

9 March, 1965

Lt. Colonel Giles C. Barrett
Cleveland

RE: Narcotics Anonymous
Cleveland Group

My dear Colonel:

Enclosed you will find the material developed by the N.A. group which was sponsored by this Center. The group started late in 1963 and held weekly meetings for about one year. At the end of 1964 the year it was decided by the group to suspend their meetings as no new addicts were coming to the meetings.

Several of the members were able to improve their work and social conditions and the rest lost interest and stopped attending the meetings. We know that a number were returned to various institutions or jails and the rest dropped out of sight.

The Group was written up as part of a 3 part series on addiction written by Joan Hoch and appeared in the November Cleveland Press in 1963. The Press and the Plain Dealer both used information supplied by the group and invited the addicts to attend the weekly meetings.

I appeared twice with members of the group on the KWT Radio program Contact which was conducted by Harve Morgan.

It may be that the group will resume holding meetings later in the spring of this year.

1965

Sincerely yours,

Edward V. Dimond
Captain

enc: As above



THE DRUM BEAT



830 EAGLE AVENUE • CLEVELAND 15, OHIO

CAPTAIN AND MRS. EDWARD V. DIMOND - OFFICERS IN CHARGE

Meet.....Bob Kwadi

By the Captain



Bob Kwadi was born and raised in Cleveland and attended the local schools in this city. He worked on the railroads and later was employed by the Halle Bros. Department Store. He served in the U. S. Army in the South Pacific.

Bob is the relief man at this Center and tells us that he has gained his sobriety through the help of God and the Salvation Army. He has been in the program for 14 months and is a Soldier of the Salvation Army, enjoying a new way of life.

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JUST THINKING

If the world in which I live is a disagreeable place, I can try changing myself. If the people around me are unfriendly, I can try to be friendly. I can try putting on a smile in the presence of those who are storming; and speak a word of thankfulness in the conversation that is filled with complaint. Perhaps I can be a bit pleasant for the benefit of those who are down-hearted. This might change my world.

- The Young Soldier

O For a Faith

O for a faith impregnable
To ebb and flow of chance!
Not driftwood, lightly swept by waves
Of circumstance;

Not fickle dunes of time and tide
Shifting from right to wrong;
But towering rocks of sure defence,
Gibraltar-strong.

- Marie Barton

Congratulations to:

The new Soldiers of this Center. Tom Brannen, Mr. and Mrs. C. Cross, F. Taylor and R. Kwadi.

Frank Hurnik - upon his position as staff artist for Christian Enterprises, Inc.

Ray Schultis - whose years of experience in the field of correctional work has led to his appointment as lecturer at Western Reserve University.

The members of Narcotics Anonymous - for the publication of their first Newsletter.

Mrs. Carolyn Thompson - whose faithful service has been rewarded with her appointment as Veteran's Hospital and Armed Forces Director for the Salvation Army.

Our heartfelt thanks to:

Margaret Alice Albor - for the donation of songbooks in memory of her parents, Ernest and Isabelle Howie.

The Singleton Club - whose members presented a program of music and refreshments.

The Soldiers and members of this Center - for all they have contributed to the success of this program during the past year.

Alex Boros - whose incisive thinking has stirred us to enlarged areas of activity.

Dr. Irving Resow - for our new motto for the New Year: Efficiency - simplicity.

Mrs. Captain Dimond - for all her hard work editing this fine paper. Keep up the good work!

We extend our deepest sympathy to Mr. Komareski on the loss of his mother.

"Lo, I am with you always".

JANUARY - 1964

The first and most essential step is HONESTY. (Personal honesty, intellectual honesty.)

When we get to the place where we are ready to honestly admit that we are powerless to control our drug habits, we have taken one of the hardest yet one of the longest steps toward our recovery.

Many of us are reluctant to make this admission, feeling that it is the acknowledgment of a personal weakness. We attempt to substitute alcoholic beverages for our addiction, or we change to some compensatory occupation, feeling that our former jobs might have induced addiction, or we change our environment. Some of us never get through trying other and old ways that all lead to the same place—FAILURE.

Most of us do not like to admit that we are emotionally and mentally different from any of our fellows. Therefore, it is not surprising that our careers have been characterized by countless vain attempts to prove that we could administer drugs to ourselves without becoming addicted. The idea that somehow, some day, should we do this or that, we will be able to control and enjoy our drug-taking is the great obsession. (Narcotic Anonymous calls "needling ourselves.")

The persistence of this delusion is astonishing. Many pursue it into and through the gates of insanity and death.

There is no known hope of recovery until we are willing to concede to our innermost self that we are powerless in the face of habit-forming drugs.

This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed.

We must realize that we are in the grip of a progressive EMOTIONAL and PHYSICAL illness which, unless active treatment such as is afforded by the N.A. program is undertaken, steadily grows worse, never better.

We must realize that it is not the fourth or the tenth shot that brings our addiction back to life, but THE FIRST SHOT, or "joy pop," AFTER WITHDRAWAL; that does the damage.

It is of the utmost importance that we KNOW that the "joy pop"—the FIRST SHOT, CAPSULE or TABLET is the one to avoid if we wish to follow the path of abstinence.

Having achieved this state of intellectual humility, we are ready for the next step to recovery, we come to believe in a power greater than ourselves, or keep an open mind on the subject while we go on

The only requirement for N.A. membership is an honest desire to stay free of narcotics and sedatives. Experience has taught us that a return to any habit-forming drug after withdrawal has been accomplished, will be followed, just as surely as night follows day by a return to habit-forming drugs. We feel that each member's religious views, if any, are his own affair. While every shade of opinion is found among us, we take no position as a group upon controversial questions. No particular point of view is required of any member save his desire to stay free of narcotics. Our sole aim, is to show sick addicts who want to get well how they may do so.

These are really groups and not organizations. We have no constitution, no by-laws, no officers, no dues or assessments. Our groups are not chartered for profits or otherwise.

This treatment is primarily a DIRECTED way of life by which many have profited by, and we devote much of our spare time to passing our idea on recovery to others.

There is a symptom common to all who suffer from addiction to habit-forming drugs: We cannot start self-administration of drugs without developing physical dependence and a phenomenal craving; and once we take any habit-forming drug into our systems, something happens, both in the bodily and mental sense, which makes it virtually impossible for us to stop.

We, more than most people, lead a double life. A marked personality change takes place when we take drugs into our systems. We adopt characteristics and do things that would ordinarily revolt us. We vaguely remember certain episodes, are remorseful and, as fast as we can, push these memories far inside ourselves in the faint hope we never will see the light of day.

We understand that our real goal is a contented, efficient and useful life. Abstinence then will almost automatically follow.

We realize that many persons with addiction problems are above average in intellectual endowment, and that while indulging means failure, abstinence is likely to mean success.

We recognize that giving up habit-forming drugs is our own personal problem which PRIMARILY CONCERNS OURSELVES ALONE.

In giving up addiction they do not regard themselves as heroes or martyrs entitled to make unreasonable demands on their families and friends.

We appreciate the seriousness of our new life and regard it as the most important thing in our lives.

We carefully follow a daily, self-imposed schedule which conscientiously carried through, aids in organizing a disciplined personality by developing new habits for old and bringing out a new rhythm of living.

6

8

The Twelve Steps

1. We admit we are powerless over drugs—that our lives have become unmanageable.
2. Come to believe that a power greater than ourselves can return us to sanity.
3. Make a decision to turn our will and our lives over to the Care of God AS WE UNDERSTAND HIM.
4. Make a searching and fearless moral inventory of ourselves.
5. Admit to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Are entirely ready to have God remove all these defects of character.
7. Humbly ask HIM to remove our shortcomings.
8. Make a list of all persons we have harmed, and become willing to make amends to them all.
9. Make direct amends to such people wherever possible, except when to do so will injure them or others.
10. Continue to take personal inventory and when we are wrong, promptly admit it.
11. Seek through prayer and meditation to improve our conscious contact with GOD AS WE UNDERSTAND HIM, praying only for knowledge of His will for us and the power to carry that out.
12. Having a spiritual experience as the result of these steps, we try to carry this message to narcotic addicts, and practice these principles in all our affairs.

Drug addiction is a serious problem. If you honestly want to be rid of your addiction and are willing to let some who have had this problem explain to you their way out, attend a N.A. meeting—Open meeting Wednesday evening 8:30 P.M. and closed meeting Friday at the same time.

NARCOTICS ANONYMOUS

meetings are held on Wednesday evening, 8:00 p.m.

at the

RED SHIELD HOTEL

2304 E. 9th St., Cleve. 15, Ohio

Superior 1-3774

OUR WAY of LIFE

An Introduction to N. A.

God grant me the serenity to accept the things
I cannot change, courage to change the things I
can, and the wisdom to know the difference.

NARCOTICS ANONYMOUS

The National Advisory Council on Narcotics, Inc., a group of civic minded citizens, sincerely interested in this problem, functions as the Board of Directors for Narcotics Anonymous. The function of the Board is to direct, guide, and coordinate Narcotic Anonymous groups.

Membership of N.A. Groups

Membership of our groups consists entirely of former addicts, whose self-administration of addicting drugs has brought us to disaster. We learn from experience that after withdrawal any further indulgence constitutes a totally undrainable and hopeless way of life.

We are completely sincere in our desire to stay free of addicting drugs for once and for all.

We recognize that the uses of narcotics or sedatives is a real problem for us: not merely a problem of dissipation, but a reaction to a dangerous and progressive illness.

We clearly understand that once we have been addicted, we can never again learn to control the use of drugs. We will forever remain sensitive to drugs and will never again be able to take them. We must learn to accept this fact if we are to conquer addiction.

We have come to believe that we have been trying to substitute our addiction phantasy for real achievements in life, and that our effort has been hopeless and absurd.

We have progressed so far that at all times and under all conditions drugs produce for us not happiness but unhappiness.

We agree with medical science that we are in the grip of a progressive illness. We have lost the power of choice in drugs. We have lost control. Our will power with regard to drugs is practically nonexistent. We have reached the state where the most powerful desire to stop using drugs is of absolutely no avail, alone.

We were, and in many cases still are people to whom stark reality and life as it actually is are unacceptable. To face life comfortably we require relief of our chronic emotional tension, and this relief was found in drugs. However, we have come to realize the futility, the danger and the destruction of this method. We understand that we must find another way properly to adjust ourselves to life if we are to survive.

We have learned to rid ourselves of fears, resentments, false pride, jealousies and emotional disturbances that have formerly been our enemies.

We have learned to be tolerant; we are beginning to live honestly and truthfully.

We believe that EASY DOES IT.

We believe in LIVE AND LET LIVE.

We feel that we are living on borrowed time—24 hours a day, one day at a time; but that, by means of this program, we may continue happily to do so.

We know that we have returned from a region where, each year, thousands of people go through suffering, torment and death. Others in the prime of life, commit suicide, knowing of no other way out.

We are not reformers, for we laugh at legislating morals or cravings; we are not crusaders; we believe in Divine aid, yet we are not a religious group.

Ours is A NEW WAY OF LIFE; we have had a spiritual experience, yet we are by no means sanctimonious.

Many of us had tried the treatments of medicine and psychiatry but were not cured of the disease.

We have been prayed over by our ministers, priests, families, loved ones and friends, yet we continue to use drugs.

Many of us have been jailed innumerable times, but were soon out of hand again.

We had been warned by our employers, had been threatened, had been fired from job after job—yet did not part company with drugs.

Many had gone or had been sent to institution after institution, with the hope that at each new trial the cure would take place.

Many had been to so many institutions and had completed so many "cures" without any change for the better that we had finally been considered incurable and hopeless cases.

Yet

What we did not clearly understand was that we were in the grip of an underlying illness that expressed itself in distorted thinking and drug addiction.

That before we could recover we must experience a PERSONALITY CHANGE: One that would give us a new outlook on life, enable us to meet the demands of each day, and to adjust ourselves to each situation as it arises.

One in which we experience NO FEELING OF SELF PITY, NO RESENTMENT, NO REMORSE, NO FEAR.

To attain and to maintain this personality is the goal and also the experience of many members of NARCOTICS ANONYMOUS.

We are convinced that this marked personality change is possible only through a spiritual experience, usually brought about by the belief and faith in A HIGHER POWER.

Our Way of Life

(Compiled by NARCOTICS ANONYMOUS with guidance and suggestions of the material contained in the A.A. pamphlet A WAY OF LIFE).

Addiction to alcohol, sedatives (phenobarbital, secobarbital, luminal, chloral hydrate, amylal—the barbituric acid derivatives) and addiction to narcotics (morphine, codeine, heroin—any and all poppy derivatives) or the synthetics, such as demerol, methadon, etc., indicates that the victim has been unable or unwilling to adjust properly his personality in terms of the problems of living in a comfortable state of mind.

Before addiction, we were in a state of anxiety and pain we did not understand. The use of narcotics or sedatives SEEMED to remove these discomforts and give us some enjoyment of life.

After withdrawal of either, we have found the program of Narcotics Anonymous to be helpful to the eventual solution of the addict's basic problems.

Changes have been made in A.A.'s A WAY OF LIFE to suit the needs of narcotic addicts.

Narcotics Anonymous is an informal society of former addicts who aim to help fellow sufferers recover their health.

The purpose of this booklet is to show how many of us, who were once helpless addicts, have recovered from our malady. We have found a way of life which no longer compels us to use drugs. Narcotics Anonymous is the great reality which has expelled our obsession.

Banded together in groups, or sometimes alone, we aim to help fellow users recover health. Not being reformers, we offer our experience only to those who want it. There are no fees—N.A. is an avocation. Each member squares his debt of gratitude by helping other addicts to recover. In so doing he maintains his own freedom from the habit.

Narcotics Anonymous is patterned after Alcoholics Anonymous. We believe that alcoholism and addiction are basically the same and have found that the A.A. program can be applied to our problem. However, because there are differences in the two problems (alcoholism and addiction) we have had to modify the A.A. program to meet our own needs. Just as a member of the A.A. will tell you, "Only an ex-alcoholic can truly help the sick alcoholic" so we have learned that only an ex-addict can fully help the addict.

This approach to addiction is based upon our own experience, upon what we have learned from medicine and psychiatry, and upon spiritual dependency. It is a shattering sickness—physical, emotional and spiritual. How to expel the obsession that compels us to use narcotics against our will is the problem of every addict.

with the rest of the program. Any concept of this higher power is acceptable. The addict labeled as a skeptic or agnostic may choose to think of his inner self; others will have different conceptions. Whatever form is visualized, we must rely on it and, in our own way, pray to that power for strength.

The core of the technique by which NARCOTICS ANONYMOUS has worked, what often seems a miracle in the lives of men and women, is spiritual.

We repeat: It is not religious, but spiritual.

The membership embraces agnostic, Jew and Gentile, Protestant and Catholic; all creeds, all denominations, all faiths. We all make spiritual progress by translating this universal and central truth of our release from drugs into their own faith.

This belief is universal because it depends for its effectiveness— and depends absolutely—upon the recognition of a power higher than man; the Creator, the Creative Spirit over all.

After the acknowledgement of a belief in a Power higher than man, the next step is the making of a decision to relate ourselves personally to this Power.

We make a decision to turn our will and our lives over to the care of God as we understand Him. When this is sincerely done, and the further suggested steps carried out, we undergo a profound mental and emotional change common to religious experience.

Having had a spiritual experience as the result of these steps we try to carry this message to addicts, and to practice these principles in all our affairs.

We believe that faith without works is dead.

We believe that our permanent abstinence depends on our willingness to remain spiritually alive.

We believe that sincere prayer and meditation, mighty channels of spiritual vitality, lead us to the next great step, which is effective living.

We believe that spirituality itself is the reflection of Godliness into channels of human living.

None of us claims perfect adherence to these principles or guides to program and we claim spiritual progress rather than spiritual perfection.

Following are the "Twelve Steps" we took, which are suggested as a program of recovery.

#1

THE CLEVELAND, OHIO N.A. NEWSLETTER

Red Shield Hotel 2304 E. 9th St. Cleveland, Ohio 44115

Telephone 781-3774 for information or help

1st Edition

Editorial

Through the great efforts of a social worker, N.A. has come to Cleveland, Ohio. Meetings are being held at the Red Shield Hotel, Wednesdays at 7:30 P.M. Thanks to Captain Dimond for coming up with a place to meet. Thus far the program has created a lot of interest. We have had a reporter from the Press, Student Nurses, a woman who has a lot to do with job training, plus many others visit the group. This is very encouraging, seeing that the Group is so new. We, the addicts that are part of this, hope that things will continue to get better, for we feel a group of this nature is necessary to maintain abstinence from "drugs".

Secretarial Scratchings

I am very grateful for the N.A. Program in Cleveland. God knows I need it and it will give me the chance to be active in something that I sincerely believe in.

We hope to have more news the next time this letter comes to press.

Sec. Marvin Stone

p.s. I hope that you will come to see us when you are in our city.

FLASH!
Weekly meetings are now being held at the House of Corrections.

Marvin Stone has decided to reveal his identity in the interests of getting the group started. YOUR IDENTITY WILL NOT BE REVEALED AT ANY TIME.

OUR PRAYER

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

(Adapted from Reinhold Niebuhr)

The Word from a new member.....

Help us to help ourselves - so that we will be there to help you.

Pat A.
Drug addiction is a serious problem. If you honestly want to be rid of your addiction and are willing to let some who have had this problem explain to you their way out attend a N.A. meeting

NARCOTIC ANONYMOUS MEETING ANNOUNCEMENT

Day: Every Wednesday

Time: 7:30 - 10:00 P.M.

Place: 2304 E. 9th Street, Red Shield Hotel

PATRICIA PONDERS

Words from the Charter woman member of the Downtown Group.

IN OR OUT OF LIMBO?

In our search for our Shangri-la we oft-times stumble and fall into the whirling, hazy world of drugs. We heed not and are aware not of our own souls crying out for help.

We are strangers even unto ourselves, masters of nothing save our selfpity, embellished by our egocentric personalities-thinking always of the tough breaks and all that has happened to us. We fail to realize or grasp our own faults except when they serve to enhance our own importance.

Frustration, persecution, desperation, complexes, passivity-because it's so much easier-complete the picture of a drug addict. The corridor of life is lonely and dark when you can not see yourself for what you really are and your only friend is the "needle" and the next "fix".

The misconception that the world revolves around you-meting out cruel blows directed at you alone-can lead only to disaster.

If you feel like you can run-away forever. STOP! Escape is a glass armor of protection, hiding nothing and breaking at the slightest misstep.

Our main purpose in N.A. is to help you. We offer the hand of understanding and a sincere desire to pull our faltering friends to their feet but-you must help yourselves also, for in doing this you help us-for we were there once too!

Pat S.

ANNOUNCEMENTS

The National Board of Narcotic Anonymous has been reorganized and is now to be called The National Advisory Council on Narcotics. For information contact the Office of Narcotics Coordinator, 325 Broadway-Room 425, New York, N.Y. 10007.

The Harbor Light Center in Los Angeles is taking preliminary steps to start a Chapter of N.A., following the lead of the Cleveland Harbor Light Center which is believed to be the first Salvation Army Center to sponsor a N.A. Group.

Congratulations to the following members of N.A. on their anniversaries:

MORRIS MUSES

We present a guest author from the Cool Farms Group.

THAT DAMNED CURIOSITY

Many a man has graduated, at the top of class, from school.

Just to find himself wandering, experimenting like a fool;

Searching for the happy medium, a utopia is his desire,

He even scrapes the bottom and takes on the prostitutes for hire;

He has drank with everybody, man, woman and child,

But discovers, to his dismay, that alcohol is much too mild;

He accidentally stumbles, the way it happens to a sage,

Into a strangely exciting party, Everyone is smoking gage;

All of the windows are closed, everybody is piping hot,

He, later discovers the reason, they keep the clouds of pot;

He was gladly accepted, but that was just a start,

The other changes he goes through, play the most important part;

He became a heavy smoker, this, of his addict-career, 1st first,

He stopped at bars and drugstores, to quench his heavy thirst;

He ran into a buddy, who seemed to be feeling no pain,

This, supposed-to-be, friend of his, introduced him to cocaine.

He didn't give-up smoking, he tried them both a while,

He was really happy-go-lucky, always wearing a smile;

His buddy is now a contact man;

He moved up fast in the pack,

They're both in a lonely heaven, because they are now shooting smack.

They have to rob and steal even from the poor man's cup,

Con the family and friends, anything, to keep the habit up;

Boozing, gambling and pimping on the street;

All games are theirs', When you have to risk your hide.

There is too much time in it, and, there are locks on the doors,

When you're caught using the heavy stuff and curiosity is yours.

Even if you, backwards; are forced to abstain the use of narcotics, quit before you die.

THE CLEVELAND, OHIO NARCOTICS ANONYMOUS NEWSLETTER

DOWNTOWN GROUP

Julius N: Chairman

John C: Secretary

Red Shield Hotel 2304 E. 9th St. Meetings every Wednesday 7:30 - 9:30 P.M.

GROUP GOSSIP

Captain Dimond has agreed to serve as the Chairman of the Board of Directors. Joe German has agreed to be a member of the Board and several other nominations are pending.

Julius N. has been elected the Chairman and John C. has been elected the Secretary of THE DOWNTOWN GROUP.

A vote of thanks was extended to Marvin S. for his faithful work as the acting Secretary of the Cleveland N.A. Group.

John C. is taking saxophone lessons and hopes to be able to join The Mainliner's Combo which is to play for N.A. parties. To date the Combo consists of: Marvin S. Leader and Drums; Leroy J. Trumpet; Ray C. Organ; Ray S. Bass with Captain Dimond helping out on saxophone.

The Cooley Farms Group is continuing to meet and an article by M.L. of that group is to be found on the reverse side.

Several members of The Downtown Group, Leroy J. and Edith H., have been attending the meetings of the newly organized Lexington Group.

WORDS FROM THE WISE

I've been clean now for ten weeks and attend the N.A. meetings regularly. We have a good group at the Downtown meetings and I hope to see you soon.

R.K.

I know what it is to be sick. We have a good group here which is proving to be a real source of help to the sincere addict who wants to stay clean.

J.C.

I became addicted to narcotics 11 years ago. Thanks to N.A. I have been free from the use of drugs for 40 days now. I know I could not do this myself no

SECRETARIAL SCRATCHINGS

Since the N.A. program was started here, progress has been slow but sure. From our 1st meeting, in which 3 addicts were present, we have grown to the point where we now have 3 groups meeting each week at 3 strategic locations throughout greater Cleveland.

Pat S., Captain Dimond and myself had the privilege of being on the radio with Har Morgan of KYW on one of his "Contact" broadcasts which was titled "Monkey On Y Back". The subject of the program was narcotics and the other member of the panel was Dr. Daniel Casriel who spoke of the book he has written on the work with narcotic addicts that is being carried on at the resident rehabilitation center in Calif. called Synanon. Members of the radio audience telephoned in their questions which were answered over the air by the members of the panel. A number of new members were attracted to the group by the broadcast. A tape recording of the broadcast is available.

During one of our meetings we watched the WJW-TV telecast of the CBS program "The Business of Heroin" and the members requested that I write to Bert J. Reesing, the TV-Radio Editor of the Plain Dealer commending him upon the program and the interest the paper showed in the problem narcotic addiction by giving the program lengthy write up. The letter was printed in the P.D. and resulted in some new people attending our meeting. A portion of the letter read: "From our group experience, felt the program was quite factual and presented a realistic picture of the situation in the U.S.A....All addicts who sincerely want to end their problem of addiction are invited to attend our meetings."

We have had several visits from Mr. Cooper who is associated with Mansfield Reformatory. He is very much interested in the narcotic problem and has many good ideas the way it should be handled.

Marvin S.

MEMBERSHIP OF N.A. GROUPS

Membership of our groups consists entirely of former addicts whose self-administration of addicting drugs has brought us to disaster. We learn from experience after withdrawal, that any further indulgence constitutes a totally undesirable and hopeless way of life.

We have come to believe that we have been trying to substitute our addiction phantasy for real achievements in life, and that our effort has been hopeless and absurd.

The first and most essential step is
HONESTY: Personal and intellectual.

We must realize that we are in the grip of a progressive EMOTIONAL AND PHYSICAL illness which, unless active treatment such as is afforded by the N.A. program is undertaken, steadily grows worse, never better.

The core of the technique by which N.A. has worked is spiritual.

IT IS SPIRITUAL, NOT RELIGIOUS

The membership embraces all creeds, all denominations, all faiths, and no faiths.

This universal belief depends for its effectiveness upon the absolute recognition of a power higher than man: The Creator, the Creative Spirit over all.

We make a decision to turn our will and our lives over to the care of God AS WE UNDERSTAND HIM. When this is sincerely done, and the further suggested steps carried out, we undergo a profound mental and emotional change common to religious experience.

We believe that faith without works is dead.

We believe that our permanent abstinence depends on our willingness to remain spiritually alive.

None of us claims perfect adherence to these principles or guides to progress and we claim spiritual progress rather than spiritual perfection.

OUR DESIRE

1. To further our study by expression in words and deeds our interpretations of the Thirteen Steps.
2. To acquaint our friends with our group therapy activities as prescribed by N.A.
3. To carry the N.A. message to other addicts who have a sincere and honest desire to know a better way of life.
4. To carry, upon request, the N.A. message to those who are in need, and who are unable to make meetings due to their locations or to shut-ins everywhere.
5. To acquaint the public to the various causes of human behavior found in the addicts, and the seriousness of the disease of addiction.

THE NEW MEMBER

The New Member is the most important person in our group.

He is not dependent on us, we are on him.

He is not an interruption to our work; he is its purpose.

He is favoring us when he calls on us for help.

If he brings up his Addiction problem it is our job to help him solve it.

He is deserving of the most courteous and attentive help.

He is a constant reminder of our problems.

He is the Life Blood of any group.

(Newsletter of Fellowship House
Chapter of N.A. New York City)

Except for the above all material on this page has been adapted from the pamphlet OUR WAY OF LIFE: An Introduction to N.A. We hope to have a supply of these pamphlets available for distribution soon.

Narcotics Anonymous

Serving Greater Cleveland Since 1963

1710 PROSPECT AVENUE • CLEVELAND, OHIO 44115

Telephone: 781-3773

24 Hour: 481-3512

IONA
TE
File NA
Albert B. Logan-Director
National Institute of Judicial Dynamics
2607 Conn. Ave, N.W.
Washington, D.C.

15 February, 1971

RE: Liaison between N.A. and A.A.

Dear Sir:

This will acknowledge several copies of your letter of January 27, 1971 to Major Davis, of our New York office, on the above subject, and your request for information from those receiving copies.

Narcotics Anonymous was started in Cleveland on November 6, 1963, sponsored by The Salvation Army Harbor Light Center.

The program was set up to aid drug addicts after they had completed their withdrawals and did not include any medical help being based upon the format of self help established by Alcoholics Anonymous.

At this time there were no other groups operating in Cleveland that were providing any service to this group as a group. The meetings were scheduled weekly and ran from 7:30 p.m. until they closed, often lasting until after midnight.

The group, under leadership of lay members continued to meet until October 1, 1970 at which time it was decided to discontinue holding meetings due to the numerous other groups now providing service in this area.

Any calls received for aid and information are now being referred to the "Together" group, a part of the Free Clinic which is sponsored in part by the Cleveland Foundation, their number being 721-1115.

Sincerely yours,

Edward V. Dimond
Major

cc: Brigadier Henderson
New York City