



Narcotics Anonymous®



INNERCITY AREA (LEANSHEET

OCTOBER 2006

Love and Respect!!!!
 The Inner City Area clean sheet welcomes the participation of its readers, you are invited to share with the NA fellowship in our newsletter. Share your experience, strength and hope with us . We accept recovery oriented poems, art, short stories, articles, step, tradition, and concept experiences, gratitude lists, anniversary date, essays, cartoons and any other NA related announcements. Contact us at innercityarea@yahoo.com

Newsletter Disclaimer
 The ICA Newsletter's purpose and privilege is "...increasing unity and to carry the message of recovery." The opinions expressed here d the views of do not reflect the views of Narcotics Anonymous as a whole. No endorsement of or affiliation with any other groups or institution is intended or implied. Submissions from members are eagerly welcomed, but the newsletter editor reserves the right to return or edit submissions.
 Reprint rights are granted to all service boards and committees of NA.

The Eighth Tradition

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

What this tradition is saying that even though many of us may have a profession as a staff psychiatrist, doctor, lawyer or even counselor. NA works through the therapeutic value of one addict helping another addict without parallel. We share our experience, strength and hope. When I attend a meeting and I share or hear someone share their anguish, I don't run up to them after the meeting trying to practice my Therapy 101 on them. I share my experience with the anguish and how I made it through and I expect their experience with whatever anguish I shared and how they made it through.

Our service center is the World Service Office located in Van Nuys, CA and the Regional Service Office located at 1243 South 22nd Street, Philadelphia, PA. They are places designated for operation of our Service committees, such as the Regional Subcommittees and Regional Meeting held every other month. It is also the office for the selling and purchasing of NA related literature. We do not have any clubhouses nor do we own any recovery houses.

We may employ Special Workers, workers with special skills such as phone answering, clerical work, or printing. These employees are directly responsible to a service committee.

There is a difference between a professional and a special worker. Professionals work in specific a field that does not directly service N.A., and it is for personal gain. They do not follow the N.A. traditions. Special Workers, on the other hand, work within our Traditions and are always directly responsible to those they serve, to the fellowship. I am employed as an Administrative Assistant and I get paid for that position; however, I serve as a trusted servant as the Area Secretary. I am bounded by traditions and I.C.A. policy to perform my duties to the best of my ability. I am not a special worker because I am not being paid for my services; however, if I was to be hired to work at the RSO (Regional Service Office) I would be expected to do a job and the Traditions of N.A would bind me.

In our Eighth Tradition, we do not single out our members as professional. By not placing professional status on any member, we ensure that we remain forever nonprofessional.

Charlene A.



Directions - Match column A with column B

HINT - all answers can be found in NA fellowship-approved

literature.

A

- a. Sponsorship
- b. decision
- c. resource
- d. fellowship
- e. our groups
- f. solid foundation
- g.. self-obsession and self-centered fear
- h. politics and personalities
- i. humility
- j. anonymity
- k. relapse
- l. the recovering addict
- m. the disease

Legend

BT- Basic Text
 TC for NA - The Twelve Concepts for NA
 IWHAW- It works How and Why
 Sponsorship Book
 JFT- Just for Today
 TNASWG - The Narcotics Anonymous Step Working Guides

B

1. Because ____ are the parts of our disease that most strongly affect our spirituality, alleviating and diminishing those parts of our disease will surely cause our recovery to flourish.
 (TNASWG, step 9)
2. The ultimate weapon for recovery is the ____.
 (BT, Why Are We Here)
3. The most important ____ contributed to the service structure by an NA group is almost exclusively spiritual: its ideas and its and its conscience.
 (TC for NA, Second Concept)
4. Those of us who don't die from ____ will go on to prison, mental institutions or complete demoralization as ____ progresses.
 (BT, Who is an Addict)
5. The kind of authority that ____ have delegated to our boards and committees is the authority to serve, not to govern.
 (TC for NA, Twelfth Concept)
6. ____ can be an opportunity to practice the principles of the NA program in all our affairs, where each person, ideally is receiving the best each has to offer.
 (Sponsorship, chapter 1)
7. By working the first three steps, we have formed a ____ for our recovery.
 (IWHAW, step 4)
8. No individual inside or outside the ____ represents Narcotics Anonymous.
 (BT, tradition 11)
9. An atmosphere of recovery in our groups is one of our most valued assets, and we must guard it carefully, lest we lose it to ____ .
 (BT, tradition 2)
10. In the Third Step, faith gives us the capacity to actually make a ____ and carry that ____ into action. Trust comes into play after faith has been applied.



Narcotics Anonymous®



HOW IT WORKS!

OUR MEMBERS' EXPERIENCE

STRENGTH AND HOPE!!!

STEP ONE- WE ADMITTED THAT WE WERE POWERLESS OVER OUR ADDICTION, THAT OUR LIVES BECAME UNMANAGEABLE.

I am powerless over my addiction. I had to surrender to my addiction. I realize that I cannot live without drugs. I needed help. I had to pray a lot and ask the God of my understanding for help. So, I had to admit that I'm powerless over my disease of addiction. I know I couldn't control my use of any mind or mood altering chemicals. I cannot control my using for any length of time. I had to be honest, open-minded and willing. I reached a point that I could no longer continue using drugs. I lived to use and used to live. I was spiritually broken; I was beaten. So, I had to surrender. My inability to control my drug use is a symptom of the disease of addiction. I know that I'm powerless over my drug use. Now, I am powerless over my addiction. So, I know I'm not responsible for my disease. I'm responsible for my recovery. I had to surrender and to accept my addiction. Talk about what is going on with me. I can look back and see that when I used, that my life had become unmanageable. I started not loving or caring about myself. Life didn't have a meaning. I didn't have willpower, so my disease took me places I didn't like. So, I have to surrender everyday to my addiction. I tried to stop using, but I was unable to live with or without drugs. I saw that will power alone would not work for any length of time. I could really see that my life was really getting unmanageable, even though I could keep a job. I had no choice but to completely change my old ways of thinking or go back to using. When, I could no longer stand my old ways I began to change. I began to see that every clean day is a successful day. No matter what happens I cannot use. Surrender means to me that I had to stop fighting myself, accepting things and people that can help me in my life. I become willing to do whatever is necessary to stay clean. Even the things I don't like doing.

Gene Y.

STEP TWO- WE CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.

This step was very important to me. I was the addict that came into this program without a belief in a higher power. In fact I had a lot of anger with my higher power. I was a momma's boy and my mother was my best friend and she was also my enabler. In 2001 I had to watch my mother die of cancer. I prayed a lot for my mother to regain her health and some days I prayed that she would just recognize me and know that I was her son. I stood by her bedside and watched her pass away all the time praying to my higher power for a miracle that would bring my mother back to me. It did not happen. So I parted ways with my higher power and let my disease run my life. When I became tired and admitted that my disease made my life unmanageable, it was suggested that I find a power greater than myself and believe in it. I felt that this was impossible for me because I still could not bend my knees and worship a God that took my mother, and I felt that I would go back to using if I could not get past this 2nd step. After reading this step it states that this power only has to be "loving and caring". As I began to experience small miracles and blessings on my road of recovery I realized that my mother who could not help me stay clean while here on earth, was able to help me stay clean after her passing. So I came to believe that the power greater than myself that could restore me to sanity for me was my mother. This allowed me freedom and peace of mind. I was able to let go of situations and believe that my higher power will see me through it. It also took away the resentment towards the God of my understanding. I no longer feared my future or struggled with the present thinking I had to have control of all aspects in my life or they would fall apart. It also lessened my guilt about my past. I felt that my using and lying was the reason God took my mother from me. Today I'm no longer that momma's boy who hated God and could not grow because I could not see past my own guilt and no resentment. I'm the man who came to believe that God did take away someone I loved but could keep me clean and he surrounded me with this fellowship who have helped me stay clean and now my mother is a lot happier now looking down at the clean, responsible, respected son who can now maintain a home, keep a job and be the father that his children can trust and now choose to live with, and say that this is the son I raised.

*Love and respect,
Jerome A.*



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HOW IT WORKS!

TAKE THE STEPS!

**OUR MEMBERS' EXPERIENCE
STRENGTH AND HOPE!!!**

STEP THREE- WE MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTAND HIM

Just For Today pages 14, 124, 155, 156, 231, 288, 289, 293, 323, 327, 333, 345, 347 and 376.

STEP FOUR- WE MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.

Just For Today pages 76, 78, 121, 141, 271 and 305.

STEP FIVE- WE ADMITTED TO GOD, TO OURSELVES AND ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.

My experience on the fifth step is when I admitted to God and to myself and another human being the exact nature of my wrongs. This step tells me that it is important to share with another human being the exact nature of our wrongs. In my case it was my sponsor. I had to get over my fears. Things, that I thought I was going to take to my grave, I shared with my sponsor, and then he shared his experience with me. It was similar to my story. That was a BIG RELIEF. My recovery really kicked off. When, I left his house I knew staying clean has to come first. That stayed all on my mind and to this day it still is.

Dave

STEP SIX - WE WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.

When I began taking the steps, I was so ready willing and able. God presented me with a sponsor, he was eager. I became enthusiastic enough to continue to surrender, accept, clean house, so the spirit of God would enter my heart, my soul, my spirit. There were lots of trivial mind games I played with myself. I found step work to be food for my soul. I was very willing and ready to do the first five steps, They weren't difficult, especially with prayer and continued guidance from sponsors and making meetings. I felt so grounded in the program, I was living it to the best of my ability. I was growing up, the little girl was becoming a woman. I was not perfect though. In recovery, I was still lying, cheating, and playing the field (like I missed out on something), I still wanted things my way. And, I had my way with obsession, lust, money, property and prestige. No matter what went down the pike, I still asked God for help even when self-will ran riot. Confusion, chaos and manipulation were becoming an emotional turmoil. I had love, a beautiful wife but I was filled with greed and unhealthy behavior. I had willingness, I thought. Wandering off course seemed like a old friend. Having a wife and being a philanderer on the side was a soul sickness. My soul was still empty. Willingness was still the key, I told on myself over and over again. I kept going back until I had enough pain. I had to become beaten to become willing. I learned the lessons of true dependence on God and humility. It gave me a new soul. I knew in my heart that I wouldn't be rendered white as snow. I became closer to the God of my understanding, by practicing the spiritual principles of the program. The program and the love of the fellowship kicked in. I worked it and it worked me. I still became entirely ready and willing through God and the guidance of a sponsor. Where at one time in my life, I loved cheating, then I liked it and today I don't do it. I don't do anything alone, that's why this step says, "We were entirely ready to have God remove all these defects of character" Sharing and caring the NA way.

Gloria N.

STEP SEVEN- WE HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS

Just For Today pages 112 and 339..



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HOW IT WORKS!

**OUR MEMBERS EXPERIENCE
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TAKE THE STEPS!

STEP EIGHT- WE MADE A LIST OF ALL PERSON S WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.

My experience with the 8th step was one with a lot of guilt, remorse, and shame. I had caused so much pain to others as well as myself. The pain I caused. I justified it my whole life, before using drugs after being clean for a period of time, and the relapses. God blessed me to come back to the fellowship. Upon coming back, I caused more harm to others and myself. I immediately got a sponsor and started to do step work. I found out this time around I was not the victim, I was the volunteer of a lot of my pain. Just because I was hurting, did not mean that it was my job to make other's hurt. All the harm that I caused other people came from wanting people to love me. When they did not love me, I became very afraid, angry and resentful. There were more defects than just these three. They all stemmed from the fear of being alone. I could never accept myself since I was a child. So, I set out to be accepted no matter what the consequences were. But the price was too high at this point. While I was writing and finishing up this step this time around, I was harmed. It hurt so badly. I had to put the person who caused me harm on my list. I had to get honest on a deeper level. I had to look at the part I played. I realized that people can only do to you what you let them do. Therefore, in some instances I caused harm to myself. My experience is if the harm I have caused to others have ever made someone else feel like I felt when I was harmed I do not want to hurt anyone. Even though I know that if it is in God's will there will be other eighth step lists, I pray that the names on the list will diminish. What I learned this time was to treat people the way I want to be treated. The spiritual principles of forgiveness, pen-mindedness, willingness, compassion and acceptance. All of these principles came to life for me in every people, place and situation that I encountered. My eighth step for me was very painful. Because, if I had not felt guilt, remorse or shame for the things that I done to cause harm to others and myself, I would not feel so free right now. Thank you God, the fellowship, my sponsor and the step work, what a rude awakening but a spiritual awakening.

*Thank God!
Karen H.*

STEP NINE- WE MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.

My willingness to make amends to all those I've harmed help me with the awareness of harm I've caused. This process allowed me to look at the behaviors towards those I've harmed. The willingness I've practiced from Step One through Step Seven has prepared me for the actions needed to make amends. God has provided the timing needed that opened a door to utilize the principles of honesty, humility and love. I receive the gift of acceptance, if an individual refuses to accept my sincerity. As my late sponsor has said that every situation presents an opportunity to practice principles. My action of making amends have given me courage and strength, also allowing me to remember who and what I have been, This process has allowed me to see the wonderful change that has taken place in my life. With the help of my sponsor giving guidance, I understand my motives. With my sponsor's guidance I understand that making amends eases the pain, distress, fear and anxiety I have experienced. There is a wonderful benefit in knowing that some amends are just staying clean. This step has allowed me to feel empathy because of the harm I've caused. It has shown me what compassion is, which has shown me the highest principle of love. The confidence from the Ninth Step allows me to see the miracles in living in the present and gaining freedom from the bondage of my past.

Anthony C.

STEP TEN- WE CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.

Just For Today pages 18,23, 54, 145, 220, 248, 252,262 and 314.



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TAKE THE STEPS!

**OUR MEMBERS EXPERIENCE
STRENGTH AND HOPE!!!**

STEP ELEVEN- WE SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTAND HIM, PRAYING ONLY FOR KNOWLEDGE OF HIS WILL AND THE POWER TO CARRY THAT OUT.

When I think of Step Eleven, first thing comes to mind is God's will not mine be done and I must constantly remember that God doesn't need my help. Every time I put my hands into something, it blows up in my face, not sometimes all the time. Surrender to the will of God is the key. But a lot of times I think I can handle whatever. I can't change no one or myself. Only God can do that. I've come to a point in my recovery, where relying on God is the only answer to my confusion. When I get out of the way and I mean all the way out, I get peace and serenity, but a lot of times I'll go to the bitter ends before I surrender and go in for a greater power. A conscious contact is simply living the program. By saying your will not mine, we ask for God's help when we need it and life gets better. It's a spiritual not a religious program. I let all my thoughts die a natural death to connect with my higher power. All my needs are met, physical and spiritual. It's like having a balance and realizing where my true strength lies. But, remember we need to have an open mind. Through prayer and surrender our faith is renewed and we need to practice daily and sometimes every second. We'll find ourselves hurting less, through practicing the Eleventh Step. I've learned to respect all forms of learning. When I pray for God's will, I'll get only what I can handle.

*Love and Respect,
Juanita W.
The Grateful Addict*

STEP TWELVE- HAVING HAD A SPIRITUAL AWAKENING AS A RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ADDICTS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.

There are three parts to the 12th step. First it talks about a spiritual awakening. The 12th Step of the Step Working Guides explains that we experience "an awakening of the spirit" in the 1st Step. I, like most other addicts came into this process as a direct result of pain. Pain that I inflicted on myself and those around me and by the time I came to NA I just wanted that pain to stop. I initially experienced an awakening of the spirit long before I even opened the Basic Text. My awakening occurred when I realized that I could not continue to live as I had for so long and I surrendered. Since that initial surrender through the step process my spirit continues to grow. The second part is about carrying the message to addicts. The literature tells us that "one addict helping another is without parallel". My experience has been that one of the greatest gifts in this process is to be able to give back. To come outside of yourself to help others, from the newcomer to the experienced member, is fulfilling to my own personal recovery. When I share my experience, not my opinion, I continue to grow spiritually. Allowing God to use me gives another addict hope. An addict like me, that at one time had no hope. Today I am able to truly carry the NA message to help myself and others. The third part to this step is about practicing the principles of the program. These are the spiritual principles that are evident in every step. These principles include love, compassion, empathy, humility, honesty, open-mindedness and willingness to name a few. They are the guiding principles of our actions and behaviors which encourages me to be the best person that I can be. Practicing these principles in all our affairs to me doesn't mean to just be loving, caring and patient in meetings. It means practicing these principles at home with my husband and four teenagers, on the job, in the supermarket, and when I'm driving. To me it means being honest when the cashier gives me the wrong change. It means not picking up something that doesn't belong to me. It simply means just being the best that I can be on a daily basis.

Renee H.



Narcotics Anonymous®



Express Yourself!

The Drug Is Still Alive

The year is 2005
 The drug is still very much alive
 I'll take you places,
 you thought you'd never go
 I will turn your mother into a ho!
 Starve your kids and spend the dough
 I will take your rent money,
 out of your hands
 It makes me no difference rather
 you are a woman or man
 Family and friends who loved to smoke
 I'll give you my good dope
 And hope you croke
 I'm here to steal your soul
 I will help you dig your own grave hole
 If I harm innocent unborn,
 I will not cry
 Some of your babies will surely die
 I don't give a darn a baby girl or boy
 My total purpose to kill and destroy
 It makes me happy to see you sad
 I'm glad you're reduce to a worthless bum
 Darn now you look dumb
 Tell me you drug addict
 Who is number one

Sheila Z.

This Poem I Express Hope

Hi my name is Sheila,
 I will share my experience with hope

You will never have to use again
 If you fell like using , get on the phone
 and call a friend
 If your read this poem you know your are
 blessed
 Please get in the is process and begin to
 take steps
 If you do not understand this process, we
 offer free literature too
 From my personal experience it will pull
 you through
 If you do not understand what to do
 My advice to you is just to pray and God
 to have his way
 These words of encouragement ,
 God loves you and I do too.

Since I been in this process
 I've met people like me
 A society of people who living and
 enjoying life drug free.
 I'm joined with other recovering addicts
 Who share their experience, strength and
 hope

I'm with people who say I never, never
have to use any kind of dope again

Please come into this life changing
process I guarantee you, your life will
change
My advice to you, make meetings, raise
your hand, so we can know your name.

I can not repay this program and God for
what he's done for me
All my prayers are to help us continue to
Live Happy, Joyous, and Free!

Sheila Z.

Get involved, get in service, write a poem,
 Tell a story, what's your opinion, care and
 share with us , can you draw, are you
 talented, what's your clean date, do you
 like your home group, are you confused
 about recovery, what is your step work
 experience, what about traditions and
 concepts, do you have a recovery issue,
 express yourself, call angie y at
 215-765-8088, or email us at
innercityarea@yahoo.com,
 Love and respect always!

***Our message is that an addict, any addict, can stop
 using drug, lose the desire to use, and find a new way to live. Our
 message is hope and a promise of freedom.***

Tradition Five, Basic Text



Narcotics Anonymous®



**NA EVENTS, ANNIVERSARIES
CELEBRATIONS**

Convention Fundraiser Dance

Day: Saturday 10/07/06
Time: 9pm - 1am
Event: GPRCNA XXII Fundraiser Dance
Host: GPRCNA XXII Committee
Facility: Church @ 22nd Street
Address: 22nd & Chestnut Streets
City Area if Phila: Center City
e-mail: msantin@verizon.net

17th Anniversary

Day: Wednesday
Date: 10/18/06
Time: 6:00-9:00
Event: Annivesary
Host: Recovery Is Everywhere
Facility: EllayEfay
Address: 2544 Germantown Ave.
City Area if Phila: North_Philly
Info: 17th year anniversary of the homegroup
e-mail: crmlwatson@yahoo.com

17th Anniversary

Day: Wednesday
Date: 10/18/06
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Info: 17th year anniversary of the homegroup
e-mail: crmlwatson@yahoo.com

HAPPY ANNIVERSARY CHERYL!!

**17 YEARS
PLEASE KEEP COMING
WE NEED YOU!**

**GPR UNITY COMMITTEE
PRESENTS**

A 12 HOUR MARATHON
DATE: SATURDAY, NOVEMBER 18, 2006
LOCATION; HEALING STREAM CHURCH
C & INDIANA
TIME; 10:00 AM TO 10;00 PM
FOOD, FUN, FELLOWSHIP

**GPR UNITY COMMITTEE
PRESENTS**

UNITY THROUGH DIVERSITY
BILINGUAL SPEAKER JAM
TOPICS ARE STEPS 1-12 WITH 1 ENGLISH
SPEAKER AND 1 SPANISH SPEAKER
PLEASE HELP US BUILD UNITY WITH
OUR GROWING LOCAL SPANISH
SPEAKING FELLOWSHIP
MEETINGS, FREE FOOD, TOURNAMENTS
DATE; SATURDAY, DECEMBER 23, 2006
LOCATION; HEALING STREAM CHURCH
C & INDIANA
TIME; 10:00 AM TO 10:00 PM

H & I LEARNING DAY

PRESENTED BY THE GPRSC H&I SUBCOMITTEE
THE PHILADELPHIA AREA IS HOSTING THE GREATER
PHILADELPHIA REGIONAL H&I
SUBCOMITTEE'S ANNUAL LEARNING DAY. IF YOU WANT TO
LEARN MORE ABOUT THIS VITAL AND STRUGGLING
SUBCOMITTEE WHERE 80% FIRST HEARD THE MESSAGE
PLEASE COME OUT AND SUPPORT.
DATE: SATURDAY, NOVEMBER 25, 2006
LOCATION: ALL SAINTS CHURCH
6301 CRESCENTVILLE ROAD
PHILADELPHIA, PA
TIME: 12:00 PM TO 4:00 PM