

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 "organ".

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



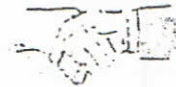
THE DRUM BEAT



830 EAGLE AVENUE • CLEVELAND 15, OHIO

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

Meet.....Bob Kwadi



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 Weston

By: the Captain

Congratulations to:

The new Soldiers of this Center. Tom Brennan, 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. Caroline 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 Alber - 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. & Mrs. Konareski 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 acknowledgement 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 "needing 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

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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

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 of 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.

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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

