their fulfillment far more heavily on the trusted servant's spiritual maturity and personal integrity. Willingness, spiritual depth, and trustworthiness are strong demonstrations of the kind of leadership valued most highly in Narcotics Anonymous.

We should also remember that NA's leaders are not only those we vote into office. Opportunities for selfless service arise wherever we turn in Narcotics Anonymous. NA members exercise personal leadership by helping clean up after a meeting, taking extra care to welcome newcomers to our fellowship, and in countless other ways. As recovering addicts, any of us can fulfill a leadership role, providing a sound example, by serving our fellowship. This modest spirit of service to others forms the foundation of our Fourth Concept, and of NA leadership itself.

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. Our fears are lessened, and faith begins to grow as we learn the true meaning of surrender. We are no longer fighting fear, anger, guilt, self-pity or depression. We realize that the Power that brought us to this program is still with us and will continue to guide us if we allow it. We are slowly beginning to lose the paralyzing fear of hopelessness. The proof of this step is shown in the way we live.

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

Step Four

“We made a searching and fearless moral inventory of ourselves”

The purpose of a searching and fearless moral inventory is to sort through the confusion and the contradiction of our lives, so that we can find out who we really are. We are starting a new way of life and need to be rid of the burdens and traps that controlled us and prevented our growth.

As we approach this step, most of us are afraid that there is a monster inside of us that, if released, will destroy us. This fear can cause us to put off our inventory or may even prevent us from taking this crucial step at all. We have found that fear is a lack of faith, and we have found a loving, personal God to whom we can turn. We no longer need to be afraid.

We have been experts at self-deception and rationalization. By writing our inventory, we can overcome these obstacles. A written inventory will unlock parts of our subconscious that remain hidden when we simply think about or talk about who we are. Once it is all down on paper, it is

much easier to see, and much harder to deny our true nature. Honest self-assessment is one of the keys to our new way of life.

Tradition Four

“Each group should be autonomous except in matters affecting other groups or NA as a whole”

The autonomy of our groups is necessary for our survival. A dictionary defines autonomous as “having the right or power of self-government...undertaken or carried on without outside control.” This means our groups are self-governing, and not subject to outside control. Every group has had to stand and grow on its own.

One might ask, “Are we truly autonomous? Don’t we have service committees, offices, activities, hot lines, and other activities in NA?” They are services we use to help us in our recovery and to further the primary purpose of our groups. Narcotics Anonymous is a Fellowship of men and women, addicts meeting in groups and using a given set of spiritual principles to find freedom from addiction and a new way to live. The services that we mentioned are the result of members who care enough to reach out and offer help and experience so that our road might be easier.

Fourth Concept

pg. 33

Effective leadership is highly valued in Narcotic Anonymous. Leadership qualities should be carefully considered when selecting a trusted servant.

Study and discussion questions

1. Read NA’s Second Tradition. Does NA have leaders? If so, what kind of leader? Does a fellowship that makes collective decisions and leaders.
2. Does your group have a leader? If so, who are they? In what sense can they be called “leaders”? Could your group do without leaders? Could a service board or committee do without leaders?
3. According to this essay, what are some of the skills and personal traits we seek when selecting trusted servants? What is the real foundation of NA leadership?

4. “Effective NA leadership knows not how to serve, but when it will serve best to step aside and allow others to take over.” Discuss rotation of leadership.
5. What does NA leadership have to do with recovery? With selfless service?

Step of the Month

Step Four

BT pg. 27

“We made a searching and searching and fearless moral inventory of ourselves”

Tradition of the Month

BT pg.66

Tradition Four

“Each group should be autonomous except in matters affecting other groups or NA as a whole.”

Spiritual thought of the Month

Searching and Fearless moral inventory.

The purpose of a searching, and fearless moral inventory is to sort through the confusion and the contradiction of our lives.

BT pg. 27

Spiritual Principles

Confusion, Contradiction

Just for today

Identification.

“Someone finally knew the crazy thoughts that I had and the crazy things I did.

Love and Respect
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