

WEST-SOUTHWEST AREA CLEAN-SHEET REPORT & NEWSLETTER

APRIL - MAY 2009

DISCLAIMER: The West-Southwest Area Newsletter represents the experiences and opinions of individual members of NA. The Opinions expressed are not attributed to NA as a whole nor does the publication of any article imply an endorsement by NA of the West/Southwest Area.

ANNIVERSARIES

Each day we are given another chance. We are convinced that there is only one way for us to live, and that is the N.A. way. Basic Text, page 8

APRIL 2009

4/01/07	JAYNA	STEPS ARE THE SOLUTION	2 YEARS
4/04/93	RODDRICK	STEPS ARE THE SOLUTION	16 YEARS
4/04/08	RONDA G.	SHOPPING FOR RECOVERY	1 YEAR
4/05/02	CHANTELLE	38TH & CHESTNUT STREET	7 YEARS
4/12/89	JEFF B.	HERE'S HOPE	20 YEARS
4/21/88	KEVIN M	GIFT OF SURRENDER	21 YEARS
4/21/00	TYREK	GIFT OF SURRENDER	9 YEARS

MAY 2009

5/02/87	STEVE R.	38 TH & CHESTNUT STREET	22 YEARS
5/02/97	STAN	GIFT OF SURRENDER	12 YEARS
5/02/01	JAMES C.	ON THE RIGHT TRACK	7 YEARS
5/02/06	BRENDA K.	SHOPPING FOR RECOVERY	3 YEARS
5/02/06	THOMAS M.	LIVING LIFE ON LIFE TERMS	3 YEARS
5/10/90	HAROLD	GIFT OF SURRENDER	19 YEARS
5/13/06	MICHAEL W.	SHOPPING FOR RECOVERY	3 YEARS
5/17/99	AQUANETTA	ON THE RIGHT TRACK	10 YEARS
5/19/01	GARY H.	STEPS ARE THE SOLUTION	8 YEARS
5/19/07	WANDA W.	SURRENDER AROUND THE WAY	2 YEARS
5/26/05	DORIS	SHOPPING FOR RECOVERY	4 YEARS
5/26/05	DAVE G.	SURRENDER AROUND THE WAY	4 YEARS

Hello Family:

Don't forget to submit your Anniversary dates to your GSR; and GSR's please call me if you don't hear from me before the 10th of each month. "Thank You" to those of you who have contributed so far. Please contact me by phone at 267-304-3253 or e-mail @ ttovercomer@verizon.net.

Yours In Service
Theresa T. / WSW Clean-Sheet Rep.



The NA Message

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

The Promise

Narcotics Anonymous offers only one promise... Freedom from active addiction.

Congratulations & Happy Anniversary to everyone celebrating a clean date in The WSW Area of Narcotics Anonymous!

We are recovering one day at a time. Together...we have 63,145 Daysand counting.

Be sure to give your GSR your clean-time information so we may celebrate with you.

All information should be submitted by the 10th of each month.

The West Southwest Area Clean Sheet Report and Newsletter is published monthly. Electronic copies are available upon request. Send an e-mail to Theresa T., Clean-Sheet Rep. at ttovercomer@verizon.net or call 267-304-3253

WEST-SOUTHWEST AREA CLEAN-SHEET REPORT & NEWSLETTER

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Saturday, 4/25/09 – “WSW Area - 12 Hour Marathon” will be held at 50th & Kingsessing Avenue (Kingsessing Rec. Center). Speakers from S. Philly and Inner City Areas will be participating. Donations will be accepted at the door. Come out, enjoy yourself and promote unity.

Saturday 4/25/09 – Regional Unity Sub-Committee Marathon will be held at Roxborough Hospital from 12:00 Noon until 7:00 p.m. The location of this Marathon has been changed from 3rd & Reed.

12 noon – 12:50 pm

Chair: 38th Street Group

Speaker: Message of Hope

Topic: Getting in Service

1:00 – 1:50 pm

Chair: The Tough Group

Speaker: Steps are the Solution

Topic: Self Acceptance

WSW Area Fundraisers:

Saturday, May 9th, 2009 at 63rd & Cedar Avenue from Noon until Midnight. Food will be sold – donations will be accepted.

June 13th, 2009 at 63rd & Cedar Avenue from Noon until Midnight. Food will be sold – donations will be accepted.

WSW Area Celebration – Saturday, July 11th, 2009 at 63rd & Cedar (Cobbs Creek Park). Time: 10:00 a.m. Until 8:00 p.m. Food, Fun, & Fellowship ~ Music & Meetings.

Inner City Unity-Fundraisers:

Saturday 4/18/09 @ 9:00 pm – 1:30 p.m. NA Dance at 22nd & Chestnut. “Come out and get your dance on.” \$5.00

Saturday 4/25/09 @ 9:00 p.m-1:30 p.m. NA Dance “Let’s get jiggy wit it.” \$5.00.

A Regional Learning Day Marathon is scheduled for Saturday 6/27/09; location and time to be announced.

WSW Area Group Swap is coming soon. Keep your ears open for more information. The last Group Swap was a great success. All Home-Groups are encouraged to participate in helping to create and spread unity in our Area.

NA AREAS, REGIONS and WORLD: WHAT’S GOING ON AT NA WORLD SERVICES?

See next page for NAWS (NA World Services News) News information.

WCNA 33 “AMOR SIN FRONTERAS – Love Without Borders”. 33rd World Convention of NA – August 20th through August 23, 2009 in Barcelona, Spain. Visit WCNA 2009 at www.na.org/wcna. for more information, convention registration, book a hotel and make airline reservations.

nawsonews

VOLUME EIGHT | ISSUE TWO | JANUARY 2009

What's happening in NA World Services that you may want to know...

We encourage you to email or copy this page for interested members and your ASCs and RSCs.

✦ You can help with the Service System project by telling us about your best practices. What do you do in your NA community that helps improve service delivery, build communication and cooperation, and more successfully carry the message to the addict who still suffers?

✦ Updated tools for the Issue Discussion Topics for this cycle—*Leadership, Communication, and Our Freedom, Our Responsibility*—are available online at <http://www.na.org/IDT/IDT.htm>.

✦ Review and input drafts of the self-support pamphlets, *Keeping It* and *Giving It Away*, and proposed revisions to *In Times of Illness*, are out for fellowship review until 30 May 2009. You can access these drafts online at <http://www.na.org/conference> with the username and password to access these is WSC2010. You can also provide feedback online.

✦ A survey is online to gather fellowship input for the book project, "Living Clean." Participate by going to <http://www.na.org/conference/LC/index.htm>.

✦ If your region did not result from a split from an existing region, and would like to be considered for seating at WSC 2010, please let us know by 1 April 2009. And if you have ideas for us to consider in our discussions about WSC seating, we are always open and looking for your ideas!

✦ Just like the rest of the world, we have some financial challenges ahead of us. Costs have increased for developmental literature, translations, fellowship development and workshops, WSC publications, shipping, public relations, and the World Service Conference. Nonetheless, we were able to provide over \$625,000 in free or subsidized literature to members around the world on your behalf between July 2007 and June 2008, and almost \$400,000 in the first six months of this fiscal year.

✦ We also would like to hear why you think regional contributions are not coming to NAWS even though the regions' expenses have been offset by delegate funding. Please feel free to contact us.

✦ Effective 1 April 2009 there will be changes to shipping charges for WSO Chatsworth, Canada, and Europe. Effective 1 July 2009 the cost of translated versions of the first portion of the Basic Text will be \$7.50 and literature from WSO Europe will be priced in Euros.

✦ Worldwide workshops are scheduled in Oakland, California, 27 February–1 March 2009, and Boston, Massachusetts, 20–22 November 2009. Plans for workshops in Japan and the Middle East are underway. Please visit <http://www.na.org/nawsevents/event-reg.htm> for more information.

✦ We are beta testing <http://web.na.org>, the new version of the website for the Fellowship of Narcotics Anonymous. It includes new design features focused on user-friendliness. Please look around and test it out. If you see problems, please email webmaster@na.org.

✦ WCNA-33 will be 20–23 August 2009 in Barcelona! The last world convention in Europe was in 1995, and the next will be in 2027. Join us for this unique opportunity to celebrate both our recovery and our diversity. Please visit <http://www.na.org/wcna/>.

✦ The Human Resource Panel is distributing a new form in March that must be completed for all candidates submitted by regions, zones, and the World Board. The deadline for these submissions is 31 October. Individuals who wish to be considered need to submit or update their World Pool form by 31 August.

Go to NAWS News at <http://www.na.org/reports/newsnews/newsmain.htm>

The West/Southwest N.A. Recovery Vehicle

Get on the WEST/SOUTHWEST NA RECOVERY VEHICLES
~ Transporting from MORN to NIGHT!

*SUNDAY ~ Thru God's tender loving
care he gave me...*
A GIFT OF SURRENDER
Life Center
6310 Marker Street - 10:30 AM

And helped me to realize that it is...
TIME FOR CHANGE
Mercy Hospital
54th & Cedar Avenue - 5 PM

Before this, life was really...
TOUGH
1st Baptist Church at Paschal
71st & Paschal - 7 PM

I thought I was doomed I heard a
MESSAGE OF HOPE
Belmont Rehab
Ford & Monument Road - 7:30 PM

That carried me thru, I made to...
SUNDAY NIGHT ALIVE
Kirkbride Auditorium
111 N. 49th Street - 8 PM

I can ride on into MONDAY...
When the disease wakes up with me
WHAT CAN I DO?
5901 Spruce Street - 10 AM - M-F

Sometimes its still there so I...
SURRENDER AROUND THE WAY
Ward A M E Church
43rd & Aspen Street - 1 PM Mon & Wed

But still on a daily basis, I'm...
LEARNING TO RECOVER
Mill Creek West Center
51st & Parrish Street - 7 PM

Or actually I can check out the...
38th & CHESTNUT STREET GROUP
Church Of Agatha & St. James
38th & Chestnut Street - 7 PM & 8:30 PM

Oops! I'm passing 52nd Street, so on to...
SURVIVAL GROUP
Mercy Hospital
54th & Cedar Street - 7 PM

*Now it's TUESDAY! The Disease wants
me...*
WHAT CAN I DO?
59TH & Spruce Street - 10 AM Monday-Friday

I've got to keep myself...
ON THE RIGHT TRACK
AFSCME Bldg 7th fl
3001 Walnut Street
5:30 PM (2 Meetings on Friday)

I love to shop so I'll just go...
SHOPPING FOR RECOVERY
Scotia-Gaither Comm. Center
5162 Kershaw Street, 2nd Floor - 6:30 PM

If I'm late, I can get some...
RECOVERY ON BELMONT
Belmont Center Outpatient Care
4200 Monument Road - 7 PM

It's a WE thing so...
LET'S SURRENDER BY NA MEANS NECESSARY
St Rosa Lima Church
1535 N. 59th Street - 7:30 PM

I need you because...
I CAN'T WE CAN
Kingsessing Rec. Center
50th & Kingsessing Avenue - 7:30 PM

The West/Southwest N.A. Recovery Vehicle

I made it to hump day, it's
WEDNESDAY!

The disease woke me up...
WHAT CAN I DO?
59TH & Spruce Street - 10 AM Monday - Friday

I let some things go and...
SURRENDER AROUND THE WAY
43d & Aspen Street - 1:00 PM Monday-Friday

When there's no where to turn...
HERE'S HOPE
Wyalusing Comm. Center
5437 Wyalusing Avenue - 6:00 PM Wed & Fri.

Feeling low, I go...
SHOPPING FOR RECOVERY
5162 Kershaw Street, 2ND Fl. - 6:30 PM

Looking back, I know it's...
TIME FOR CHANGE
Mercy Hospital
54TH & Cedar Avenue - 7 PM

And in this recovery process...
STEPS ARE THE SOLUTION
Kingsessing Rec. Center
50TH & Kingsessing Avenue - 7 PM

I find peace and...
SERENITY ON 63RD STREET
St Cyprian Church
63RD & Cedar Avenue - 7:30 PM

I learn from others in this process about...
THE 11TH STEP & THEN SOME
Campion Hall
St. Joseph's University - 7:30 PM

Or I can ride on to...
RECOVERY ON GIRARD AVENUE
St. Barnabas Mission
6006 Girard Avenue - 8 PM

Staying Clean Must Come 1ST, it's now
Thursday...

WHAT CAN I DO?
59TH & Spruce Street - 10 AM

There's plenty of...
WORK IN PROGRESS
Life center Bldg.
6310 Market Street - 4:15 PM

Keep it moving, ride on to...
SURVIVAL GROUP
Mercy Hospital
54TH & Cedar Avenue - 7 PM

Growth and...
RECOVERY IN THE PARK
St Barnabas Church
54TH & Lebanon Avenue - 7 PM

This vehicle got it going on. I have...
NO MORE MISERY
Calvary Church
48TH & Baltimore Avenue - 7:30 PM

And I'm...
LIVING LIFE ON LIFE'S TERMS
Presbyterian Hospital
3910 Powelton Avenue - 7:30 PM

Making meetings is all...
PART OF THE HEALING PROCESS
Mill Creek Rec. Center
48TH & Brown Street - 8 PM

FRIDAY, FRIDAY, MY PARTY NIGHT...
WHAT CAN I DO?
59TH & Spruce Street - 10 AM

If I follow this way I can stay...
ON THE RIGHT TRACK
3001 Walnut Street, 7TH Floor
5:30 (2 meetings on Friday)

The West/Southwest N.A. Recovery Vehicle

FRIDAY continued....

Feeling low?...

HERE'S HOPE

5437 Wyalusing Avenue - 6 PM

Move on to...

38th & Chestnut Street Group

38th Chestnut Street - 7 PM

We can continue to...

RECOVERY ON BELMONT

4200 Monument Road - 7 PM

Using the program, we are...

CHANGING LIVES

Myers Recreation Center, 2nd Floor

58th & Kingsessing Avenue - 7 PM

Using this vehicle we continue our...

RECOVERY ON GIRARD AVENUE

60th & Girard Avenue - 8 PM

SATURDAY! I made it thru my party

night and now I have...

ANOTHER CHANCE AT LIFE

Lutheran Church

5843 Spruce Street - 10 AM

So I get some more...

RECOVERY ON FAIRMOUNT AVENUE

Church of God

40th & Fairmont Avenue - 12 PM

And once again I get another...

GIFT OF SURRENDER

6310 Market Street - 12 PM

Again I do what I love most. Go...

SHOPPING FOR RECOVERY

5162 Kershaw Street, 2nd Floor - 5 PM

As we look back at the journey of hell it is truly.....

BY THE GRACE OF GOD WE LIVE

Mantua Community Center

39th & Mt Vernon Avenue - 5 PM

We must remember, it is...

OUR COMMON WELFARE

Lutheran Church

59th & Spruce Street - 5:00 PM

THINK ABOUT IT!...

WHY ARE WE HERE

Mill Creek Recreation Center

47th & Brown Street - 8 PM

I hope you will keep this information and use "The West/South-West Area Recovery Vehicle" to help you get another day clean.

Just remember, ride this vehicle and you never have to use again!

"Meeting Makers Make It". "Those who make meetings regularly stay clean."

Thanks for allowing me to share.

Love & Respect,

Cynthia F.

ON THE RIGHT TRACK GROUP OF NA

WEST-SOUTHWEST AREA CLEAN-SHEET REPORT & NEWSLETTER APRIL - MAY 2009

Narcotics Anonymous is a program of spiritual principles and simple suggestions; however, there are some things that we **“MUST”** do to enjoy the full benefits of the program...

“MUSTS” IN NARCOTICS ANONYMOUS

as found in the Basic Text

1. "Everything that occurs in the course of N.A. service **MUST** be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers. - pg. XVI
2. "We **MUST** always remember that as individual members, groups, and service committees, we are not and should never be in competition with each other." pg. XVI
3. "We **MUST** face our problems and our feelings." - pg. 15
4. "We are people with the disease of addiction who **MUST** abstain from all drugs in order to recover." pg. 18
5. "A second admission **MUST** be made before our foundation is complete." pg. 21
Explanation: It is not enough to admit that we are powerless over drugs, we **MUST** also admit that our lives had become unmanageable.
6. "We **MUST** be done with the past and not cling to it." - pg. 28'
7. "Assets **MUST** also be considered, if we are to get an accurate and complete picture of ourselves." pg. 28
8. "Although He already knows, the admission **MUST** come from our own lips to be truly effective. Step five is not simply a reading of step four." - pg. 31
9. & 10. "We **MUST** carefully choose the person who is to hear our fifth step.
We **MUST** make sure that they know what we are doing and why we are doing it." - pg. 31

Suncoast NA Newsletter

These are just a few of the things that our Basic Text says that we **“MUST”** do in our recovery process. There are about 40 more **“MUSTS”** in our Basic Text. Can you find them?

To be continued... ..

OFFICIAL GPRNA EVENTS 04/08/09

To submit NA event info online go to www.naworks.org, click on "Events", click on "Submit an Event Form" or call Regina: 267 253 2254, Bronco: 215 301 4504, Drew: 856 979 5145, or Dennis: 215 913 0032

APRIL 2009

Day/date: Saturday, April 18, 2009 Time: 12:00 PM – 10:00 PM

EVENT: MARATHON & COOKOUT

Host: Stick and Stay Group of NA

Facility: Winchester Recreation Center

Address: 15th & York St, (North) Philadelphia, PA

Information: * Join Us *

Day/date: Saturday, April 18, 2009 Time: 3:00 PM – 6:00 PM

EVENT: 21 YEAR CELEBRATION OF CARRYING OUR MESSAGE

Host: Meeting Makers Make It Group of NA

Facility: FIR Building / basement

Address: 15th & Erie Ave, (North) Philadelphia, PA

E-mail: cbsb5767@netzero.net

Information: * Two Speakers * Food * Fun * Recovery *

Day/date: Saturday, April 18, 2009 Time: 9:00 PM – 1:30 AM

EVENT: DANCE / FUNDRAISER

Host: Inner City Area of NA

Facility: First Unitarian Church

Address: 22nd & Chestnut St, (West) Philadelphia, PA

Information: * Admission if \$5 * Food and beverages will be sold * No one under 18 will be admitted *

Day/date: Sunday, April 19, 2009 Time: 8:00 PM

EVENT: 5TH ANNIVERSARY

Host: Sunday Night Group of NA

Facility: Redeemer Lutheran Church

Address: Ryan Ave & Sackett St, (Northeast) Philadelphia, PA

Information: * Food * Fun * Fellowship

Day/date: Sunday, April 19, 2009 Time: 10:00 AM – 12:00 PM & 12:30 PM – 7:30 PM

EVENT: 20TH ANNIVERSARY & MARATHON

Host: Stick and Stay Group of NA

Facility: Winchester Recreation Center

Address: 15th & York St, (North) Philadelphia, PA

Information: * Join Us *

Day/date: Saturday, April 25, 2009 Time: 10:00 AM – 10:00 PM

EVENT: 5TH ANNUAL SPRING FLING

Host: Vision Of Love Group of NA

Facility: Church of the Advocate

Address: 18th & Diamond Street, (North) Philadelphia, PA

Information: * All Are Welcome! * 24 Topics * 24 Speakers *

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Day/date: Saturday, April 25, 2009 Time: 12:00 Noon (doors open at 11AM)
EVENT: 21st YEAR GROUP ANNIVERSARY
Host: West Oak Lane Group of NA
Facility: Giving of Self Partnership Building
Address: Limekiln Pike and Church Lane, (Germantown) Philadelphia, PA
Information: Marathon – 12noon to 6:50PM * Anniversary 7:00PM * Food, Fun and Fellowship *

Day/date: Saturday, April 25, 2009 Time: 12:00 Noon – 12:00 Midnight
EVENT: 12 HOUR MARATHON
Host: West Southwest Area of NA
Facility: Kingsessing Recreation Center
Address: 50th & Kingsessing Ave, (West Southwest) Philadelphia, PA
Information: * Speakers from South Philly Area & Inner City Area * Accepting donations at the door * Come out and enjoy yourself and promote Unity *

Day/date: Saturday, April 25, 2009 Time: 9:00 PM – 1:30 AM
EVENT: DANCE / FUNDRAISER
Host: Inner City Area of NA
Facility: First Unitarian Church
Address: 22nd & Chestnut St, (West) Philadelphia, PA
Information: * Admission if \$5 * Food and beverages will be sold * No one under 18 will be admitted *

Day/date: Sunday, April 26, 2009 Time: 6:00 PM (doors open at 5:00 PM)
EVENT: 12TH YEAR ANNIVERSARY
Host: The First Step Group of NA
Address: 2544 Germantown Ave, (North) Philadelphia, PA

Day/date: Sunday, April 26, 2009 Time: 6:30 PM – 9:00 PM (doors open at 6:00 PM)
EVENT: 19TH YEAR ANNIVERSARY
Host: New Life Group of NA
Facility: Gibson Temple Baptist Church
Address: 28th & Susquehanna, (North) Philadelphia, PA
Information: * Please Help Us With Support *

Day/date: Thursday, April 30, 2009 Time: 8:00 PM
EVENT: 9 YEAR GROUP ANNIVERSARY
Host: Give Yourself a Break Group of NA
Facility: Parkside United Methodist Church
Address: 1420 Kaighns Ave, Camden, NJ (corner of Kaighns & Kenwood)
Phone: Gwen V-S: 856 495 8803 / Jerome C: 609 280 7568
E-mail: ladygee1990@aol.com
Information: * Come and be a part of the We *

OFFICIAL GPRNA EVENTS 04/08/09

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MAY 2009

Day/date: Saturday, May 2, 2009 Time: 12:00 Noon – 9:00 PM

EVENT: MARATHON

Host: Room For Recovery Group of NA

Facility: Francisville Recreation Center

Address: 19th & Brown St, (North) Philadelphia, PA

Day/date: Saturday, May 9, 2009 Time: 12:00 Noon – 12:00 Midnight

EVENT: FUNDRAISER

Host: West Southwest Area of NA Unity Subcommittee

Address: 63rd & Cedar Ave, (West Southwest) Philadelphia, PA

Information: * Food will be sold * Donations will be accepted *

Day/date: Saturday, May 16, 2009 Time: 9:00 AM – 8:00 PM (Anniversary starts at 6:30 PM)

EVENT: ANNUAL JUST FOR TODAY MINI-MARATHON & 26TH ANNIVERSARY CELEBRATION

Host: Surrender Together Group

Facility: Zion A.M.E. Church

Address: 21st & Tasker St, (South) Philadelphia, PA

Information: * Meetings * Food * Fun * Chat * Chew * Fellowship

Day/date: Saturday, May 16, 2009 Time: 3:00 PM to 8:00 PM

EVENT: LEARNING DAY

Host: Northwest Area H&I and Public Relations Subcommittees of NA

Facility: Immaculate Conception Church

Address: 5725 Sprague Street (Germantown) Philadelphia, PA

Information: *Free Food and Sodas* Come out * Get educated * Get involved "You can only keep what you have by giving it away!! ALL ARE WELCOME

Day/date: Saturday, May 23, 2009 Time: 1:00 PM – 5:00 PM

EVENT: "COMMITMENT TO RECOVERY THROUGH SERVICE" LEARNING DAY

Host: Inner City Area of NA H&I Subcommittee

Address: 8th & Diamond St, (North) Philadelphia, PA